


Key:

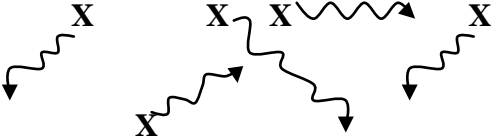
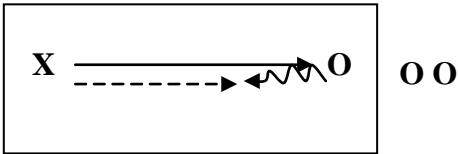
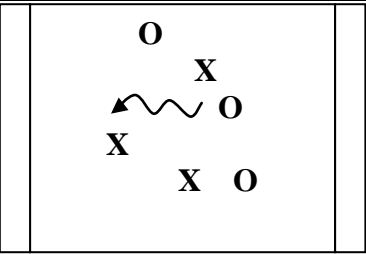
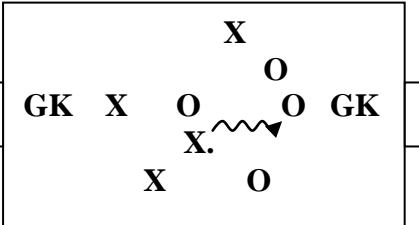
Running without the ball 

Running with the ball 

Pass 

TOPIC: Moving w/ the Ball

MYSA 'E' Certificate Course

<u>FUNDAMENTAL - WARMUP</u>	<u>ORGANIZATION</u>	<u>KEY COACHING POINTS</u>
	<ul style="list-style-type: none"> • Dribbling in free space with different surfaces of both feet. • Knee tag – tag others on knee = get low • “Turn”-stop and go other direction • “Out”-accelerate into space; add 1v1 move 	<ul style="list-style-type: none"> • Small touches in small spaces • Bend knees to prepare for push off in new direction and at speed • Change of pace on change of direction • Bigger touches when accelerating into bigger spaces.
<p><u>MATCH RELATED ACTIVITY</u></p> 	<ul style="list-style-type: none"> • 20x10 • 1 v 1 to endlines • Pass and follow to defend <p>Variations:</p> <ul style="list-style-type: none"> • No counter attack to encourage risk taking • Allow counterattack 	<ul style="list-style-type: none"> • 1st touch forward/out of feet • Go at defender’s front foot • Fake/feint and accelerate
<p><u>MATCH RELATED ACTIVITY</u></p> 	<ul style="list-style-type: none"> • 20x30 plus 5-yd endzones • 3v3 • Dribble into endzone to score 	<ul style="list-style-type: none"> • Seek/recognize 1 v 1 opportunities • Attack with speed • Team shape and support to create space for dribbler
<p><u>MATCH CONDITION GAME</u></p> 	<ul style="list-style-type: none"> • 40x30 • 4 v 4 with goalkeepers 	<ul style="list-style-type: none"> • Attack with speed • Team movement to create space to attack • Recognize space/situation to go forward • Keep possession/shield when no space to go forward • Safety vs. risk considerations