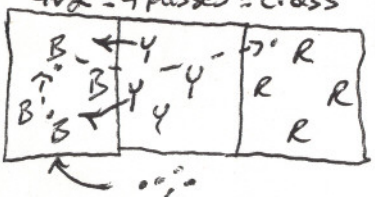
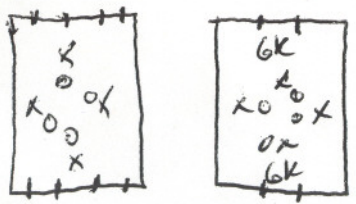




Coach: Mark Spacone

Topic: Passing

Date: 2/26/05

FUNDAMENTAL - WARM UP	ORGANIZATION	KEY COACHING POINTS
<p>large grid (area)</p>	<p>- Pass and Move with Partner - " " " inside foot - " " " outside foot - " " " instep - " " " chip</p> <p style="font-size: 2em;">}</p> <p>DYNAMIC STRETCH</p>	<ul style="list-style-type: none"> • Body Mechanics • Balance • Weight of pass <p style="text-align: center;">↓</p>
<p>MATCH RELATED ACTIVITY</p> <p>large grid (area)</p>	<p>- Pass and Move w/partner thru gates. - Pass and move in teams of 3 thru gates. - Pass and move in teams of 3 thru gates. Add 1 def. to block gates.</p>	<ul style="list-style-type: none"> • Accuracy • Disguise • Vision <p style="text-align: center;">↓</p>
<p>MATCH RELATED ACTIVITY</p> <p>4v2 = 4 passes = cross</p> 	<p>- Three groups of Four. Each group in own grid. Serve ball in and play 4v2. IF 4 passes made, play ball to far grid, 2 new def. go in. IF def. gets ball - transition.</p>	<ul style="list-style-type: none"> • Application to the game: <ul style="list-style-type: none"> - Selection of pass - Timing of pass <p style="text-align: center;">↓</p>
<p>MATCH CONDITION ACTIVITY</p> 	<p>- 4v4 to 4 goals (can use GK) - 4v4 to 2 goals w/keepers</p>	<p style="text-align: center;">↓</p>
<p>COOL DOWN</p>	<p>Partner Passing using above passes - Incorp static stretch</p>	