

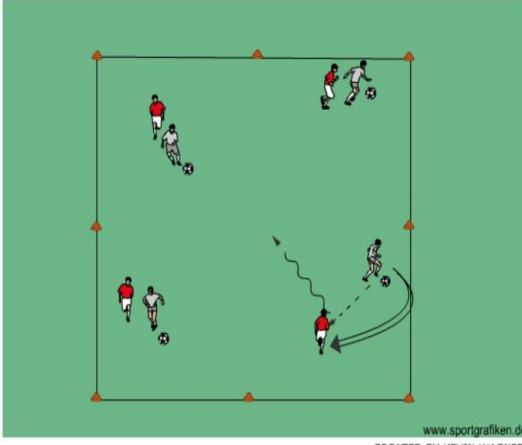
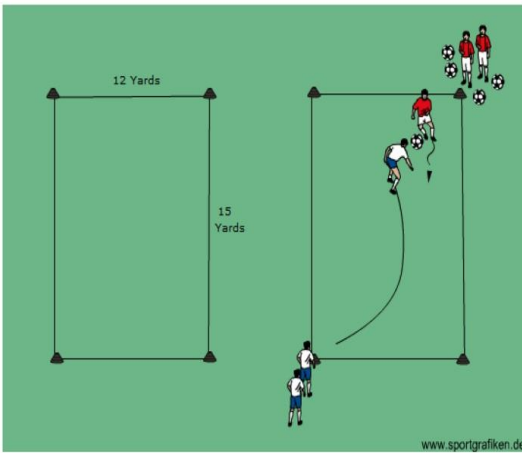
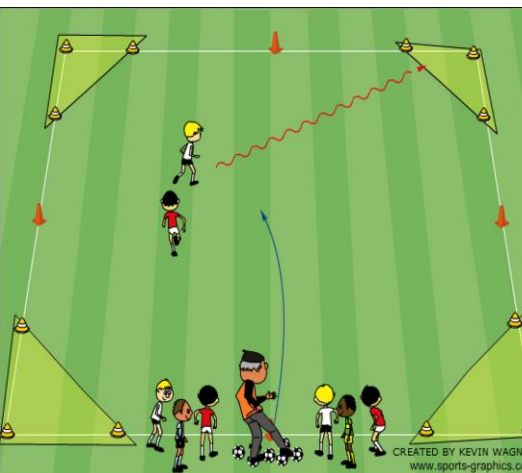


MERIDIAN SOCCER

UNDER 11 WEEK ONE

KEY FACTORS:

INDIVIDUAL ATTACKING
INDIVIDUAL CONTROL, SHIELDING

ORGANIZATION	ACTIVITY 1- 1V1 SHADOW DRIBBLING	COACHING POINTS/KEY FACTORS
<ul style="list-style-type: none"> •PLAYERS PUT INTO GROUPS OF 2 WITH 1 PLAYER HAVING THE BALL •THAT PLAYER TRIES TO DRIBBLE AWAY FROM THEIR PARTNER •AFTER 5-10 SECONDS THE COACH YELLS SWITCH • THE PLAYER WITH THE BALL TURNS AND PASSES TO PARTNER THEN TRIES TO CATCH UP TO PARTNER • WHEN PLAYERS GET TIRED THEY CAN REST WHILE THEY JUGGLE OR PASS 	 <p>www.sportgrafiken.de CREATED BY KEVIN WAGNER</p>	<ul style="list-style-type: none"> •MOVING FAST WITH AND WITHOUT A BALL •INTRODUCING SUPPORT, MOVEMENT AND SHORT DISTANCE PASSING • TECHNIQUE OF PASSING • SUPPORT - DROP AWAY FROM PASSER SO THAT YOUR NOT TOO CLOSE •BE IN A POSITION SO YOU CAN RECIEVE THE BALL <p>KRYFF TURN, ROLL BACK, PULL BACK, TURN WITH INSIDE, OUTSIDE OF THE FOOT</p> <p>15 MINUTES</p>
<ul style="list-style-type: none"> •ATTACKERS DRIBBLE BALL AND TRY TO ATTACK AND DRIBBLE THE BALL ACROSS THE DEFENDERS LINE. • WHEN DEFENDER WINS THE BALL THEY COUNTERATTACK AND TRY TO DRIBBLE BALL ACROSS OPPOSITE GOALINE <p>JUST SET UP 1 GROUP</p>	<h3 data-bbox="508 783 1053 842">ACTIVITY 2- 1V1 LINE SOCCER</h3>  <p>www.sportgrafiken.de</p>	<ul style="list-style-type: none"> •ATTACKER DRIBBLES QUICKLY CHANGING DIRECTION - KEEPING BALL CLOSE • CHANGE DIRECTION LOOKIN G TO GET BEHIND DEFENDERS <p>15 MINUTES</p>
<ul style="list-style-type: none"> •PLACE THE PLAYERS INTO BIBS/2 TEAMS •THE PLAY IS 1 VS 1 - HOWEVER MORE THAN ONE GROUP CAN PLAY AT A TIME •THE COACH PLAYS A BALL OUT TO THE PLAYERS THAT ARE ON EACH SIDE •A PLAYER DRIBBLES THE BALL AND STOPS IT IN ANY OF THE 4 CORNERS/GOALS. YOU GET A GOAL BY KICKING IT THROUGH. •THE PLAY CONTINUES TELL THE BALL GOES OUT THE FIELD 	<h3 data-bbox="508 1365 1053 1402">ACTIVITY 3 - 4 CORNERS</h3>  <p>www.sports-graphics.com CREATED BY KEVIN WAGNER</p>	<ul style="list-style-type: none"> •DRIBBLE WITH EYES UP •TURN WITH THE BALL AWAY FROM PRESSURE •AFTER TURN, TAKE A LONGER TOUCH TO GET AWAY FROM THE DEFENDER •USE INDIDE, OUTSIDE, BOTTOM OF THE FOOT TO TURN <p>15 MINUTES</p>

