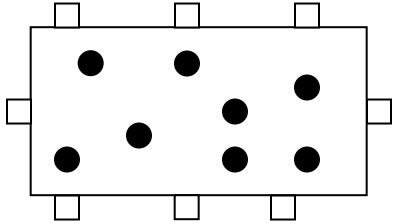
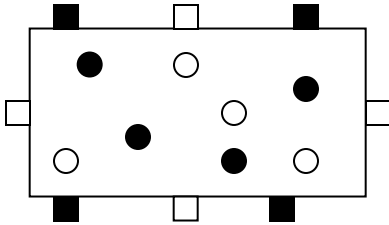
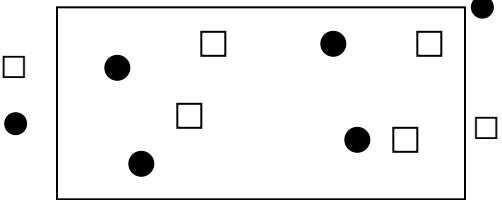
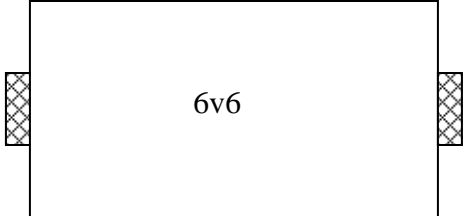


Fundamental: Ring Toss/Windows	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>▪ Set up a 30-x-40 yard grid</li> <li>▪ Half of team on outside of grid (half of those players need a ball), and the other half moving on the inside</li> <li>▪ Divide so one color is working inside, one color is working outside</li> <li>▪ Progression: 1) 2 touch 2) 1 touch 3) Control from toss 4) Header 5) turn and play to player on opposite side</li> <li>▪ Stretch then switch inside/outside players</li> <li>▪ Work for about 1 minute on each skill set</li> </ul>	<ul style="list-style-type: none"> <li>▪ Get in line of the flight of the ball</li> <li>▪ Come to meet the ball</li> <li>▪ Watch the ball</li> <li>▪ Make an early selection in the body surface to use</li> <li>▪ Relax the controlling surface</li> <li>▪ Receive at an angle</li> <li>▪ Receive sideways on</li> <li>▪ Take a peak before receiving</li> </ul>
<p><b>Match Related: 4v4 + 4 Possession</b></p> 	<ul style="list-style-type: none"> <li>▪ Same set-up as above but now have 2 teams divided inside and outside 4 players each (outside is alternating light/dark)</li> <li>▪ Play possession</li> <li>▪ Inside players have 2 touch except if they turn to play to opposite side</li> <li>▪ Darks can use dark bumpers, lights can use light bumpers</li> <li>▪ Bumpers have one touch</li> <li>▪ Switch after 8 minutes</li> </ul>	<ul style="list-style-type: none"> <li>▪ Get in line of the flight of the ball</li> <li>▪ Come to meet the ball</li> <li>▪ Make an early selection in the body surface to use</li> <li>▪ Relax the controlling surface</li> <li>▪ Control ball into space or away from pressure</li> <li>▪ Open body position to field while rec.</li> <li>▪ 1<sup>st</sup> touch allows pass or dribble</li> </ul>
<p><b>Match Related: 6v6 to Targets</b></p> 	<ul style="list-style-type: none"> <li>▪ Play 6v6 in a 30x40 yard area</li> <li>▪ Players must have a dynamic first touch to set up an opportunity to penetrate</li> <li>▪ Add target on each end line or;</li> <li>▪ Add 1 ◯ and 1 ◻ on each end line, if ball is played to end line target switch out with them</li> </ul>	<ul style="list-style-type: none"> <li>▪ Get in line of the flight of the ball</li> <li>▪ Come to meet the ball</li> <li>▪ Make an early selection in the body surface to use</li> <li>▪ Relax the controlling surface</li> <li>▪ Control ball into space or away from pressure</li> <li>▪ Open body position to field while rec.</li> <li>▪ 1<sup>st</sup> touch allows shot, pass, or dribble</li> </ul>
<p><b>Match Condition: The Game</b></p> 	<ul style="list-style-type: none"> <li>▪ Play 6v6 + GK</li> <li>▪ Look to establish shape</li> <li>▪ If available play to one of 2 forwards 1<sup>st</sup></li> <li>▪ No conditions on players</li> </ul>	<ul style="list-style-type: none"> <li>▪ Observe to see if session has helped with receiving and turning ability</li> </ul>