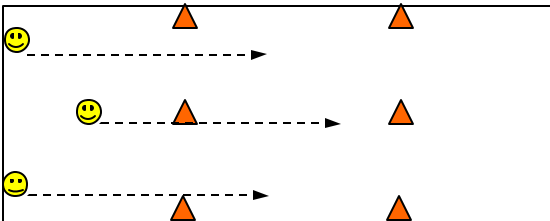
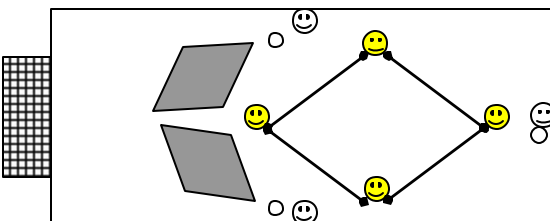
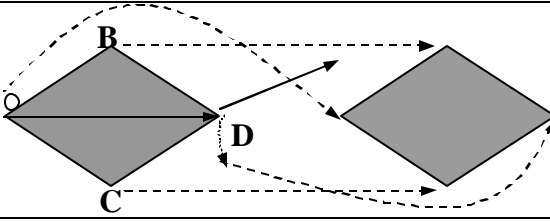
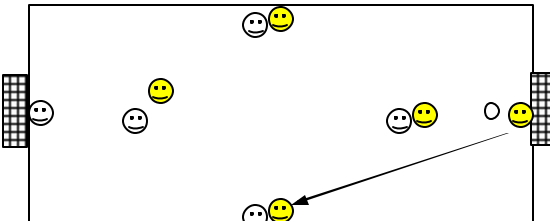




FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<p><i>Learning the concept of distance</i> Places two lines of cones across the field as shown in the diagram. Players start off in a triangle and move across keeping the same distance between them. Progression: Add Challenges, such as jumping, turning. Add a ball Which Group can get across the quickest but keep the distance.</p>	<ul style="list-style-type: none"> ? Communication ? Rotate the players around in every position so that they see every perspective. ? Also have players start in a straight line and end up at the same time so they understand lining up ? Add a fourth player to create the diamond situation
<p>MATCH RELATED ACTIVITY</p> 	<p><i>Defensive Movement of the Diamond</i> Four players form a diamond shape and must maintain the same distance amongst them while moving from one target player with a ball to another target player. The small diamonds on the diagram are examples of how they will look when they are in those areas. The person at the tip of the diamond should always be the player nearest the ball</p>	<ul style="list-style-type: none"> ? Keep Shape ? Movement should be uniform, maintaining distance and angles. ? Rotate Players in all positions ? Progress this so that the diamond is moving forwards as well as back. ? Progress to moving in a soccer situation nearest player to the ball, determine where other players move
<p>MATCH RELATED ACTIVITY</p> 	<p><i>Moving Forward as a Diamond</i> A passes to player D and overlaps around player B A becomes the tip on the next kite Once B has been overlapped, B & C move to become the angles on the next kite D turns and passes to player A and then overlaps C to become the tail. A then passes to D and the procedure continues back</p>	<ul style="list-style-type: none"> ? All of the above ? Progress so the diamond/kite continuously moves forward. ? Tail Of the Kite = Defender ? Right Angle of the Kite = Right Midfield ? Left Angle of the Kite = Left Midfield ? Head of the Kite = Centre Forward.
<p>MATCH CONDITION ACTIVITY</p> 	<p><i>4 V4 Scrimmage (GK Optional)</i> This is the minimum number of players that are needed to have a successful exercise without loss of the ingredients of soccer. Coach very little in this game allow the players to work out things for themselves but always encourage that on restarts the players form the diamond/kite formation that you have been working on with them.</p>	<p align="center">KEY TO DIAGRAMS</p> <ul style="list-style-type: none"> = Attacking Players = Defensive Players = Pass = Cone/ Disk = Ball = Running = Shadow = Goal
<p>COOL DOWN</p>	<p>Players slowly dribble around. Then move around the grid without a ball doing jogging and stretching</p>	