PLAY SCRIMAGE AT VERY END

CREATED SPRING 2023



MERIDIAN SOCCER

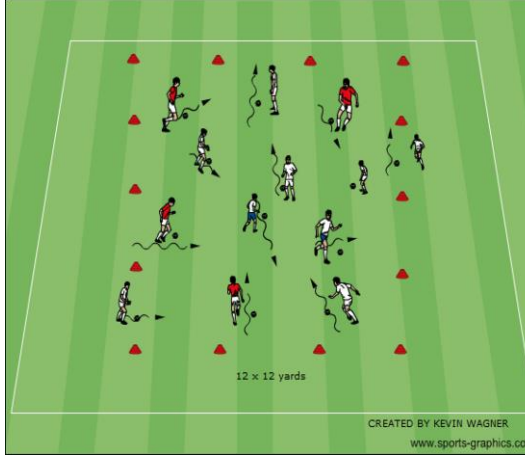
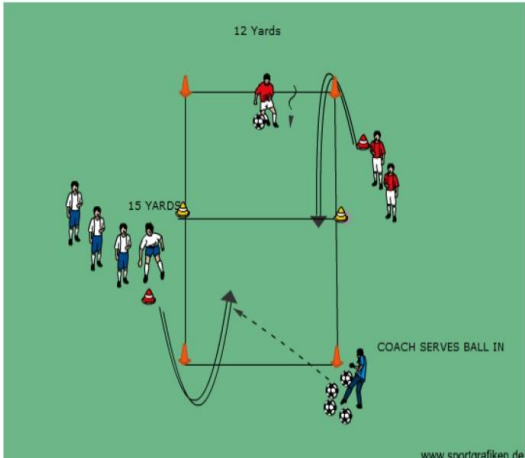
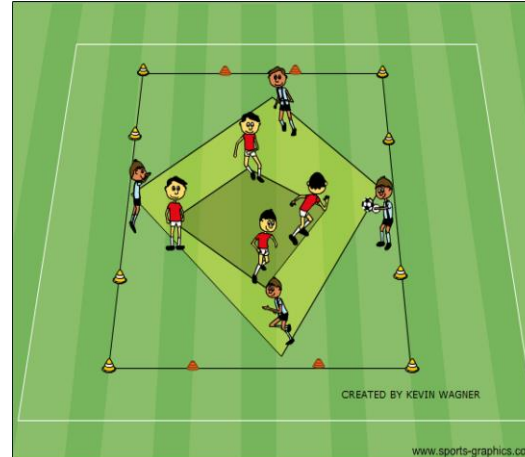
UNDER 11 WEEK TWO

