
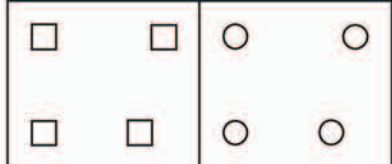
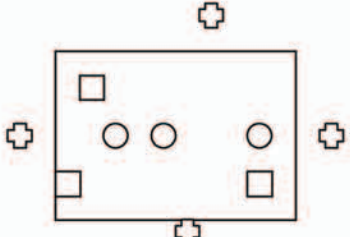





Session 9



FUNDAMENTAL – WARM UP 	ORGANIZATION <ul style="list-style-type: none"> ▪ Ball between three people – moving and passing ▪ Emphasis on first touch preparing for next touch <p>Progressions: Specify what surface must be use to control the ball.</p>	KEY COACHING POINTS <ul style="list-style-type: none"> ▪ Get in line of the flight of the ball ▪ Come to meet the ball ▪ Watch the ball ▪ Make an early selection in the body surface to use ▪ Relax the controlling surface
MATCH RELATED ACTIVITY 	<ul style="list-style-type: none"> ▪ Squares number off 1, 2, 3, 4... ▪ Circles letter off a, b, c, d... ▪ Groups stay in their half and pass sequentially <p>Progressions: Use more than one ball at a time for each team. Get rid of the middle line and have the two teams intermix.</p>	<ul style="list-style-type: none"> ▪ Get in line of the flight of the ball ▪ Come to meet the ball ▪ Make an early selection in the body surface to use ▪ Relax the controlling surface ▪ Control ball into space or away from pressure ▪ Open body position to field while rec. ▪ 1st touch allows shot, pass, or dribble
MATCH RELATED ACTIVITY 	<ul style="list-style-type: none"> ▪ Play 3v3 in a 20-x-30 yard area ▪ Have one neutral player be on each sideline ▪ Neutrals can move along the sideline ▪ Points awarded for consecutive number of passes <p>Progressions: Progress to two neutrals being target players and points being scored by passes to target players</p>	<ul style="list-style-type: none"> ▪ Get in line of the flight of the ball ▪ Come to meet the ball ▪ Make an early selection in the body surface to use ▪ Relax the controlling surface ▪ Control ball into space or away from pressure ▪ Open body position to field while rec. ▪ 1st touch allows shot, pass, or dribble
MATCH CONDITION GAME 	<ul style="list-style-type: none"> ▪ Play 4v4 ▪ No restrictions on players 	<ul style="list-style-type: none"> ▪ Observe to see if session has helped with receiving ability