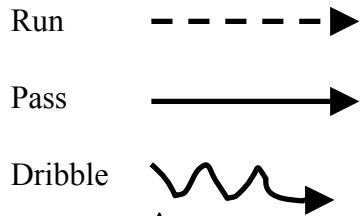


LEGEND:



Recommendations:

<u>Age</u>	<u>Field size</u>
8-12	20x40
12-16	30x50
16-18	50x60

*Field size based on age and ability of players

GIVE & GO

Organization:

- Circles pass ball out to triangles and move on a different line than the ball to get it back.
- Triangles one or two touch

Technique:

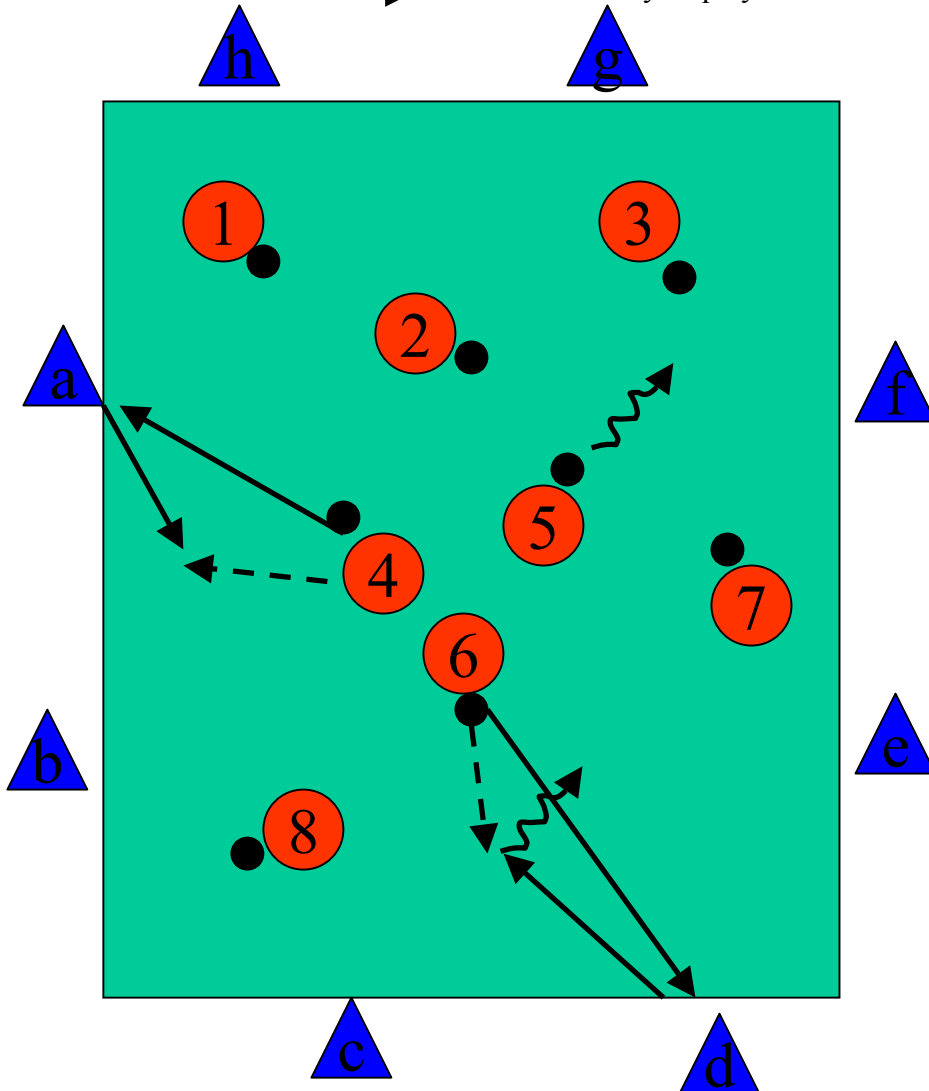
- Passing – inside and outside of foot
- Receiving – inside and outside of foot

Coaching points:

- Plant foot next to ball, toe pointed at target
- Kicking foot, to up and ankle locked
- Weight of the pass for easy control
- Communication and awareness (visual & verbal)
- Accuracy of the pass (to feet or space)
- Timing of the run, so your moving when you receive the ball
- Change speed (with and without ball)
- Keep eyes on the ball
- Relax the controlling surface

Variations:

- Long pass out, receive short pass in
- Short pass out, receive long pass in



KEY:

Run 

Pass 

Dribble 

1v1 Keep away

Organization:

- 4 groups of 2 play 1v1 across the grid
- 2 play north/south and 2 play east/west
- Make-it, Take-it

Technique:

- Dribbling – Manipulating the ball from side to side

Tactics:

- 1v1 – Develop a “take-on” mentality

Coaching points:

- Close ball control
- Sideways stance of the body (shielding)
- Body between the ball and the opponent
- To be patient and not give ball away unnecessarily

Variations:

- Play for 1 minute then switch players in and out
- Play with “In and Out” rules

