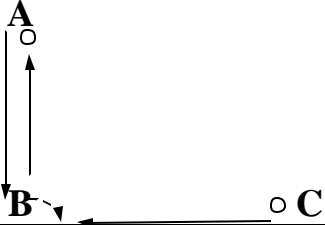
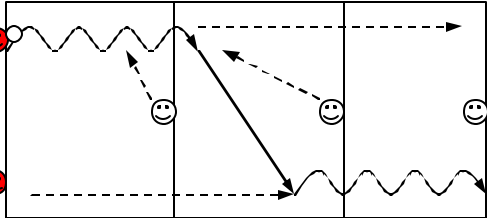
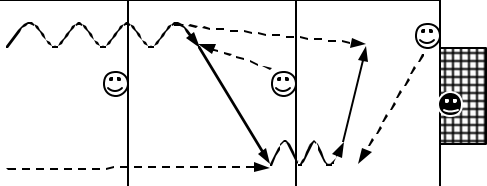
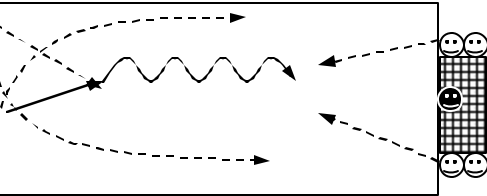












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FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<p>Speed of Play In groups of three, player A and C have a ball, with player B in the middle with out a ball. A passes to B whom passes it back first time and then turns to receive a pass from C. Procedure continues. Then demand the person in the middle plays 2 touch.</p>	<ul style="list-style-type: none"> ? Quick Feet ? Weight Of Pass ? Locked ankle on the kicking foot ? When playing two touch in the middle the servers must play the ball into the central player as soon as they have had their first touch
<p>MATCH RELATED ACTIVITY</p> 	<p>Gauntlet to End Zones Divide the rectangle in two there zones placing a defender in each zone. Attacking players dribble out to attempt going past all three defenders with out losing possession. See which team can make it the quickest. Defenders can only stay in their own zone and score points if they win the ball and play the ball to the defender in the first zone to dribble across the line</p>	<ul style="list-style-type: none"> ? Engage the defender, be positive ? Attack the space with speed ? Disguise the pass ? Creative Runs (Overlaps) ? If possession is lost must track back <p>Progression Defenders can now go back one square to create a 2v2 situation.</p>
<p>MATCH RELATED ACTIVITY</p> 	<p>Gauntlet with Goals Same set up as before but now add goals at either end with Goal-Keeper in each one. The attackers must now finish with a goal. The game continues until a goal has been scored or it goes out of bounds.</p> <p>Progression Defenders can move back one square to create a 2v2 situation</p>	<ul style="list-style-type: none"> ? All of the above ? Positive in front of goal
<p>MATCH CONDITION ACTIVITY</p> 	<p>3v2 building up to 3v3 Ball starts with the attacking teams Goal-Keeper who throws the ball out for the attackers to play against 2 defenders. First attacker should attack the defender with speed leaving the other two attackers to create space with their runs. Progress to 3 v 3</p>	<p>KEY TO DIAGRAMS</p> <ul style="list-style-type: none">  = Attacking Players  = Defensive Players  = Goal-Keeper  = Dribble  = Running without the ball  = Pass  = Goal  = Ball
<p>COOL DOWN</p>	<p>Players slowly dribble around. Then move around the grid without a ball doing jogging and stretching</p>	



To contact Adrian Parrish, ASA Director of Coaching you can either:
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