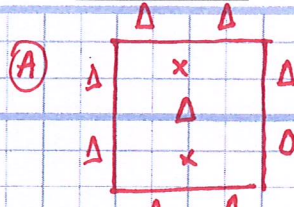


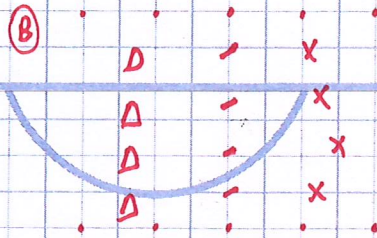


Warm-Up

- 2 groups
- Group A - Boxes
- Group B - Line Game



- * Body Shape
- * Passing to front foot
- * Receiving across our body

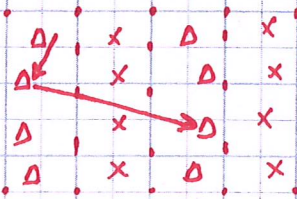


- * Passing through windows (poles)
- * Receiving team getting into windows
- * Move ball side-to-side to open windows

- 1) No restrictions
- 2) 2 touches
- 3) 1st time entry pass
- 4) Diagonal window

Phase 2:

- Breaking Lines

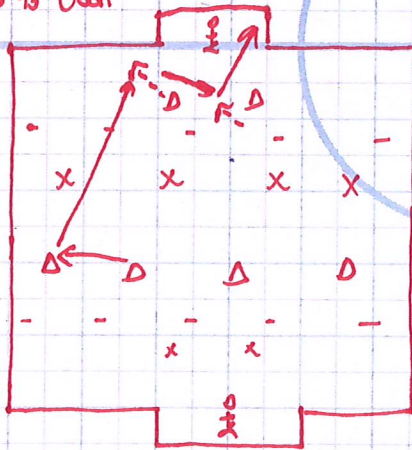


- 2 pinnie colors
- Team in possession tries to pass through opposing team's line
- If defending team intercepts they keep it & try to break line
- * Ball movement side to side
- * Body shape
- * Receivers moving/chasing up in windows
- * 1st time entry

= Can sub & switch teams up as needed

Phase 3:

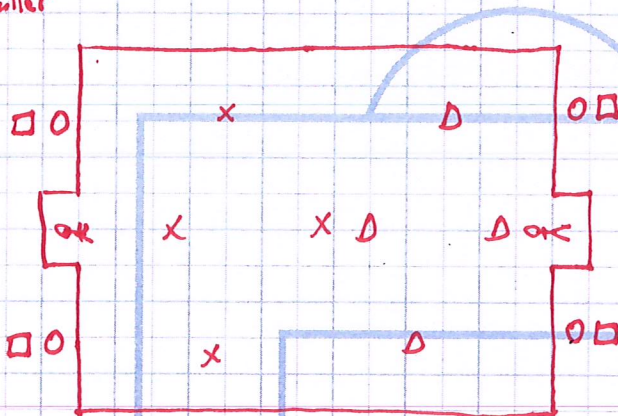
- Breaking Lines to Goal



- 6 v 6
- Team in possession looking to break the line & play into strikers
- Strikers have 2 touches TOTAL b/w them to finish
- ↳ Looking for them to work w/ each other to create goal scoring opportunities

Phase 4:

- Bread & Butter



- 4v4 + 4 bumpers
- Cannot use your GK to keep ball
- Can use bumpers next to goal you're attacking
- When you score - you get ball from GK you scored on & go opposite direction
- ↳ Team that gets scored on is OFF & bumpers are on

- * Play forward as soon as you can
- * Run hard & fill lanes in front of goal
- * Body shape
- * Pass & move!