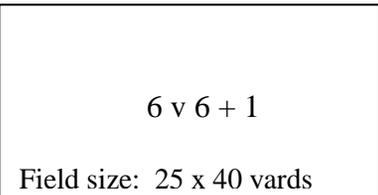
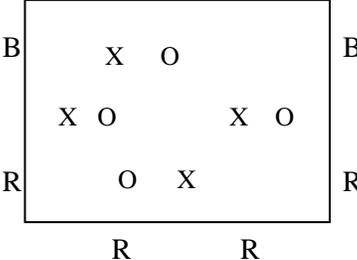
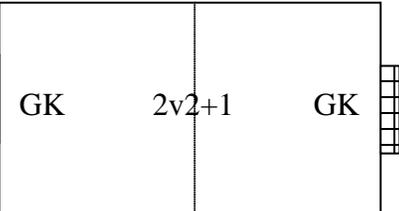


Diagram	Activity Description	Coaching Points
<p>Passing Sequence in 4's</p> 	<ul style="list-style-type: none"> * X₁ passes back and forth to X₂, after a couple passes one of them takes touch up field * X₃ and X₄ check for ball sideways on, and pass is played to X₃ (as ball passes X₄ she begins to support underneath X₃ – the player not making the pass overlaps around X₄) * X₃ lays ball off for X₄ and plays in 3rd man run 	<p><i>All of the above plus:</i></p> <ul style="list-style-type: none"> *crispness and quality of passes *timing and shape of runs *body shape of targets *timing of 3rd player run
<p>Target Game – Play the Way You Face</p> 	<p>6v6 game to targets</p> <p>Variations:</p> <ul style="list-style-type: none"> *point each time a team can play from one target to another without losing possession *restrict targets to one touch *give the game a direction when you win it 	<ul style="list-style-type: none"> *playing the way you face quickly when ball won *body shape so that you can see ball and target *receiving ball with open body shape and across body whenever possible to face goal *support underneath player with the ball so that they can play the way they face *up-back-through concept
<p>Bumper Game – Play the Way You Face</p> 	<p>30 yard square</p> <ul style="list-style-type: none"> * 4v4 inside of grid with bumpers on outside playing for whatever team plays them the ball * when a team wins possession – they must establish a direction in the game by playing to a bumper * that defines a back 4 of bumpers and two forward bumpers *team must get ball to forward and back to a 3rd player for a point 	<p><i>All of the above plus:</i></p> <ul style="list-style-type: none"> *Play the way you face *Body shape open to see the ball and forwards *Early support ‘underneath’ the ball *Finding 3rd player runs
<p>Transition Finishing Game</p> 	<ul style="list-style-type: none"> *Two teams line up outside of field at midfield – one team to each side of coach: players lined up in pairs *One neutral on the field *When coach plays the ball in, 2 players from each team enter to play *Ball goes in goal or out – all but neutrals quickly leave field 	<ul style="list-style-type: none"> *shooting mentality – shoot whenever you have the opportunity *movement off ball to put defenders in position to choose between two options *look for overlaps, diagonal runs, dummy runs, etc. *rapid transition
<p>Cooldown Field Players vs GKs Finishing</p>	<p>Player dribbles and runs takeover with teammate leaving ball or a 3rd player to shot</p>	<p>Fun and competitive cooldown Emphasizes placing (low) and following shots</p>