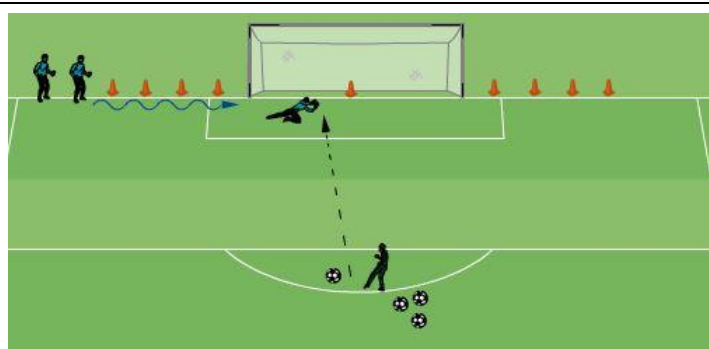


SESSION THEME: Positioning

Organization
 -GK move through cones and set for shot.
 -GK moves through cones, touches cone in middle of goal save made back at near post.
 -Change sides

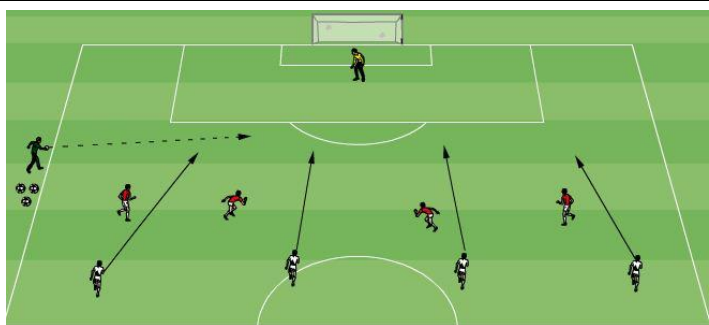
Coaching Points



PHASE II

Organization
 Training to play the space behind the defenders.
 -Balls are played from central or wide positions.
 -If GK calls for ball ST may score.
 -Positioning for playing the space behind the defense
 --Vertical when ball in attacking 1/3
 --middle 1/3 when ball is on attacking side of midfield.
 --middle 1/3 in defensive side

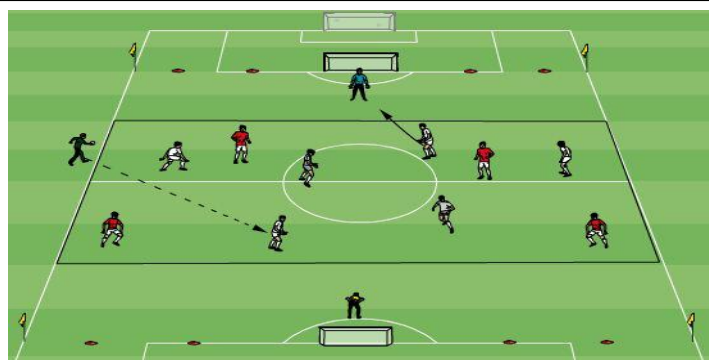
Coaching Points
 1v1 saves
 Communication
 Back to Bar
 Foot skills



PHASE III

Organization
 Possession grid with balls played through or chipped over GK.
 -4v4 +2
 -Ball starts with server
 - Three passes and a through ball or chip on goal

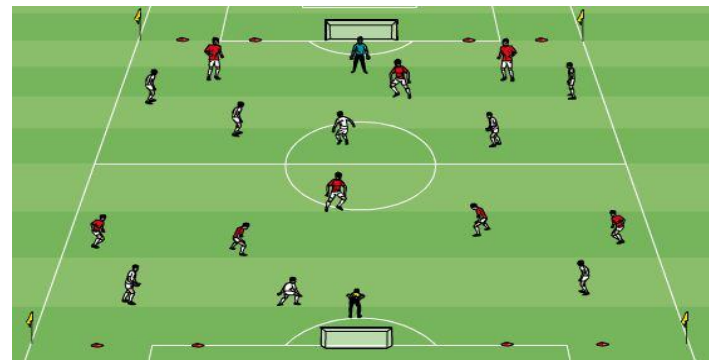
Coaching Points



PHASE IIII

Organization
 5v3 in two zones with five attackers and three defenders in each zone.
 -Filed size is top 18 to top of 18 and width of field.
 -Attackers look to play the ball behind defenders; through ball or chipped ball.

Coaching Points
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FITNESS / CONDITIONING