KEY FACTORS

INDIVIDUAL BALL CONTROL

ATTACKING INDIVIDUAL

GROUP SHAPE - POP

ORGANIZATION	ACTIVITY 1 - SQUARE DANCE	COACHING POINTS/KEY FACTORS
<ul style="list-style-type: none"> •1 BALL / PLAYER - PLAYERS DRIBBLE BALL •COACHES INSTRUCTION - DRIBBLE, RUN, SIT, ELBOW, NOSE ON BALL, JUMP OVER <p>TIP-A GOOD WAY TO SET THE ENVIRONMENT WITH POSITIVE ENERGY</p>	 <p>12 x 12 yards</p> <p>CREATED BY KEVIN WAGNER www.sports-graphics.com</p>	<ul style="list-style-type: none"> •PURPOSE-TO ENCOURAGE DRIBBLING WHILE INTRODUCING BODY MOVEMENTS SUCH AS JUMPING, TWISTING, TURNING, •SKILLS-WE WOULD LIKE THE PLAYERS TO BE ABLE TO TURN WITH THE BALL USING THE BOTTOM, INSIDE, OUTSIDE OF THE FOOT. •SKILLS TO INTRODUCE- KRYFF TURN, ROLL BACK, PULL BACK, TURN WITH INSIDE, OUTSIDE OF THE FOOT <p>15 MINUTES</p>
<ul style="list-style-type: none"> •COACH SERVES BALL IN FROM SHOWN AREA • PLAYERS START ON RED CONE AND RUN AROUND OTHER RED CONE WHEN COACH SAYS GO • FIRST PLAYER IN SHOULD RECIEVE BALL • PLAYER WITH BALL MUST GET TO THE HALF WAY LINE THEN CAN DECIDE TO DRIBBLE AROSS EITHER LINE FOR A GOAL 	 <p>12 Yards</p> <p>15 YARDS</p> <p>COACH SERVES BALL IN</p> <p>www.sportgrafiken.de CREATED BY KEVIN WAGNER</p>	<ul style="list-style-type: none"> •ENCOURAGE SPPED TO THE BALL •ENCOURAGE DRIBBLING AND TURNING AWAY FROM PRESSURE <p>15 MINUTES</p>
<p>3V3 OR 4V4 (DEPENDENT ON YOUR NUMBERS)</p> <ul style="list-style-type: none"> •MARK OUT A SMALL FIELD RUNNING LENGTH WAYS ON YOUR HALF FIELD • PLAYERS ARE ON 2 TEAMS • PLAYERS CAN ONLY USE THEIR HANDS •PLAYERS KEEP THEIR SHAPE AND MOVE TO SUPPORT EACH OTHER WHEN THEIR TEAMATE HAS THE BALL • THE PLAYER WITH THE BALL CANNOT RUN WITH IT. THEY HAVE TO PASS OR SHOOT • GOAL SCORED BY THROWING IT THROU OPPOSITION GOAL 	 <p>CREATED BY KEVIN WAGNER www.sports-graphics.com</p>	<ul style="list-style-type: none"> • TEACH TEAM SHAPE(TRIANGLES/DIAMONDS) • TEACH PLAYERS TO PLAY IN GROUPS WITH SUPPORT, MOVEMENT, TRANSITION. <p>PROGRESSION: BEGIN BY PLAYERS INTER-CEPTING BALL FROM OPPOSITION, THEN PROGRESS TO DEFENDERS ABLE TO SWAT BALL FROM ATTACKERS HANDS.</p> <ul style="list-style-type: none"> • THIS WILL MAKE SPEED OF PLAY QUICKER <p>15 MINUTES</p>

PLAY GAME AT THE END

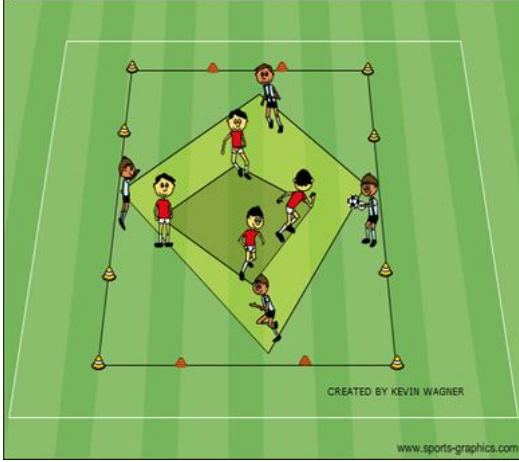
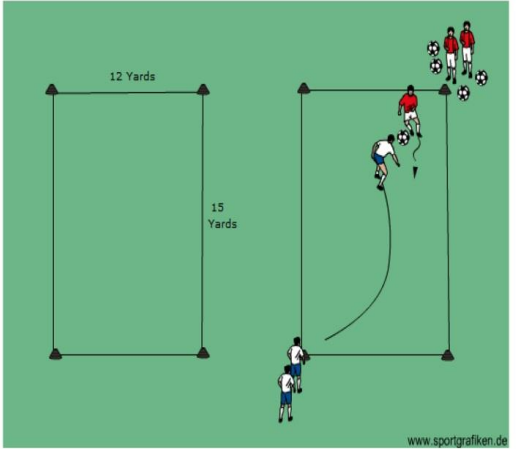
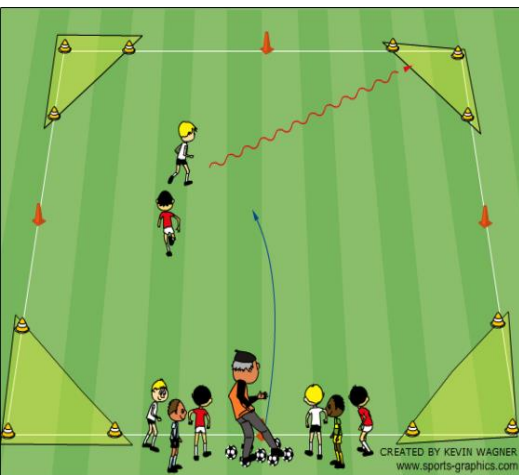


