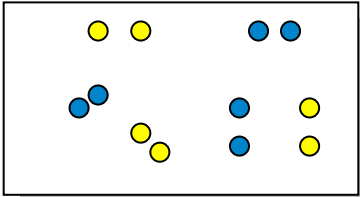
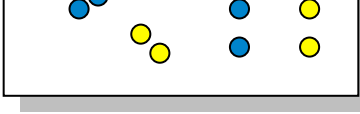





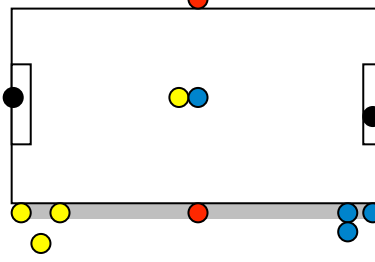
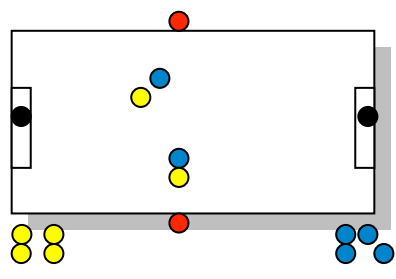
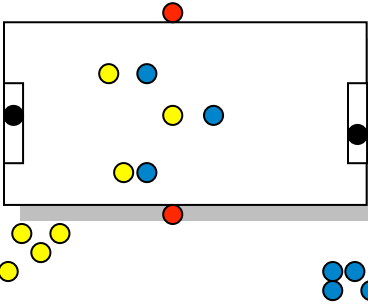
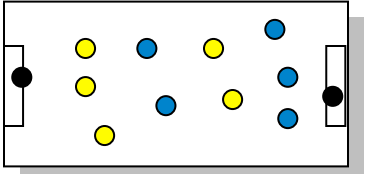
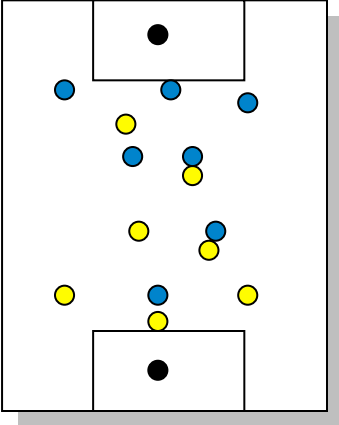


Activity Name	Description	Diagram	Purpose/Coaching Pts.
<b>1 Warm UP</b>			
Running in 1's	In 1's - Open but confined area, slow, runner can perform different types of soccer running for warm up, ask for changing directions, then changing speed on cut		-Practice body fakes with hips, shoulders, head, different bodies work differently
Running in 2's	In 2's - Follow the leader, second player behind the first, leader does as above, many and rhythmic role changes on command from coach, saying "New Leader" as command		-Players should experiment with single, double, and triple body fakes
Running in 3's	In 3's - Same as above, three players in a vertical line, lots of leader rotations from command of coach		-Regular changes in leader creates rhythm and sync of following players
<b>2</b>			
1v1's   with Servers  and Goalkeepers 	<p>-1v1 start in middle of the field shoulder to shoulder</p> <p>-Server designates one player/team the attacker</p> <p>-Attacker must move to get separation from defender to receive ball - single, double, and triple fakes (changes of direction and speed) work best - body/head/shoulder fakes can be done at any angle to off balance defender</p> <p>-GK in mid-sized goals, keeper use feet only, restricted to end line to promote calm finishing from attackers</p> <p>-When defender wins ball, it is played to a server to restart as attackers - Restart by server with a new set of players when ball goes in goal or out of play</p>		<p>-Create separation with defender through movement and deception</p> <p>-Attackers on the balls of the feet for sharp movements</p> <p>-Use of arm ok for small, low push off, should never extend fully or be high, keep the arm bent, low, &amp; firm</p>
<b>3</b>			
2v2's with Servers and Goalkeepers  -Same structure as above	<p>-Play starts when both pairs, one from each team, are shoulder to shoulder in middle of the field</p> <p>-Introduction of the "Decoy Run" to initiate play, player closest to the ball generally is the decoy runner</p> <p>-Server may only play into the second player into the play, first player is the decoy run, decoy run can be initiated with single, double or triple fakes</p> <p>- Second player fills space cleared by first to receive ball,</p>		<p>-Timing of runs in relation to the ability to be served becomes important</p> <p>-Creative players will scheme and plan ahead of time how the first run will look to open up the second player</p> <p>-Players begin to learn the value of making a run without the expectation of always getting the ball, promotes the team and self sacrifice concept</p> <p>-The 2v2 is the starting point to creating a flowing, creative offensive group</p>

<p>4</p> <p><b>3v3's with Servers and GK</b></p> <p>-Same structure as above</p> <p>-Offside in effect</p>	<ul style="list-style-type: none"> <li>-Play starts when three pairs, one from each team, organizes in the middle of the field</li> <li>-The first decoy run generally comes from the who is player closes to the ball</li> <li>-Server can only play into the second or now third player into the play</li> <li>-When goalkeeper receives ball in hands or feet, the top two players begin decoy run sequence, keeper plays to second or third player</li> </ul>		<ul style="list-style-type: none"> <li>-Smart defenders begin to shut down second runner, now third player can exploit spaces opened by decoy runner &amp; second player into the play, timing of runs, patience and deceptive running</li> <li>-Rhythm, flow, and team orientation can now be established in the group of 3</li> </ul>
<p>5</p> <p><b>6v6 including GK</b></p> <p>-Offside in effect</p>	<ul style="list-style-type: none"> <li>-Teams shape is a 3-2</li> <li>-All restarts must begin with a decoy run to begin team rotation</li> <li>-When goalkeeper has ball in hand top two players begin the decoy run sequence, goal keeper plays into second or third player</li> </ul>		<ul style="list-style-type: none"> <li>-Encourage players not to stop but to slow down and time their running (deception, angle and pace) just ahead of the open opportunity to receive</li> </ul>
<p>6</p> <p><b>7v7 – 11v11 including GK</b></p>	<p>Game On!</p>		<ul style="list-style-type: none"> <li>-Applications include almost all restarts; corners, indirect/direct kicks, short/long throw in, goalkeeper restarts</li> <li>-Provides a base of understanding for younger players and translates into dynamic interchange of positioning in the game</li> <li>-Functional game examples are distribution from keeper/backs/mids to forwards, over and under lapping of penetrating midfielders, inside midfield interchange with outside, central midfield interchange</li> <li>-The ripple effect on the movement of the team and players is significant and turns stop start practices into movement and flow oriented training sessions</li> </ul>