



Team

Cosmos G113

Date

Sat 3/12

Topic/Skill

Trapping & Receiving under pressure (90 mins)

Description

Coaching Point(s)

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<p>Warm-Up Activity</p> <p>Juggling short-short-long passes Stretching (individual)</p>	<p>Field Size, L x W</p> <p>S.S.L 10min stretch 5min</p>	<ul style="list-style-type: none"> - Juggle as players arrive. Beat last weeks # - 1 short pass, 1 short pass 1 long pass. support - keep moving. - Talk. <ul style="list-style-type: none"> - Get warm - Don't go too fast. 	15
<p>Individual</p> <p>C₀ plays ball to A₁, after clean trap, check off of D₁, A₂ is in D₂ is in - start with D₁ as cone & No A₂ or D₂. Work up to adding A₂D₂</p>	<p>Field Size, L x W 15 x 30 yds</p> <p>3 options for A₁ to get to goal, set up 2 areas if there are a lot on your team</p>	<ul style="list-style-type: none"> - Check away and come back to receive ball. - with clean reception is in as Attacker - The amount of pressure allowed by D₁ D₂ increases as the activity goes on. 	15
<p>Small-Sided</p> <p>2 neutrals (N), Attacker Defender N plays to A. A scores if clean trap, turn, pass pass to other N.</p>	<p>Field Size, L x W 10 x 20</p> <p>Can use N_i if needed. Then check & move.</p>	<ul style="list-style-type: none"> - Check away & come back. - Look over shoulder for pressure. - Clean trap. 	15
<p>Game Condition</p> <p>4 v 4 w Neutrals. Neutrals are offensive then Defensive Dribble through cones or shoot into goals.</p>	<p>Field Size, L x W 30 x 40 (maybe bigger)</p> <p>Any goal is open. Promote back passes. close some goals if you want.</p>	<p>Good passes.</p> <ul style="list-style-type: none"> - Traps clean - Checking in/out - Look over shoulder - 1 touch is a foul resulting in turnover. 	20/25
<p>Do Something Fun!</p> <p>5v5v4v3v2 play 5v5. whoever touches ball last BT going out of bounds is out. Goal scored other team drops a player. Play till one team only has 1 player left</p>	<p>Field Size, L x W 40 x 50</p>	<ul style="list-style-type: none"> - Traps clean. - No 1 touch. (foul) - Check away & to the ball. - Good play... have fun. You can close some certain goals if you want. 	20/25