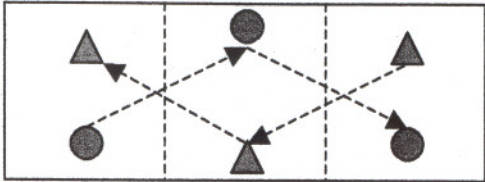
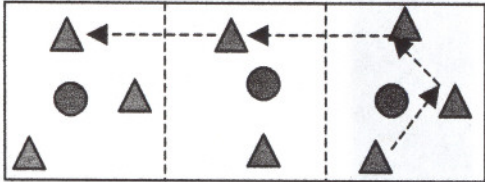
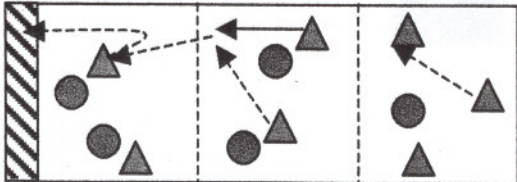
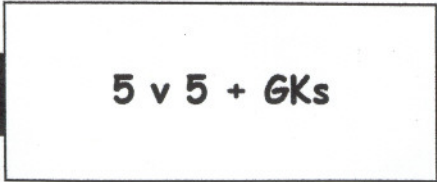




Coach: Dave Matthews

Topic: Combination Play

Date: 09 Jan 04

UNRESTRICTED SPACE	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> • 15x30 yd grids • 6 players, 2 in each zone • 2 ball working at the same time • Pass through each zone • keep ball on the ground 	<ul style="list-style-type: none"> • Movement - create space • Timing of movement • Awareness, space • Opposition, Vision • Contact ball with the big part of the foot
<p>RESTRICTED SPACE</p> 	<ul style="list-style-type: none"> • 15x30 yd grids • 3v1, 2v1, 3v1 • X's pass through each zone • X's must make 4 four passes in the end zone before they can pass into the middle zone • No minimum passes in the middle zone 	<ul style="list-style-type: none"> • All of the above plus: • Quality of the pass - weight & accuracy • Receiving skills - able to play forward • Possession • Decision-making
<p>ONE GOAL WITH COUNTER</p> 	<ul style="list-style-type: none"> • 20x35 yd grid • 3v1, 2v2, 2v2 • 2v2 in attacking third • X's must get the ball into the end zone to score 	<ul style="list-style-type: none"> • All of the above plus: • Speed of play • Turning & dribbling • DDD
<p>TWO GOALS</p> 	<ul style="list-style-type: none"> • Unrestricted game • LET THEM PLAY! 	<ul style="list-style-type: none"> • All of the above plus: • Vision • Awareness • Decision-making
<p>COOL DOWN</p>	<ul style="list-style-type: none"> • Slow jog and stretch 	