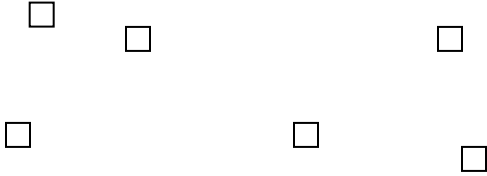
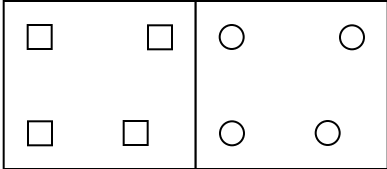
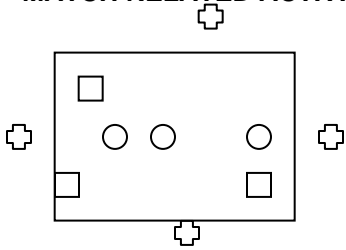
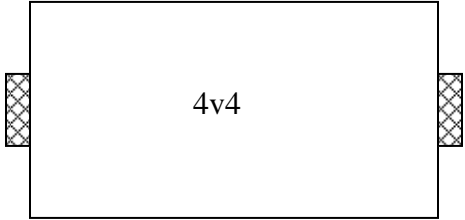


<p><b>FUNDAMENTAL – WARM UP</b></p> 	<p><b>ORGANIZATION</b></p> <ul style="list-style-type: none"> <li>▪ Ball between three people – moving and passing</li> <li>▪ Emphasis on first touch preparing for next touch</li> </ul> <p><b>Progressions:</b> Specify what surface must be use to control the ball.</p>	<p><b>KEY COACHING POINTS</b></p> <ul style="list-style-type: none"> <li>▪ Get in line of the flight of the ball</li> <li>▪ Come to meet the ball</li> <li>▪ Watch the ball</li> <li>▪ Make an early selection in the body surface to use</li> <li>▪ Relax the controlling surface</li> </ul>
<p><b>MATCH RELATED ACTIVITY</b></p> 	<ul style="list-style-type: none"> <li>▪ Squares number off 1, 2, 3, 4...</li> <li>▪ Circles letter off a, b, c, d...</li> <li>▪ Groups stay in their half and pass sequentially</li> </ul> <p><b>Progressions:</b> Use more than one ball at a time for each team. Get rid of the middle line and have the two teams intermix.</p>	<ul style="list-style-type: none"> <li>▪ Get in line of the flight of the ball</li> <li>▪ Come to meet the ball</li> <li>▪ Make an early selection in the body surface to use</li> <li>▪ Relax the controlling surface</li> <li>▪ Control ball into space or away from pressure</li> <li>▪ Open body position to field while rec.</li> <li>▪ 1<sup>st</sup> touch allows shot, pass, or dribble</li> </ul>
<p><b>MATCH RELATED ACTIVITY</b></p> 	<ul style="list-style-type: none"> <li>▪ Play 3v3 in a 20-x-30 yard area</li> <li>▪ Have one neutral player be on each sideline</li> <li>▪ Neutrals can move along the sideline</li> <li>▪ Points awarded for consecutive number of passes</li> </ul> <p><b>Progressions:</b> Progress to two neutrals being target players and points being scored by passes to target players</p>	<ul style="list-style-type: none"> <li>▪ Get in line of the flight of the ball</li> <li>▪ Come to meet the ball</li> <li>▪ Make an early selection in the body surface to use</li> <li>▪ Relax the controlling surface</li> <li>▪ Control ball into space or away from pressure</li> <li>▪ Open body position to field while rec.</li> <li>▪ 1<sup>st</sup> touch allows shot, pass, or dribble</li> </ul>
<p><b>MATCH CONDITION GAME</b></p> 	<ul style="list-style-type: none"> <li>▪ Play 4v4</li> <li>▪ No restrictions on players</li> </ul>	<ul style="list-style-type: none"> <li>▪ Observe to see if session has helped with receiving ability</li> </ul>