MERIDIAN SOCCER

UNDER 11 WEEK THREE

KEY FACTORS

GROUP SHAPE- WIDTH-DEPTH-SUPPORT
INDIVIDUAL ATTACKING

ORGANIZATION	ACTIVITY 1- HANDS GAME	COACHING POINTS/KEY FACTORS
<p>4V4 OR 5V5 (DEPENDENT ON YOUR NUMBERS)</p> <ul style="list-style-type: none"> MARK OUT A SMALL FIELD RUNNING LENGTH WAYS ON YOUR HALF FIELD PLAYERS ARE ON 2 TEAMS PLAYERS CAN ONLY USE THEIR HANDS PLAYERS KEEP THEIR SHAPE AND MOVE TO SUPPORT EACH OTHER WHEN THEIR TEAMMATE HAS THE BALL THE PLAYER WITH THE BALL CANNOT RUN WITH IT. THEY HAVE TO PASS OR SHOOT GOAL SCORED BY THROWING IT THROUGH OPPOSITION GOAL 	 <p>CREATED BY KEVIN WAGNER www.sports-graphics.com</p>	<ul style="list-style-type: none"> TEACH TEAM SHAPE (TRIANGLES/DIAMONDS) TEACH PLAYERS TO PLAY IN GROUPS WITH SUPPORT, MOVEMENT, TRANSITION. <p>PROGRESSION: BEGIN BY PLAYERS INTERCEPTING BALL FROM OPPOSITION, THEN PROGRESS TO DEFENDERS ABLE TO SWAT BALL FROM ATTACKERS HANDS.</p> <ul style="list-style-type: none"> THIS WILL MAKE SPEED OF PLAY QUICKER WITH INSIDE, OUTSIDE OF THE FOOT <p>15 MINUTES</p>
<ul style="list-style-type: none"> ATTACKERS DRIBBLE BALL AND TRY TO ATTACK AND DRIBBLE THE BALL ACROSS THE DEFENDERS LINE. WHEN DEFENDER WINS THE BALL THEY COUNTERATTACK AND TRY TO DRIBBLE BALL ACROSS OPPOSITE GOALINE <p>JUST SET UP 1 GROUP</p>	<p>ACTIVITY 2- 1V1 LINE SOCCER</p>  <p>www.sportgrafiken.de</p>	<ul style="list-style-type: none"> ATTACKER DRIBBLES QUICKLY CHANGING DIRECTION - KEEPING BALL CLOSE CHANGE DIRECTION LOOKING TO GET BEHIND DEFENDERS <p>15 MINUTES</p>
<ul style="list-style-type: none"> PLACE THE PLAYERS INTO BIRS/2 TEAMS THE PLAY IS 1 VS 1 - HOWEVER MORE THAN ONE GROUP CAN PLAY AT A TIME THE COACH PLAYS A BALL OUT TO THE PLAYERS THAT ARE ON EACH SIDE A PLAYER DRIBBLES THE BALL AND STOPS IT IN ANY OF THE 4 CORNERS/GOALS. YOU GET A GOAL BY KICKING IT THROUGH. THE PLAY CONTINUES TELL THE BALL GOES OUT THE FIELD 	<p>ACTIVITY 3 - 4 CORNERS</p>  <p>CREATED BY KEVIN WAGNER www.sports-graphics.com</p>	<ul style="list-style-type: none"> DRIBBLE WITH EYES UP TURN WITH THE BALL AWAY FROM PRESSURE AFTER TURN, TAKE A LONGER TOUCH TO GET AWAY FROM THE DEFENDER USE INSIDE, OUTSIDE, BOTTOM OF THE FOOT TO TURN <p>15 MINUTES</p>

