



Team

GUI4 Cosmos

Date

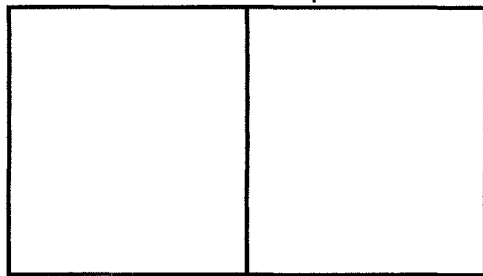
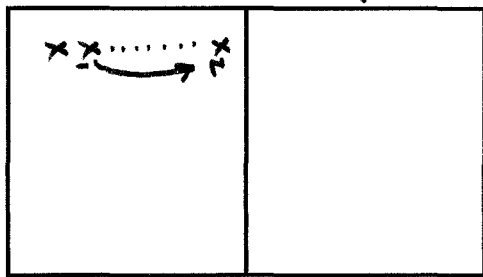
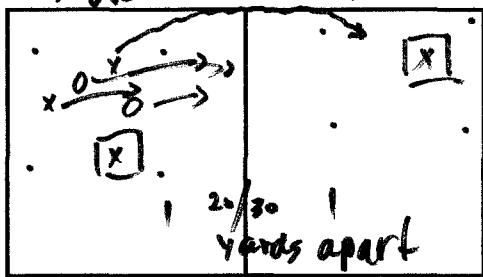
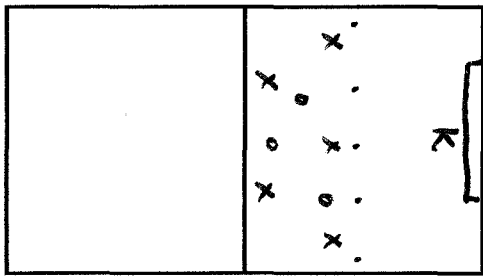
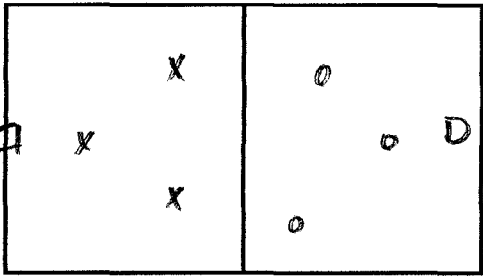
Oct 4 2011

Topic/Skill

Passing / Possession

Description

Coaching Point(s)

Description	Coaching Point(s)
<p>Warm-Up Activity 15mins</p> <p>Normal Warm-up 7mins.</p> <p>Short-Short-Long</p>	<p>Field Size, L x W 10 - 20 yds.</p> 
<p>Individual</p> <p>WD drill: groups of 3. Ball starts w/ x<sub>1</sub> who passes to x<sub>2</sub> and follows to replace that position.</p>	<p>Field Size, L x W 10 yds apart</p> 
<p>Small-Sided</p> <ul style="list-style-type: none"> <li>In a 15x15 grid play 2v2 with 1 player all time offense.</li> <li>After 5 consecutive passes x's can pass to floater x.</li> <li>Everyone goes to new grid for the same.</li> <li>Add 2 floaters for choices</li> </ul>	<p>Field Size, L x W 20 x 20 or 15 x 15 w/ 2 floaters</p> 
<p>Game Condition</p> <ul style="list-style-type: none"> <li>Play 5v3 w/ keeper.</li> <li>After 5 passes x can make a play toward goal.</li> </ul>	<p>Field Size, L x W 30 x 50 or 60</p> 
<p>Do Something Fun!</p> <p>3v3 or large goals if avail.</p> <ul style="list-style-type: none"> <li>Pugg goals.</li> <li>Play 3v3 and losing team leaves the field.</li> </ul>	<p>Field Size, L x W 25 x 35</p> 

- Promote good stretching
- S-S-L
- L > good solid passes.
- short pass is under 10 yds.
- Long pass is over 25 yds.

- Do 3-5mins each. 1. no restrictions 2. left only 3. right only 4. outside of feet only. 5. receive w/ 1 foot & pass w/ other. 6. Do different receiving "moves"
- Go slow at first to do it properly
- keep them moving. Communicate

- Communicate
  - Head up
  - Pass/Move
  - Endurance Activity... keep em moving.
- [X] are floaters

- Movement. Don't just stay in your "spot", overlap... Supportive runs
- Play to open space
- Shots outside the 18 or 1 on 1 w/ keeper. progress to this.

- Possession like earlier
- Coerver moves.
- Communication
- Movement.