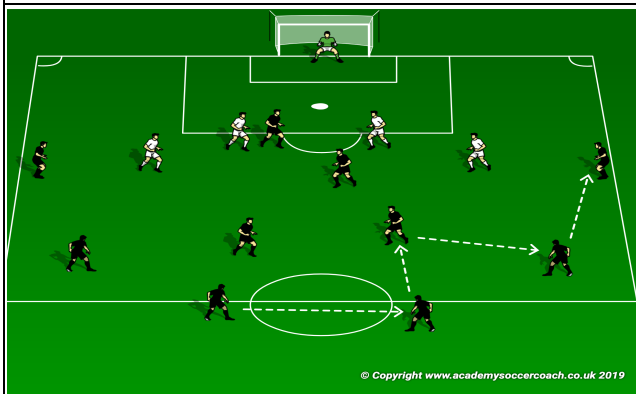


4v4 Walk Soccer:
The team with the ball is full speed, the defending team must walk.

Coaching Points:
Encourage team with the ball to use teammates and combine through passing.
Give and go passes, Wall Passes, etc...



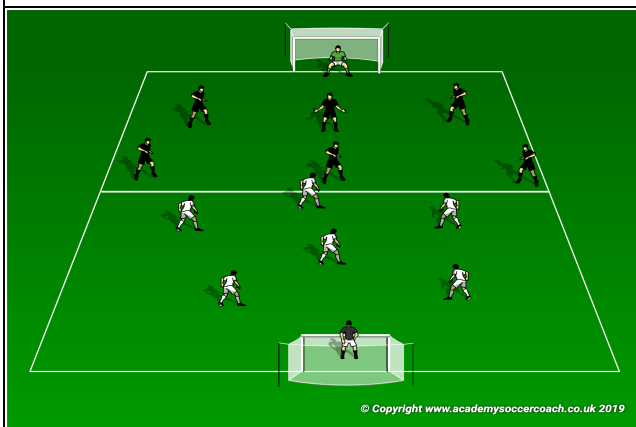
11v4 Walk Through:
1/2 to 3/4 field. Starting 11 going to GOAL. 4 players defending. Attacking team is full speed, moving ball with passes. Defending team is walk or half speed. When defending teams wins ball, immediately ball back to coach. Work on various passing patterns.

Coaching Points:
Player on ball should always have several options. Wide players should be wide and high players should be high, making field as big as possible.



Def 3rd to Mid 3rd to Target - 10v6 Play out of the Back:
Playing out of the back and keeping possession is the first part of Attacking.
How do we move the ball to play out of the back. Light pressure from defenders to show the passing possibilities in attack

Coaching Points:
How do we create space, movement with and without the ball, angles of support, communication!



7v7/8v8 Free Play (depending on numbers):
Can we progress previous exercises to translate to a game situation?
Free play with minimal stoppages and FIFA rules apply

Coaching Points:
Emphasize possession to attack.
Pass when needed, dribble when needed, movement with and without the ball.
Communication