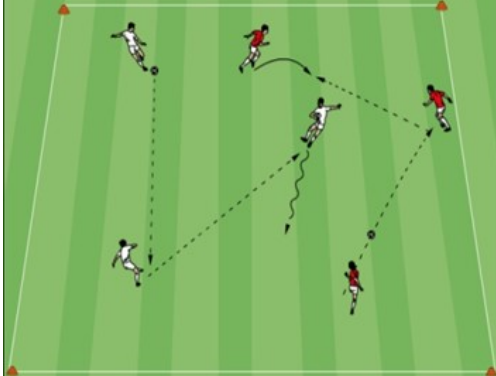
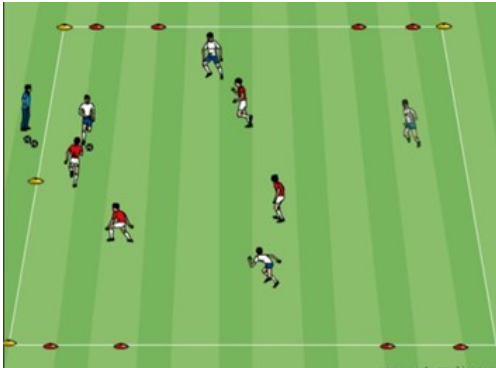
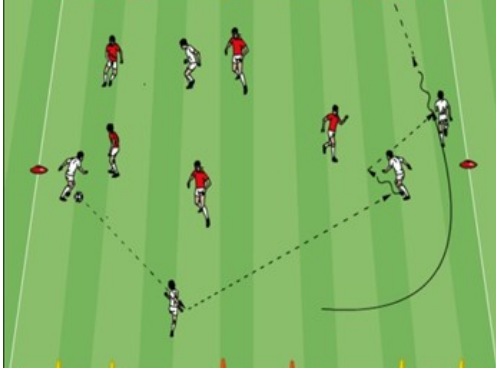



SKILL	Scissors V-Turn	TOPIC	Passing and Receiving
8-10 mins	<p><b>Play-</b> as players arrive have them join in a small sided game</p>	<p>Set up multiple fields if needed (20yds X 20yds). 3V3 or 4V4 small games. No goalies, no throw-ins, kick ins only</p>	<p>Let them play</p>
	<p><b><u>Activity Description</u></b></p>	<p><b><u>Set Up Diagram</u></b></p>	<p><b><u>Coaching Points</u></b></p>
<p><b>#1</b></p> <p>15 mins</p>	<p><b><u>Group Passing</u></b> 12 Players divided into 4 Groups of 3. 3 Players pass and move with one soccer ball  3 touch: receive, prep &amp; pass 2 touch: receive &amp; pass, 1 touch: pass  3 seconds maximum in one area.</p>		<ul style="list-style-type: none"> <li>• Take 1st touch towards passing option</li> <li>• Communicate</li> <li>• Keep the feet moving prior to receiving the pass</li> </ul>
<p><b>#2</b></p> <p>15 mins</p>	<p><b><u>4V4 to small goals</u></b> In a 30x35 yd. grid with two small 3 feet cone goals on each of the 35 yard lines, near each corner. Each team defends and attacks two goals. If playing with 4 players, the attacking shape should be a diamond. If attacking with five players, the attacking shape should be a 3-2 or 2-1-2.</p>		<ul style="list-style-type: none"> <li>• View the entire field</li> <li>• Team shape</li> <li>• Look for options</li> <li>• Increase speed of play</li> </ul>
<p><b>#3</b></p> <p>15 mins</p>	<p><b><u>6V6 To Small Goals</u></b> Play 6v6 with six goals located on end lines; each team attacks &amp; defends three. Teams score points by dribbling or passing through goals.  Dribble goal located in center = 1 pt Pass through either side goal 1pt Pass through either goal near sideline from change of point of attack = 3 points</p>		<ul style="list-style-type: none"> <li>• Team shape</li> <li>• Move into space</li> <li>• Communicate with teammates</li> </ul>
<p><b><u>PLAY</u></b></p> <p>20 mins</p>	<p><b><u>Small Sided Games</u></b> 8V8 scrimmage with GK</p>	 <p>20x20 yards www.sports-graphics.com</p>	<p>Let them play</p>