PLAY SCRIMAGE AT VERY END



MERIDIAN SOCCER

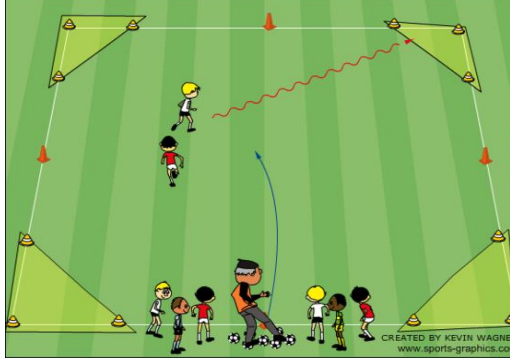
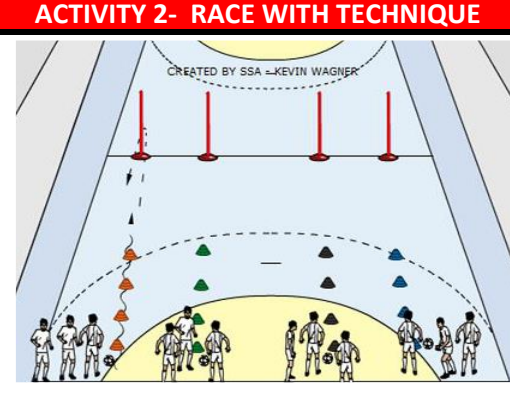


UNDER 11 WEEK 4

KEY FACTORS

SUPPORT - POP

BALL CONTROL ON DEMAND

INDIVIDUAL AND SMALL GROUP ATTACKING

ORGANIZATION	ACTIVITY 1- 1V1-3V3 IN 4 CORNERS	COACHING POINTS/KEY FACTORS
<ul style="list-style-type: none"> • PLACE THE PLAYERS INTO BIBS/2 TEAMS • THE PLAY IS 1 VS 1 - 3V3 HOWEVER MORE THAN • THE COACH PLAYS A BALL OUT TO THE PLAYERS THAT ARE ON EACH SIDE • A PLAYER DRIBBLES THE BALL AND STOPS IT IN ANY OF THE 4 CORNERS/GOALS. YOU GET A GOAL BY KICKING IT THROUGH. • THE PLAY CONTINUES TELL THE BALL GOES OUT THE FIELD 		<ul style="list-style-type: none"> • DRIBBLE WITH EYES UP • TURN WITH THE BALL AWAY FROM PRESSURE • AFTER TURN, TAKE A LONGER TOUCH TO GET AWAY FROM THE DEFENDER • USE INSIDE, OUTSIDE, BOTTOM OF THE FOOT TO TURN <p>10 -15 MINUTES</p>
<ul style="list-style-type: none"> • DIVIDE PLAYERS INTO LINES OF 4-6 PLAYERS • USE CONES FOR THE WORK • START WITH OUT BALL THROUGH CONE WORK THEN SPRINT AROUND LAST CONE AND BACK, TAG • A PENALTY TO THE LOSING TEAMS (EX; JUMPING JACKS, HOPS ETC) • THEN INTRODUCE THE BALL THROUGH THE CONES (DRIBBLING, INSIDE, OUTSIDE FOOT TURNS ETC) 		<ul style="list-style-type: none"> • FAST FEET, COORDINATED BODY, UPPER BODY WORKING WITH LOWER BODY • GOOD TECHNIQUE ENCOURAGED, AND EFFORT <p>10 -15 MINUTES</p>
<ul style="list-style-type: none"> • GRID IS 12X12 • LINE PLAYERS UP AS SHOWN • COACH SERVES BALLS AS FROM SHOWN • WHOEVER WINS BALL FIRST IS ATTACKER • SCORE BY DRIBBLING THROUGH ANY OF THE 4 GOALS AND THEN TURNING AND IMMEDIATELY COMING BACK INTO FIELD TO ATTEMPT TO SCORE ON ANOTHER GOAL • THE DEFENDER CANNOT GO OUTSIDE GRID • IF THE DEFENDER WINS THE BALL THEY BECOME THE ATTACKER AND 1V1 CONTINUES • EACH 1V1 BATTLE CONTINUES UNTILL EITHER PLAYER KICKS BALL OUTSIDE OF GRID 		<ul style="list-style-type: none"> • CAN ADD MORE THAN 1 BATTLE AT A TIME • DEMAND PLAYERS TO USE TECHNIQUE • DECISIONS WITH ATTACKERS ON WHEN TO TAKE A LONG TOUCH TO BEAT DEFENDERS • NO TACKLING FROM BEHIND OR SLIDE TACKLING <p>10 -15 MINUTES</p>
<ul style="list-style-type: none"> • PLACE THE PLAYERS INTO BIBS/2 TEAMS • THE PLAY IS 3V3 HOWEVER MORE THAN • THE COACH PLAYS A BALL OUT TO THE PLAYERS THAT ARE ON EACH SIDE • A PLAYER DRIBBLES THE BALL AND STOPS IT IN ANY OF THE 4 CORNERS/GOALS. YOU GET A GOAL BY KICKING IT THROUGH. • THE PLAY CONTINUES TELL THE BALL GOES OUT THE FIELD • TEACH SHAPE-SUPPORT-DISTANCE FROM EACH OTHER 		<ul style="list-style-type: none"> • DRIBBLE WITH EYES UP • TURN WITH THE BALL AWAY FROM PRESSURE • AFTER TURN, TAKE A LONGER TOUCH TO GET AWAY FROM THE DEFENDER • USE INSIDE, OUTSIDE, BOTTOM OF THE FOOT TO TURN <p>ARE THEY IMPROVED FROM BEGINNING OF PRACTICE?</p> <p>10 -15 MINUTES</p>



