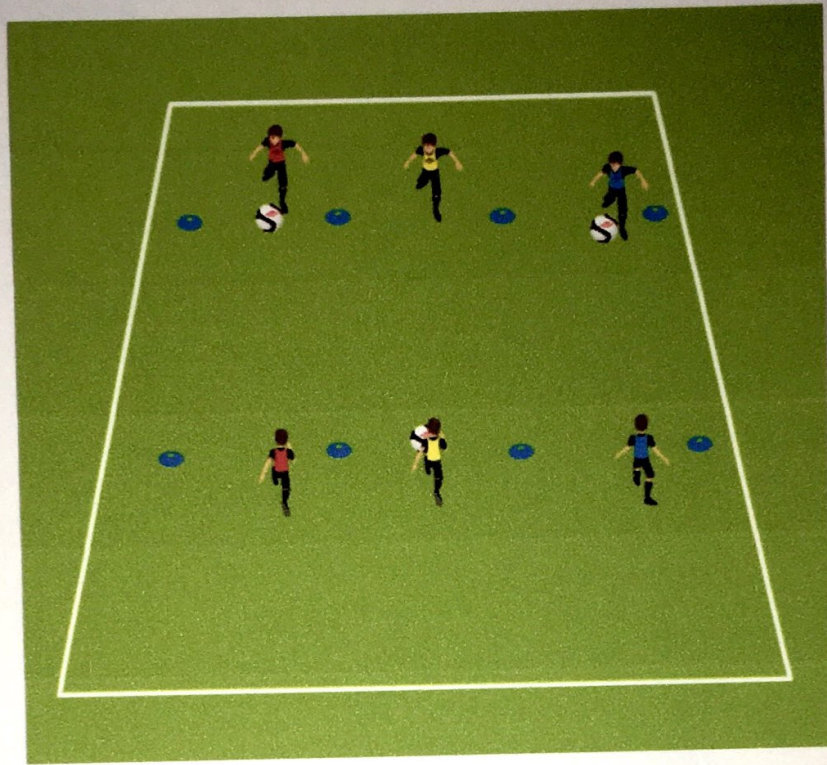


Week Four – Warm Up

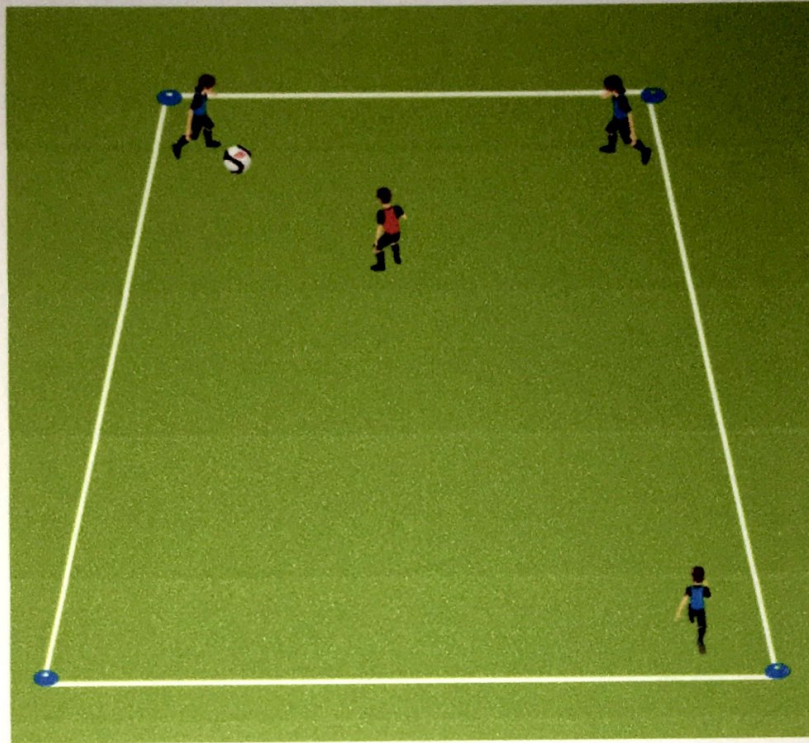
Follow Your Pass



- OBJECTIVE:** Improve instep passing, introduce inside of foot passing
- TIME:** 15 minutes
- GRID SIZE:** Two lines of cones 15 yards apart, adjust based upon ability
- EQUIPMENT:** 8 cones, supply of balls
- ORGANIZATION:** Divide team into groups of 3-4 players
- RULES:**
DRIBBLE-1st player dribbles ball across field and exchanges ball (takeover) with teammate on opposite side of field (repeat)
DRIBBLE-PASS-1st player dribbles half way and passes to teammate opposite and follows pass then replaces teammate (repeat)
PASS-RECEIVE-1st player passes ball to teammate opposite and follows pass then replaces teammate. (repeat)
- COACHING POINTS:**
Dribble with speed
Pace of pass & pass on ground
Instep passing technique
Inside of foot passing technique
- VARIATIONS**
Restrict # of touches
Must pass/receive with right/left foot

