

X = Attacker O = Defender T = Target N = Neutral S = Server ▲ = Cone ● = Ball ← = Run ←..... = Pass

<p><b>Fundamental - Warm Up</b> <b>15 min.</b></p> <p>-(X) player receive pass from (O), (O) will run around (X) to receive ball back from (X)</p> <p><b>* STRETCH</b></p>	<p><b>Organization</b></p> <p>20 yds</p> <p>30 yds</p>	<p><b>Key Coaching Points</b></p> <ul style="list-style-type: none"> <li>-weight of pass</li> <li>-direction of run</li> <li>-eye contact</li> <li>-communication</li> <li>- over lap can be either side of player with ball</li> </ul>
<p><b>Match Related Activity</b> <b>15 min.</b></p> <p>4 v 4 + 1</p> <p>-game of possession team scores a point if they go through (N)</p>	<p>20 yds</p> <p>30 yds</p>	<ul style="list-style-type: none"> <li>-look to beat a player</li> <li>-play with speed</li> <li>-eliminate an opponent</li> <li>-player receiving must shield ball</li> </ul>
<p><b>Match Related Activity</b> <b>20 min.</b></p> <p>7 v 7 + 2 keeper starts game</p> <p>-possession game first team to achieve a over lap can go to large goal</p>	<p>30 yds</p> <p>50 yds</p>	<ul style="list-style-type: none"> <li>-speed of play</li> <li>-change of pace once ball has been played back from receiver</li> </ul>
<p><b>Match Condition Game</b> <b>40 min.</b></p> <p>11 v 11 game</p>	<p>full field game</p>	<ul style="list-style-type: none"> <li>-player using the over lap to eliminate a player to gain field advantage</li> </ul>
<p>Cool Down</p>	<p>Light Jog &amp; Stretch</p>	