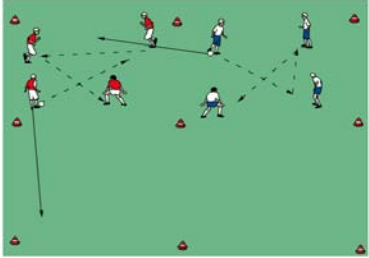




Circulating The Ball (changing rhythm and tempo)

Age Groups: U12 and up

<p>Warm-up</p> <p>Numbered Passing</p> <p>Players pass the ball within their groups of 3-5. Players number themselves 1-4, 1-5 and pass in sequence. Groups pass in one quadrant and then move to another.</p> <ol style="list-style-type: none"> 1) Competition-see which group can get through all quadrants first. 2) Must take two touches 		<ul style="list-style-type: none"> • Passing to correct foot • Decision to play feet or space • Accuracy and pace of passes • Receiving-vision • Longer passes
<p>1st Activity</p> <p>The Vision Game</p> <p>Two teams of 4-5 players plus a neutral. Each team attacks three goals and defends three goals. Behind the goals is an extra person (gk, coach). If the extra person is behind a goal, they can't score on that goal.</p>		<ul style="list-style-type: none"> • Vision • Fast passing • Deception (go one way then the other) • Passing/Receiving techniques • Build up-then quick change of tempo
<p>2nd Activity</p> <p>E-W Game</p> <p>Two teams play to goal. The field is divided into thirds vertically. The rule of the game is before they can score each time a team gets possession is that the ball has to be played into each zone.</p>		<ul style="list-style-type: none"> • Cues to get wide • Maintaining possession • Rhythm of play • Short-Short-Long
<p>6v6 game-8v8 game</p>	