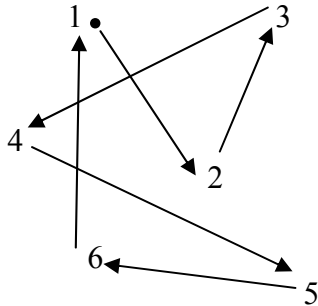
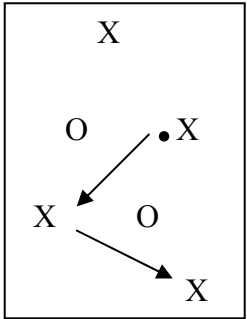
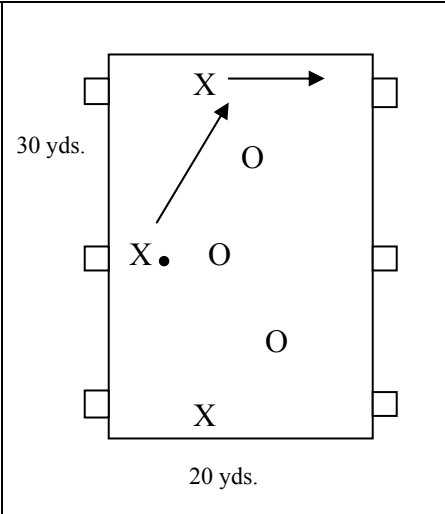
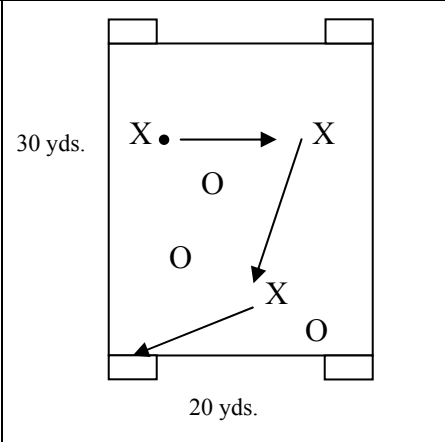


Topic: **Small Group Training**

Organization	Variations	Diagram	Coaching Points
Fundamental			
<p>Technical “number” passing, one ball between six. Each player counts off one through six and passing is completed in numerical order. Repeat and stretch.</p>	<ul style="list-style-type: none"> ▪ Keep it innovative, demanding and realistic. ▪ Limit touches on the ball. ▪ Work on both short and long range passing. ▪ Change the order of passing (i.e., reverse order, odds then even, etc.) to increase the demand and thought process. 		<ul style="list-style-type: none"> ✓ Body mechanics and general technique ✓ Accuracy of pass ✓ Speed (weight) of pass ✓ Passes to feet and passes to space ✓ Movement off of the ball and correct supporting angles
Match Related 1			
<p>4 v 2 passing and possession exercise (15 x 20 area or as needed).</p>	<ul style="list-style-type: none"> ▪ Team of 4 scores a goal by splitting the defenders or linking 6 consecutive passes together. ▪ Defending team switches to attack once they win the ball and link three consecutive passes together or reach a touchline safely by dribbling or combining with each other. ▪ Limit touches based on ability. 	<p>20 yds.</p>  <p>15 yds.</p>	<ul style="list-style-type: none"> ✓ Speed of play and decision making ✓ Disguise of pass to prevent telegraphing ✓ Timing of release ✓ Use of different surfaces of the foot for passing ✓ Body position open to the field of play to increase options on the ball

Topic: Small Group Training

Match Related 2			
<p>3 v 3 six-goal exercise (20 x 30 area or as needed). Define direction for each team. Exercise focuses on width and switching the point of attack.</p>	<ul style="list-style-type: none"> ▪ Team in possession scores (1) point by striking a penetrating pass through one of the opponent's goals or (2) points for dribbling through. ▪ Team in possession may also score a point by linking 6-8 consecutive passes together. ▪ If necessary, limit the number of touches to increase the speed of play and movement off of the ball. 		<ul style="list-style-type: none"> ✓ Change of rhythm to exploit opportunities to penetrate ✓ Proper movement and timing of 2nd and 3rd man runs ✓ Be patient and allow attacking opportunities to develop ✓ Look for opportunities to switch the point of attack
Match Condition			
<p>3 v 3 four-goal exercise (20 x 30 area or as needed). Define direction for each team. Exercise focuses on depth and penetrating options.</p>	<ul style="list-style-type: none"> ▪ Team in possession scores (1) point by striking a penetrating pass through one of the opponent's goals; (2) for dribbling through; and (3) for combining (i.e., takeover, overlap, wall pass, etc.) and scoring. ▪ Add a restriction that player's must be in the attacking ½ to score. ▪ If necessary, limit touches. ▪ Pull any restrictions and play. 		<ul style="list-style-type: none"> ✓ Correct shape and balance of team ✓ Look for penetrating opportunities to pass or dribble ✓ Keep possession and find the most efficient way possible to score ✓ All of the above
Cool Down			
<p>Players jog (dynamic movements). Stretch.</p>	<ul style="list-style-type: none"> ▪ Focus on major muscle groups. 		<ul style="list-style-type: none"> ✓ Reduce Heart Rate ✓ Static Stretching ✓ Review Session