

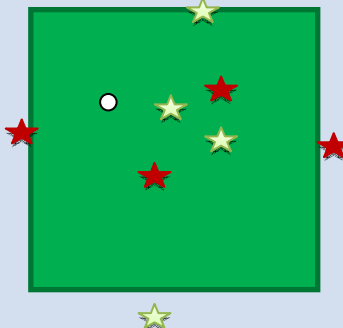
**Coaching Points**

- move after your pass
- don't hide behind the defender
- get ready to receive the ball – stay on your toes
- cushion ball when receiving
- have plant foot pointed toward destination when passing

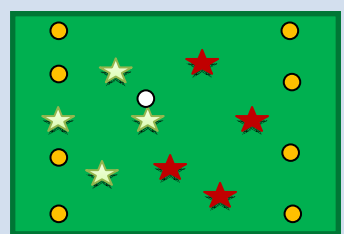
7:15 - 7:25 p.m.

<b>1. Warm Up: 5 v 2</b>	Coach Phalo will organize the players into groups of 7 to play 5 v 2.	Coach Phalo will run the warm-up activity on <b>Field 7</b> with the help of the age group trainers and parent coaches.	He will demonstrate the skills for the day and emphasize the coaching points.
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7:30-7:40 p.m.

<b>2. 2 v 2 + 2</b>	<ul style="list-style-type: none"> <li>• 2v2 game in a 25x25 yard grid with 4 neutral players along each sideline of the grid.</li> <li>• 2 neutrals for one team and 2 neutrals for the other team.</li> <li>• So when you're in possession of the ball, you're playing 4v2.</li> <li>• Neutral players can move along the sideline of the grid.</li> <li>• A team earns a point for completing 4 consecutive passes.</li> <li>• After a minute or so, the active players and the neutrals switch positions.</li> <li>• Team with more points after 3 rounds wins.</li> </ul>		<ul style="list-style-type: none"> <li>• The players should practice proper receiving and passing techniques while moving.</li> <li>• Try to pass quickly and accurately.</li> <li>• Work on skills introduced during warm up.</li> <li>• Emphasize movement of players inside and outside of the grid.</li> </ul>
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7:40-8 p.m.

<b>3. End Zones</b>	<ul style="list-style-type: none"> <li>• Divide players into two even teams.</li> <li>• Play in a 35x25 yard grid with 5 yard end zones behind both of the end lines.</li> <li>• A point is scored by stopping the ball anywhere in the opponent's zone with the bottom of the foot.</li> <li>• Players can dribble or pass into the end zone to score.</li> <li>• Each team defends the end zone on one end line, attacks the other end.</li> </ul>	 <p>Use your half of the field. Orange dots are cone that designate the end zones.</p>	<ul style="list-style-type: none"> <li>• players should look for the open player</li> <li>• cooperative passing to score</li> <li>• keep head up, make good decisions</li> <li>• placement more important than power when scoring a point</li> </ul>
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8-8:15 p.m.

<b>4. Scrimmage</b>	Divide group into even teams (no subs) and play on the width of each field. Play against same color team or switch & play against your "practice partner's" team.		<ul style="list-style-type: none"> <li>• Reinforce lessons from training during the scrimmage.</li> <li>• Use this time to ask trainers questions about game tactics, if needed.</li> </ul>
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**Homework: Wall Ball:** Kick a ball against an outside wall or with a friend, sibling or teammate. Practice receiving balls that bounce or are in the air.