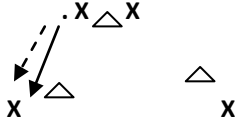
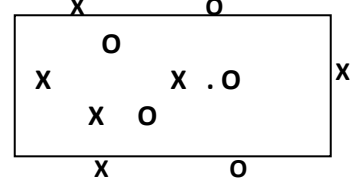
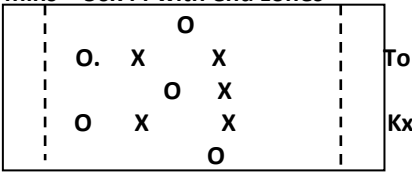
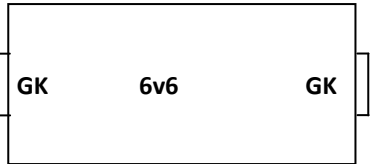


TOPIC: Use the game to targets to address rhythm of possession and penetration

COACH: IAN BARKER

	Organization	Key Coaching Points
<p>1st Stage: Technical Warm-Up 10 mins - Unrestricted Space</p> 	<ul style="list-style-type: none"> • Groups of 4 in a pass and move triangle -Pass follow -Give and go -3rd player • Groups of 4 -Up, back and through 	<ul style="list-style-type: none"> • Weight and accuracy of pass • Receive across your body • Driven, dropped and shaped pass
<p>2nd Stage: Small-Sided Activity 15 mins - 40x30 playing area</p> 	<ul style="list-style-type: none"> • 3 vs 3 possession inside • 3 support players per team outside • Object is to play the ball out and for it to be returned to a teammate 	<ul style="list-style-type: none"> • Maintain possession using target players • Open passing channel to target players • Move in advance of the ball to receive from target players
<p>3rd Stage: Expanded Small-Sided Activity 20 mins - 50x44 with end zones</p> 	<ul style="list-style-type: none"> • 5 vs 5 + targets and keepers • 2-3 vs 3-2 • Get into end zone off the target • Or complete a double pass with target • Keeper is a support player in possession 	<ul style="list-style-type: none"> • Be prepared to play back to go forward • Look forward early and often • Play forward when a channel has been opened • Support target at angles and with space
<p>4th Stage: 7v7 to Big Goals 30 mins - 70x44</p> 	<ul style="list-style-type: none"> • Set up teams in a 3-2-1 vs. a 2-3-1 	<ul style="list-style-type: none"> • Maintain possession incorporating GK • Look forward early to target • Keep passing lanes open • Move off the ball in support of target
<p>Cool Down 10 mins</p>	<p>Captains lead a light jog across the field and then lead static stretching</p>	<p>Insist players follow direction and take time to hold a static stretch</p>