MERIDIAN SOCCER

UNDER 11 WEEK FIVE

KEY FACTORS

TECHNICAL SESSION

INDIVIDUAL POSSESSION - TURNING ON DEMAND

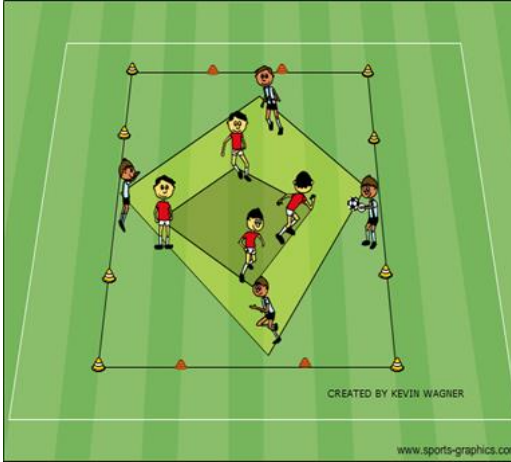
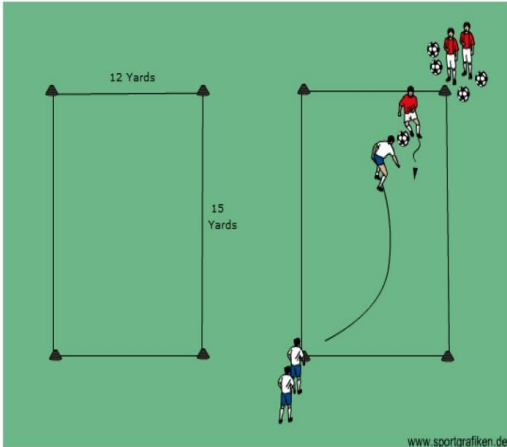
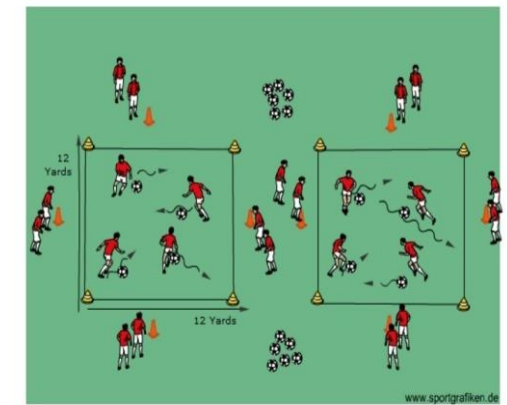
ORGANIZATION	ACTIVITY 1- DRIBBLING-TURNING	COACHING POINTS/KEY FACTORS
<ul style="list-style-type: none"> • CONES ARE AS SHOWN, 12 PACES LONG IN TOTAL DIVIDED BY 2 CENTER CONES SO 6 PACES FOR EACH • PLAYERS IN GROUPS OF 2 OR 3 • PLAYERS DRIBBLE TO INSIDE CONES, TURN (MOVE DECIDED BY COACH) AND DRIBBLE BACK TO THEIR PARTNER • PARTNER TAKES IT FROM THE PLAYER(TAKE OVER) BUT CAN ALSO BE A PASS • RECOMMEND TO APPLY EACH SKILL FOR 60 SECS BEFORE YOU MOVE ON 		<ul style="list-style-type: none"> • RECOMMENDED TECHNIQUES TO WORK ON: INSIDE, OUT SIDE TURN, ROLL BACK, KRYFF TURN STEP OVER, HEEL TURN, TAKE OVER, INSIDE FOOT PASS <p style="text-align: center;">15 MINUTES</p>
<ul style="list-style-type: none"> • ALL RED PLAYERS HAVE A BALL AND DRIBBLE IN GRID. • COACH STARTS WATCH TO TIME IT • ONE PLAYER FROM THE OUTSIDE(DEFENDER) ENTERS FIELD TO FICK ATTACKERS BALL OUT • THE ATTACKER CAN GET BALL AND RE ENTER • THE DEFENDER RETREATS AND TAGS TEAM MATES IN TO GO AND DEFEND • EACH COACH DECIDES IF DEFENDERS GO THROUGH ONCE OR TWICE EACH • COACH TIMES HOW LONG THE ATTACKERS WERE IN FOR AND CHANGE ROLES. • THE TEAM WITH THE LOWER TIME ATTACKING WINS 	<h3 style="text-align: center;">ACTIVITY 2 - TIME TRIAL COMPETITION</h3>	<ul style="list-style-type: none"> • MAKE AS COMPETITIVE AS POSSIBLE • PENALTY FOR LOOSING TEAM • PLAYERS USE TURNS, SHIELDING TO KEEP BALL • NO TACKLING FROM BEHIND ALLOWED • YOU SHOULD GET 3-4 REPS IN <p style="text-align: center;">15 MINUTES</p>
<ul style="list-style-type: none"> • CAN USE 1 OR 2 SQUARES - 12-15 PLAYERS PER SQUARE • PLAYERS ARE IN GROUPS OF 3 ON EACH SIDE OF THE SQUARE • THE FIRST PLAYER DRIBBLES INTO THE SQUARE (4 PLAYERS A TIME) FOR 15 SEC'S • THE COACH YELLS SWITCH • THE PLAYER PASSES THE BALL TO THE LINE THEY STARTED AT AND RUN BEHING SAME LINE - THIS CONTINUES EVERY 15 SEC'S • PLAYERS SHOULD GO THROUGH AT LEAST 3 TIMES EACH BEFORE MOVING ON TO A DIFFERENT MOVE 	<h3 style="text-align: center;">DRILL 3- TECHNICAL SQUARE</h3>	<p>TECHNIQUES TO TEACH:</p> <ul style="list-style-type: none"> ROLL BACK(BOTTOM FOOT TURN) INSIDE FOOT TURNS OUTSIDE FOOT TURNS FRYFF TURNS STEP OVER FAKE A SHOT <p>DANNY CAN EXPLAIN IF YOU DON'T UNDERSTAND THE MOVES ETC.</p> <p style="text-align: center;">15 MINUTES</p>



