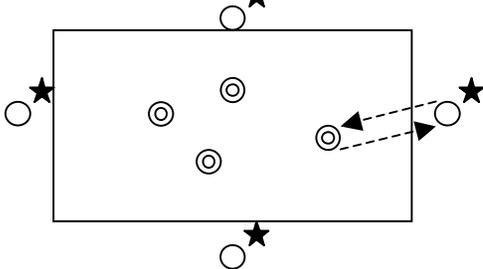
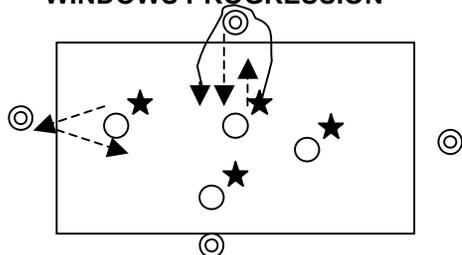
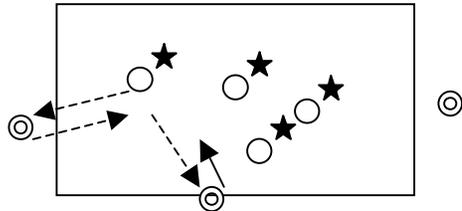
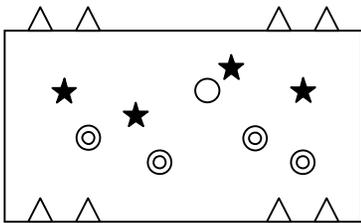


Amherst Soccer Association

Examples of How to Use Windows Set up

| WINDOWS RECEIVING & BALL CONTROL | ORGANIZATION | KEY COACHING POINTS |
|---|--|---|
|  | <ul style="list-style-type: none"> ▪ Players partner up, one on outside one on inside of field. Players on outside w ball. ▪ Players on inside move and check to ball. ▪ Outside players pass ball into feet, inside player plays ball back and move through middle to another outside player. ▪ Switch after 30-60 seconds. <p>Progressions: 2 touch passes, 1 touch passes, turn away & quick turn back, receive ball and do 10 of some small dribbling move (i.e. toe touches, foundations, etc.) before passing back.</p> | <ul style="list-style-type: none"> ▪ Change of pace when checking to ball. ▪ Hold run short to keep proper spacing. ▪ Heel down, toe up when receiving and making pass from both inside and outside. ▪ Communicate from inside and outside, “Yes, Ball,” “Turn,” “Right back,” etc. |
|  | <ul style="list-style-type: none"> ▪ Same setup, now inside players have ball. ▪ Players dribble through traffic, find available target and play into feet and get ball back one touch. ▪ Players keep track of how many passes they rec, they must go through middle. <p>Progressions: Play ball to outside player, say “hold” and overlap to get ball back. Double pass and play outside player into middle.</p> | <ul style="list-style-type: none"> ▪ Head up, ball close through traffic ▪ Outside players call for ball when available ▪ Make good off the ball runs ▪ Call “HOLD” on overlap and “RIGHT BACK” on double pass. |
|  | <ul style="list-style-type: none"> ▪ In same setup, inside player plays to one outside player and says “right back,” ▪ Inside player receives ball back and next pass is to a DIFFERENT outside player. ▪ This pass should lead the outside player into the middle and come with command, “You’re in!” ▪ Outside player and inside player switch roles and repeat. | <ul style="list-style-type: none"> ▪ Head up, stay under control ▪ Plan ahead, look and know who next pass will be played to. ▪ Communicate early, clearly and loudly |
|  | <p>Play 4v4 to 4 goals with no restrictions</p> | <ul style="list-style-type: none"> ▪ Look for good communication, passing technique, ball control |