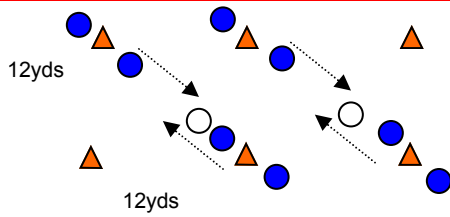


WARM-UP



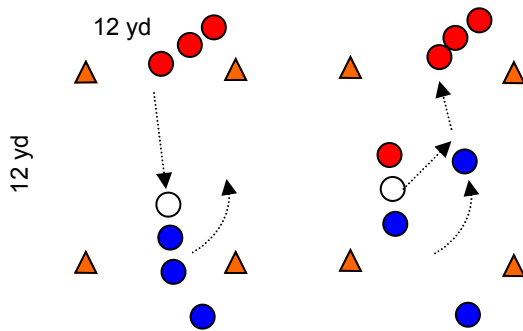
TAKEOVERS—4-6 players per grid.

One player with ball sprints to middle of the grid and leaves ball for another player running straight at him.

Coaching points:

- Players must say “leave” and “take” in order to assure correct timing.
- Takeover is given and received with the same foot of each player
- Players should work to do takeover at full speed

EXERCISE 1

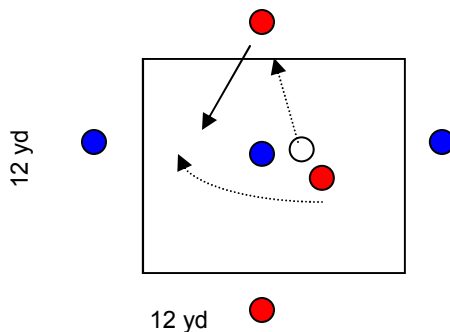


OVERLAPPING RUNS—Use same 10x10yd grids with 6 players per grid. Two players line up on one side and the other two on the other side. The Red player starts by passing a ball to the first Blue player in line. The Blue player dribbles straight towards the oncoming Red player who just passed the ball. The next Blue player in line makes an arcing run around the Blue player with the ball. When the timing is right, the first Blue player passes the ball to his teammate. If the Red player reads the play, the Blue player can dribble. At first the defense should not try to play the run. Next play starts from the Blue side and the Red side runs the overlapping run. (10 min) Players switch lines.

Coaching points:

- Player who receives ball must dribble quickly at the defender

EXERCISE 2

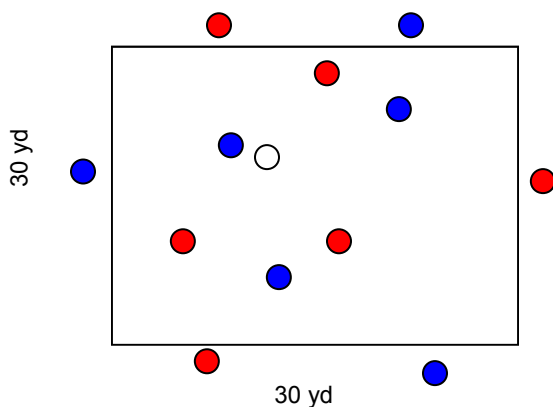


WALL PASS. 4 players on the walls and 1v1 inside the grid. Player can initially use anyone on the wall to maintain possession of the ball, but then can only use her own teammates in the next round. Switch inside players every 45 seconds. (20 min)

Coaching points:

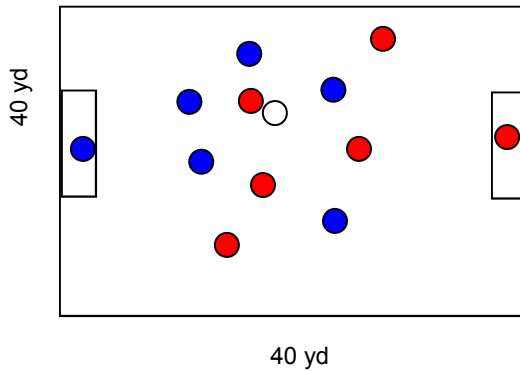
- Player with ball needs to get defender to commit to better use the wall pass.
- As soon as the player passes the wall, she needs to accelerate around the defender.

EXERCISE 3



3v3 Game. Divide all players into two teams. Have two groups of 3s in the middle and the rest on the walls. In order to score a point, the team in possession must do a wall pass, overlapping run or takeover when they have possession. Wall passes count if they do a wall pass with someone on the wall who is in the same color. Switch middle teams every 2 minutes. (20 min)

EXERCISE 3



Expand field size to 40 yds long and put all players on the field with goals and goalkeepers.

1 point awarded for a goal

3 points awarded for a goal play that started with a takeover, wall pass or overlap.

Add restrictions during the game (3 touch only, then 2 touch only, then back to unrestricted)

Coaching points:

- Remind players to look for opportunities to play off teammates
- Do combination play at speed
- Players need to communicate with each other on the field