Week Four - Tech Game

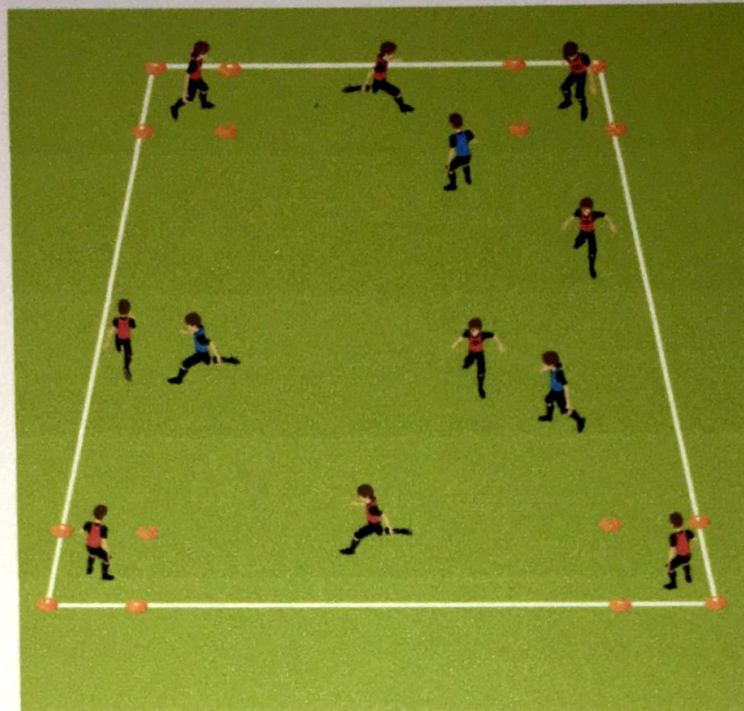
3 v 1



- OBJECTIVE:** Passing, movement without the ball
- TIME:** 15 minutes
- GRID SIZE:** 3 grids of 15 yards (length) x 10 yards (width)
- EQUIPMENT:** 12 cones, 3 pinnies, supply of balls
- ORGANIZATION:** Divide team into groups of four. Three attacking players vs. one defending player.
- RULES:** 3 v 1 possession. Attacking team moves without the ball to create triangle (Player with the ball should have support on the left side and right side - 2 options). Defender starts at walking pace, then to jogging pace, then full pace. Rotate defenders after 3 minutes
- COACHING POINTS:** Attackers adjust position while the ball is moving
Accurate passing
- VARIATIONS** If defender wins ball or if the attacker passes the ball out of bounds, the defender switches with the attacker that lost the ball.

