

Date:

Topic:



Phase One- WARM UP	ORGANIZATION	KEY COACHING POINTS
<ul style="list-style-type: none"> <li>➤ Split group in half using two grids 15x15</li> <li>➤ Number each corner of grid</li> <li>➤ Dynamic warm up inside grids with or without ball or both</li> <li>➤ On command groups must switch grids</li> <li>➤ On command, all players in group must race to the number called out by coach</li> <li>➤ Use commands to check for focus and use the restrictions to make a game or competition</li> </ul>		<ul style="list-style-type: none"> <li>➤ Concentration</li> <li>➤ Multitasking</li> <li>➤ Choose coaching points according to restrictions</li> </ul>
Phase Two	ORGANIZATION	KEY COACHING POINTS
<ul style="list-style-type: none"> <li>➤ Third progression combines skills and touches from progression one and two</li> <li>➤ Set slalom and Brazilian cross together</li> <li>➤ Groups of 3-4</li> <li>➤ Using bola, each player performs the slalom and goes directly into the Brazilian cross</li> <li>➤ Alternating feet to train the inside and outside of both feet</li> <li>➤ Combine feet for more freedom</li> <li>➤ Continue for 10-20 minutes</li> <li>➤ Repeat with size 4-5 ball</li> </ul>		<ul style="list-style-type: none"> <li>➤ Balance- use arms</li> <li>➤ Wide base, low center of gravity</li> <li>➤ Keep ball under hips with small touches</li> <li>➤ Rhythm touches</li> <li>➤ Core strength</li> <li>➤ Head and shoulders low</li> <li>➤ Contact the sweet spot on ball using arch and pinky toe</li> <li>➤ Control over speed</li> </ul>
Phase Three	ORGANIZATION	KEY COACHING POINTS
<ul style="list-style-type: none"> <li>➤ 1v1 in a 10x10 grid</li> <li>➤ 50/50 ball is served from cone for two players to collect</li> <li>➤ Each player must hold the ball and shield it from the other until coach calls time</li> <li>➤ Players should alternate partners</li> <li>➤ Create a competition</li> </ul>		<ul style="list-style-type: none"> <li>➤ Use arms to feel pressure</li> <li>➤ Wide base</li> <li>➤ Low center of gravity</li> <li>➤ Use different surfaces to manipulate the ball</li> <li>➤ Create as much space between the ball and the defender as possible</li> <li>➤ Recognize what side pressure is coming from and roll off when possible</li> </ul>
Game Phase	ORGANIZATION	KEY COACHING POINTS
PLAY!	. 1v1, 2v2 to goal. Entry ball with back to goal or to defender	