X = Attacker   O = Defender   T = Target   N = Neutral   S = Server   ▲ = Cone   ● = Ball   ← = Run   ← ········ = Pass / shot
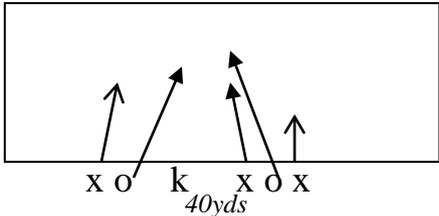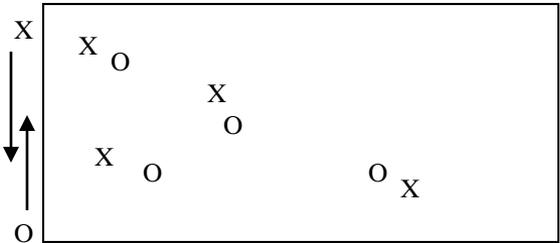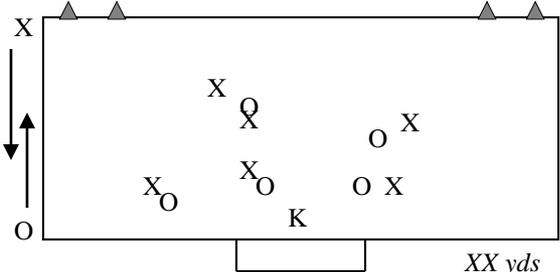
Fundamental - Warm Up **15 min.**	Organization	Key Coaching Points
X - Attacking Players 3 O - Defending players 2 K - keepers 2	 *30 yds* x o k x o x *40yds*	GK must make a early decision to come out for the ball, or allow O to close down attacker. Keeper must use key words, <u>Delay</u> or <u>Tackle</u>
Match Related Activity **15 min.** - xxxxx	 *XX yds* *XX yds*	- xxxxx
Match Related Activity **20 min.** - xxxxx	 *XX yds* *XX yds*	- xxxxx
Match Condition Game **40 min.** 11 v 11 game	full field game	- xxxxx
Cool Down	Light Jog & Stretch	