Week Four – Fitness

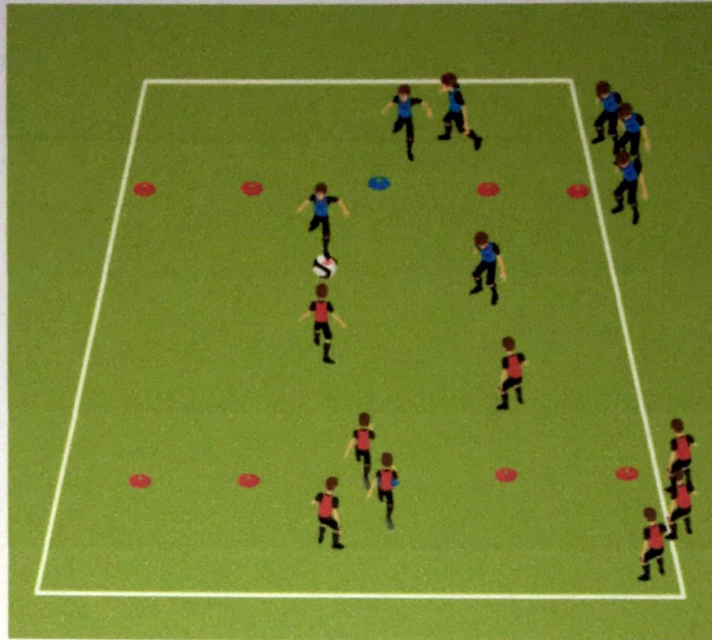
Four Corners Tag



OBJECTIVE:	Improving coordination, speed and agility
TIME:	12-15 minutes
GRID SIZE:	20 yards (length) x 15 yards (width); vary size by age and ability
EQUIPMENT:	16 cones, three pinnies
ORGANIZATION:	Three taggers, all others are runners
RULES:	Runners can use Safe Zone (corners). Only one runner per Safe Zone at a time. If a second runner arrives in Safe Zone, the first runner must leave. Runner if tagged, crouches down. Rotate tagger every 60-90 seconds.
COACHING POINTS:	Changing direction Changing speed Reaction Speed Vision
VARIATIONS	Have runners become dribblers by adding balls.

Week Four – Technical/Tactical

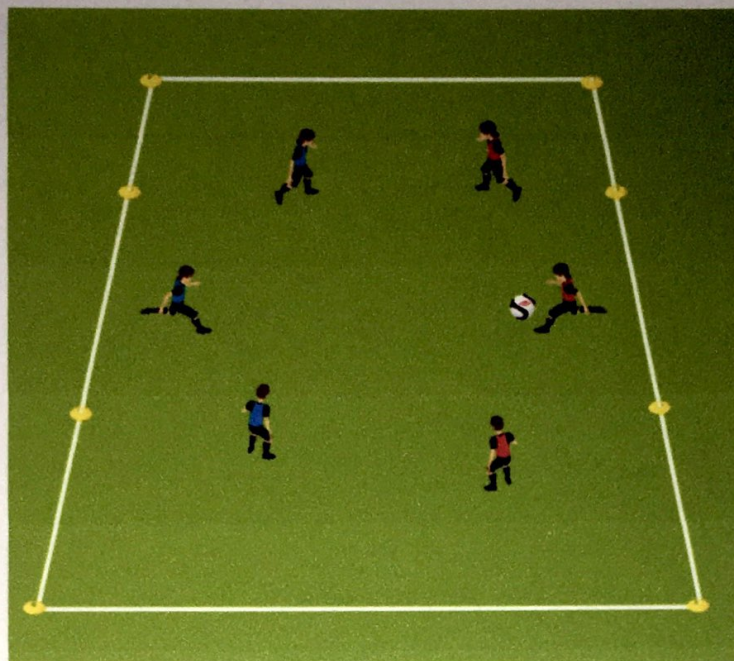
2 v 2 to Four Goals



OBJECTIVE:	Improving combination play, changing point of attack
TIME:	15 minutes
GRID SIZE:	15 yards (length) x 20 yards (width); vary size by age and ability
EQUIPMENT:	6 small cones, 8 large cones, pinnies for 1/2 of team, supply of balls
ORGANIZATION	2 teams (one on each end of field). Players defend two goals and attack two goals
RULES:	Players can enter the field when coach passes ball. Attacking team attempts to score on either goal, if defending team wins ball, they can score on their respective goals. Coach plays next ball in when ball goes out of play. Switch attacking and defending roles after 3-4 minutes.
COACHING POINTS:	Movement of attacker without the ball to create space (diagonal run) Combination play (wall pass, takeover) Pass, if dribble is not on Attack the goal that has the fewest defenders Transition from attack to defense; and defense to attack.
VARIATIONS	One attacker vs. one defender Two attackers vs. one defender One attacker vs. two defenders

Week Four – Final Game

3 v 3 Line Soccer



OBJECTIVE:	Penetration by passing, combination play
TIME:	15 minutes
GRID SIZE:	2 grids - 20 yards (length) x 30 yards (width)
EQUIPMENT:	16 cones, 6 pinnies, supply of balls
ORGANIZATION:	Divide players in to groups of three (four teams)
RULES:	Teams play 3 v 3 in grid. In order to score attacking team must complete a pass to teammate beyond (no more than 10 yards) end line. Defending players cannot run beyond end line.
COACHING POINTS:	Create space by movement with and without the ball Combination play (wall pass, takeover) Possession of ball, when penetration is not on Accurate passing
VARIATIONS	Dribbling over line Attacking team must have minimal number of passes prior to scoring. Once a team goes up by a goal, they cannot score until the opponent scores (to tie, or go up by a goal).