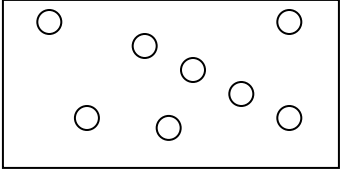
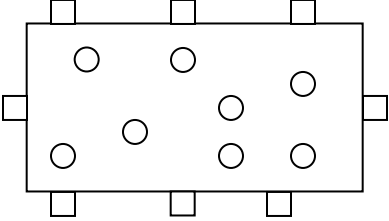
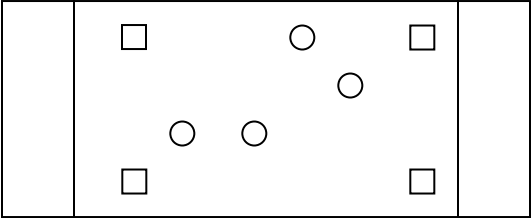



<p>FUNDAMENTAL – WARM UP</p> 	<p>ORGANIZATION</p> <ul style="list-style-type: none"> ▪ START WITH JUGGLING (50 Touches) ▪ Set up a 25-x-35 yard grid ▪ Players move around grid with ball ▪ On coaches command players toss ball then bring ball down under control with foot ▪ Stretch <p>Progressions: Specify what surface must be used to control the ball. (inside foot/instep, thigh,chest)</p>	<p>KEY COACHING POINTS</p> <ul style="list-style-type: none"> ▪ Get in line of the flight of the ball ▪ Come to meet the ball ▪ Watch the ball ▪ Make an early selection in the body surface to use ▪ Controlling surface goes out to meet ball ▪ Relax the controlling surface and withdraw just before impact
<p>FUNDAMENTAL ACTIVITY</p> 	<ul style="list-style-type: none"> ▪ Set up a 25-x-35 yard grid ▪ Half of team on outside of grid (half of those players need a ball), and the other half moving on the inside ▪ Players on the inside show for a ball, receive a lofted pass, and then pass the ball back to the outside player ▪ Switch players out ▪ Progressions: Specify what surface must be used to control the ball. 	<ul style="list-style-type: none"> ▪ Get in line of the flight of the ball ▪ Come to meet the ball ▪ Watch the ball ▪ Make an early selection in the body surface to use ▪ Relax the controlling surface and withdraw just before impact
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> ▪ Play 4v4 + 2GK's in a 40-x-50 yard area with 10 yard end zones at each end ▪ Each team is given an end zone to attack and to defend – GK keepers move about grid receiving ball. ▪ Teams score by GK throwing a lofted ball into the end zone and having a player receive and control the ball in the end zone <p>Progressions: Specify what surface must be used to control the ball. Give more points for certain surfaces (2 points for receiving with a thigh, one for receiving with a foot).</p>	<ul style="list-style-type: none"> ▪ Get in line of the flight of the ball ▪ Come to meet the ball ▪ Watch the ball ▪ Make an early selection in the body surface to use ▪ Controlling surface goes out to meet ball ▪ Relax the controlling surface and withdraw just before impact ▪ 1st touch prepares for next touch
<p>MATCH CONDITION GAME</p> 	<ul style="list-style-type: none"> ▪ Play 4v4 ▪ No restrictions on players 	<ul style="list-style-type: none"> ▪ Let them play!