MERIDIAN SOCCER

UNDER 11 WEEK SIX - SESSION 6

KEY FACTORS
 GROUP SHAPE - POP
 TECHNIQUE
 INDIVIDUAL ATTACKING 1V1 PLAY

ORGANIZATION	ACTIVITY 1- HANDS GAME	COACHING POINTS/KEY FACTORS
<p>4V4 OR 5V5 (DEPENDENT ON YOUR NUMBERS)</p> <ul style="list-style-type: none"> MARK OUT A SMALL FIELD RUNNING LENGTH WAYS ON YOUR HALF FIELD PLAYERS ARE ON 2 TEAMS PLAYERS CAN ONLY USE THEIR HANDS PLAYERS KEEP THEIR SHAPE AND MOVE TO SUPPORT EACH OTHER WHEN THEIR TEAMATE HAS THE BALL THE PLAYER WITH THE BALL CANNOT RUN WITH IT. THEY HAVE TO PASS OR SHOOT GOAL SCORED BY THROWING IT TROW OPPOSITION GOAL 	 <p>CREATED BY KEVIN WAGNER www.sports-graphics.com</p>	<ul style="list-style-type: none"> TEACH TEAM SHAPE (TRIANGLES/DIAMONDS) TEACH PLAYERS TO PLAY IN GROUPS WITH SUPPORT, MOVEMENT, TRANSITION. <p>PROGRESSION: BEGIN BY PLAYERS INTERCEPTING BALL FROM OPPOSITION, THEN PROGRESS TO DEFENDERS ABLE TO SWAT BALL FROM ATTACKERS HANDS.</p> <ul style="list-style-type: none"> THIS WILL MAKE SPEED OF PLAY QUICKER WITH INSIDE, OUTSIDE OF THE FOOT <p style="text-align: center;">15 MINUTES</p>
<ul style="list-style-type: none"> ATTACKERS DRIBBLE BALL AND TRY TO ATTACK AND DRIBBLE THE BALL ACROSS THE DEFENDERS LINE. WHEN DEFENDER WINS THE BALL THEY COUNTERATTACK AND TRY TO DRIBBLE BALL ACROSS OPPOSITE GOALINE <p>JUST SET UP 1 GROUP</p>	<p style="text-align: center;">ACTIVITY 2- 1V1 LINE SOCCER</p>  <p>www.sportgrafiken.de</p>	<ul style="list-style-type: none"> ATTACKER DRIBBLES QUICKLY CHANGING DIRECTION - KEEPING BALL CLOSE CHANGE DIRECTION LOOKIN G TO GET BEHIND DEFENDERS <p style="text-align: center;">15 MINUTES</p>
<ul style="list-style-type: none"> CAN USE 1 OR 2 SQUARES - 12-15 PLAYERS PER SQUARE PLAYERS ARE IN GROUPS OF 3 ON EACH SIDE OF THE SQUARE THE FIRST PLAYER DRIBBLES INTO THE SQUARE (4 PLAYERS A TIME) FOR 15 SEC'S THE COACH YELLS SWITCH THE PLAYER PASSES THE BALL TO THE LINE THEY STARTED AT AND RUN BEHIND SAME LINE - THIS CONTINUES EVERY 15 SEC'S PLAYERS SHOULD GO THROUGH AT LEAST 3 TIMES EACH BEFORE MOVING ON TO A DIFFERENT MOVE 	<p style="text-align: center;">DRILL 3- TECHNICAL SQUARE</p>  <p>www.sportgrafiken.de</p>	<p>TECHNIQUES TO TEACH:</p> <ul style="list-style-type: none"> ROLL BACK (BOTTOM FOOT TURN) INSIDE FOOT TURNS OUTSIDE FOOT TURNS FRYFF TURNS STEP OVER FAKE A SHOT <p>DANNY CAN EXPLAIN IF YOU DON'T UNDERSTAND THE MOVES ETC.</p> <p style="text-align: center;">15 MINUTES</p>

