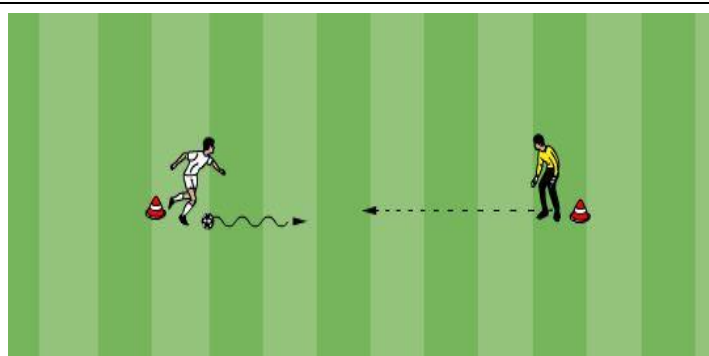


**SESSION THEME: 1v1**

**Organization**  
 \* Two players per ball  
 \* Distance depends on save  
 \* Play across to touch or save  
 \* Alternate each service

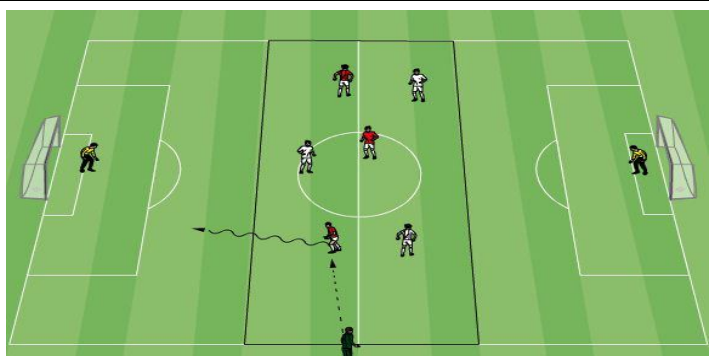
**Coaching Points**  
 \* Explode to steal ground.  
 \* Read cue to stalk, low, compact, under control, small steps.  
 \* Explode to save, hands forward to ball first.  
 \* Call KEEPER each save



**PHASE II**

**Organization**  
 \* 6 players in middle moving randomly  
 \* Server plays to checking runner.  
 \* Server play's the ball to feet or to space  
 \* GK comes out to create a 1 v1 situation  
 \* If GK wins they play back to Coach

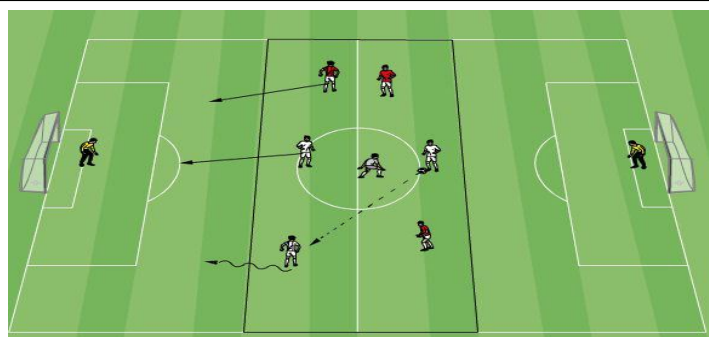
**Coaching Points**  
 \* Cues to steal ground; pace, distance first touch. Cheat when possible.  
 \* Stalking; small steps, moving forward, low hands out front.  
 \* Cue to attack ball, save as far from goal as possible.



**PHASE III**

**Organization**  
 \* 3 v3 with one neutral player in the middle zone  
 \* Teams break out to end zones and create a 2 v1  
 \* If Goalkeeper wins the ball, they look to play to Def, or back into the middle zone  
 \* If ball goes out of bounds, coach restarts the play back in the middle zone

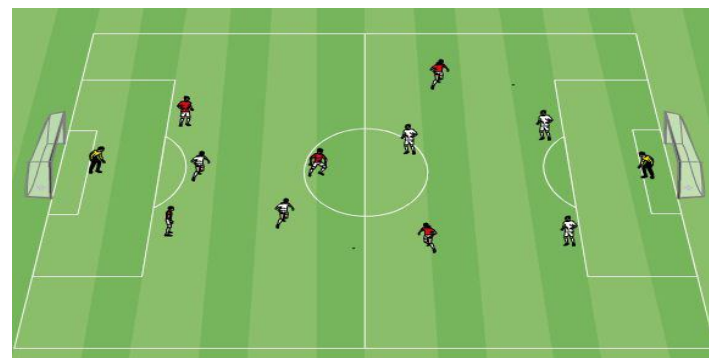
**Coaching Points**  
 \* Patience to read and time play.  
 \* Visual cues to attack or hold.  
 \* Communication with defenders  
 \* Starting position not too aggressive, no chips, avoid getting caught in middle.



**PHASE IIII**

**Organization**  
 \* 6 v 6 game with no restrictions

**Coaching Points**  
 \*



**FITNESS / CONDITIONING**