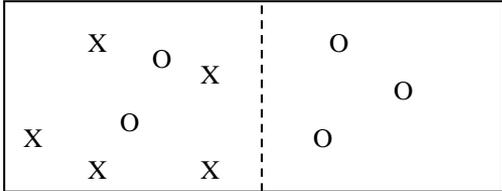
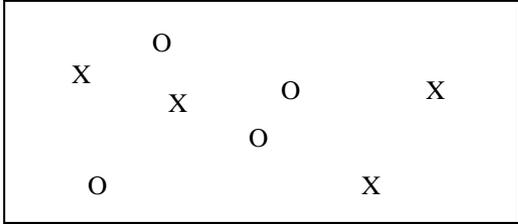
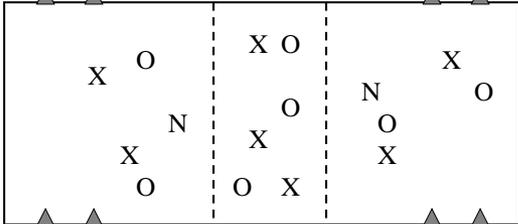


X = Attacker O = Defender T = Target N = Neutral S = Server ▲ = Cone ● = Ball ← = Run ◀..... = Pass

<p>Fundamental - Warm Up 15 min.</p> <p>- 5 v 2 / 3 transition teams of five</p> <p>1) 2 defenders may enter other half</p> <p>2) 3 defenders may enter other half</p> <p>3) 2 touch</p> <p>* STRETCH</p>	<p style="text-align: center;">Organization</p> 	<p style="text-align: center;">Key Coaching Points</p> <ul style="list-style-type: none"> - get big, heels on lines, body open to field - receive ball with back leg
<p>Match Related Activity 15 min.</p> <p>4 v 4 to targets</p> <p>- bi-directional (if you get the ball to a target, go the other way)</p>	<p style="text-align: center;">T</p>  <p style="text-align: center;">T</p>	<ul style="list-style-type: none"> - get big early (while the ball travels) - score quickly - open to the field - be pro-active in player movements versus re-active to the ball
<p>Match Related Activity 20 min.</p> <p>7 v 7 to wide goals</p> <p>- each team defends two wide goals</p> <p>- 2 touches in middle channel</p>		<ul style="list-style-type: none"> - play quickly through center channel - identify & solve 2 v 1 - play away from pressure
<p>Match Condition Game 40 min.</p> <p>11 v 11 team in 4-4-2</p> <p>1) (X) defends 1 goal lead</p> <p>2) (O) defends 1 goal lead</p>	<p style="text-align: center;">full field game</p>	<ul style="list-style-type: none"> - stay away from pressure pockets - identify & solve 2 v 1
<p style="text-align: center;">Cool Down</p>	<p style="text-align: center;">Light Jog & Stretch</p>	