PLAY SCRIMAGE AT VERY END



MERIDIAN SOCCER

UNDER 11 WEEK 7

KEY FACTORS

PROTECTING BALL-INDIVIDUAL
SMALL GROUP ATTACKING - POP
SMALL GROUP DEFENDING - POP

ORGANIZATION	ACTIVITY 1- SHIELD	COACHING POINTS/KEY FACTORS
<p>"NO WAY!" SHIELD (Activity #2) SET UP</p> <ul style="list-style-type: none"> • Create a field 15x20 yards <p>METHOD</p> <ul style="list-style-type: none"> • Each player has a partner (of equal ability) and one ball to share. • Coach says "GO!" player without the ball tries to steal it from their dribbling partner. • Once a player steals the ball they must try and keep possession until the end of the round (1min-1.5minutes) • The partner who ends up with the ball gets a point. • If ball goes out of bounds, the player who kicked the ball out must give possession to their partner. 		<p>10 MINUTES</p> <ul style="list-style-type: none"> • This is hard work so keep your time correct and a bit of rest between reps • Encourage players to protect ball using their body to shield it • Also to dribble and turn away from defenders • Encourage defenders to get close enough to touch defenders with arms then they are close enough to go get the ball
<p>DRIBBLING GATES with DEFENDERS (Activity #3) SET UP</p> <ul style="list-style-type: none"> • Create a field <input type="text"/> • Place multiple gates (2 cones, 2 yards apart) <p>METHOD</p> <ul style="list-style-type: none"> • Round 1, each player has a ball and dribbles through the gates to score points. • Rounds 2-3, add "defenders"; 2-3 players without a soccer ball enter the game and try to prevent dribblers from scoring. • If a defender steals the ball, they become the dribbler and try to score points. <p>Progress to numbers up game Ex: 6vs2 with 1 ball and 2 teams - round 4</p>	<p>ACTIVITY 2- GAME WITH GATES</p> 	<ul style="list-style-type: none"> • Many progressions, reps and rounds so this will take some time • Round one focuses on speed of tech • Rounds 2-3 is adding pressure. Each attacker still has a ball • Round 4 is now group play. Added decisions on when to pass or dribble <p>20 MINUTES</p>
<p>Game of 3 v 1 - 4 v 2 - 2 v 1 etc</p> <p>Allow different variations of decisions on when to pass, dribble</p> <ul style="list-style-type: none"> • Game can be directional where a team defends its goals and scores on the other teams 2 goals - Or each team can score on all 4 goals - You decide! 	<p>ACTIVITY 3 - 4 corners - LARGER PITCH GAME</p> 	<ul style="list-style-type: none"> • Support - Attacking players without the ball triangles, diamond etc • Attacking techniques of passing - receiving and dribbling • Width - players individually change of direction - goals on side encourages this and wide support <p>15 MINUTES</p>
<p>IF UNSURE HOW TO PLAY, ASK MYSELF, OR DANNY OR BRAYDON</p>	<p>ACTIVITY 4 - CLAP OR HEAD IT CATCH IT</p> <p>IF TIME IS LEFT</p>	<p>MAKE SURE THE DISTANCE OF THE CIRCLE IS NOT TOO BIG</p> <p>5 MINUTES</p>