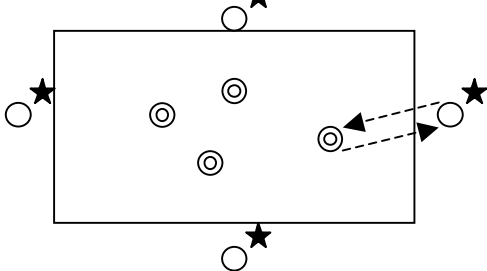
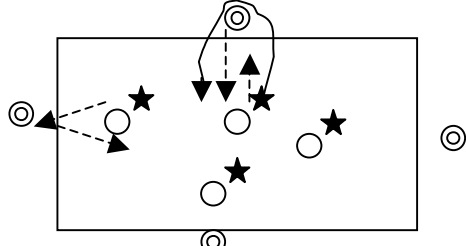
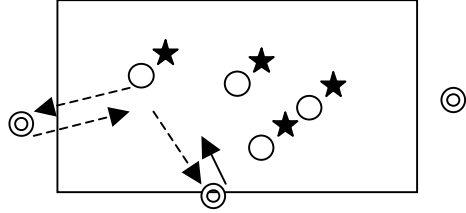
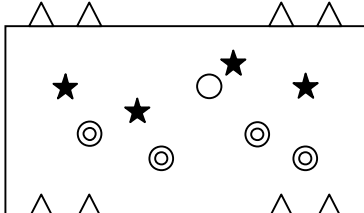


## Amherst Soccer Association

### Examples of How to Use Windows Set up

<p><b>WINDOWS RECEIVING &amp; BALL CONTROL</b></p> 	<p style="text-align: center;"><b>ORGANIZATION</b></p> <ul style="list-style-type: none"> <li>▪ Players partner up, one on outside one on inside of field. Players on outside w ball.</li> <li>▪ Players on inside move and check to ball.</li> <li>▪ Outside players pass ball into feet, inside player plays ball back and move through middle to another outside player.</li> <li>▪ Switch after 30-60 seconds.</li> </ul> <p><b>Progressions:</b> 2 touch passes, 1 touch passes, turn away &amp; quick turn back, receive ball and do 10 of some small dribbling move (i.e. toe touches, foundations, etc.) before passing back.</p>	<p style="text-align: center;"><b>KEY COACHING POINTS</b></p> <ul style="list-style-type: none"> <li>▪ Change of pace when checking to ball.</li> <li>▪ Hold run short to keep proper spacing.</li> <li>▪ Heel down, toe up when receiving and making pass from both inside and outside.</li> <li>▪ Communicate from inside and outside, “Yes, Ball,” “Turn,” “Right back,” etc.</li> </ul>
<p><b>WINDOWS PROGRESSION</b></p> 	<ul style="list-style-type: none"> <li>▪ Same setup, now inside players have ball.</li> <li>▪ Players dribble through traffic, find available target and play into feet and get ball back one touch.</li> <li>▪ Players keep track of how many passes they rec, they must go through middle.</li> </ul> <p><b>Progressions:</b> 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"> <li>▪ Head up, ball close through traffic</li> <li>▪ Outside players call for ball when available</li> <li>▪ Make good off the ball runs</li> <li>▪ Call “HOLD” on overlap and “RIGHT BACK” on double pass.</li> </ul>
<p><b>INVOLVING A 3<sup>RD</sup> PLAYER</b></p> 	<ul style="list-style-type: none"> <li>▪ In same setup, inside player plays to one outside player and says “right back,”</li> <li>▪ Inside player receives ball back and next pass is to a DIFFERENT outside player.</li> <li>▪ This pass should lead the outside player into the middle and come with command, “You’re in!”</li> <li>▪ Outside player and inside player switch roles and repeat.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Head up, stay under control</li> <li>▪ Plan ahead, look and know who next pass will be played to.</li> <li>▪ Communicate early, clearly and loudly</li> </ul>
<p><b>4V4 GAME</b></p> 	<p>Play 4v4 to 4 goals with no restrictions</p>	<ul style="list-style-type: none"> <li>▪ Look for good communication, passing technique, ball control</li> </ul>