

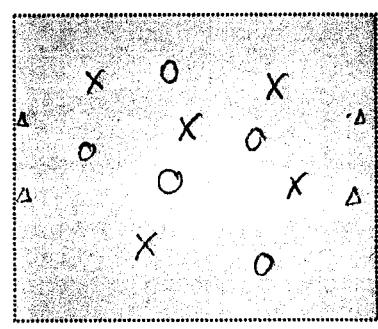
# COACHING PLAN

Coach: ..... Team: ..... U .....

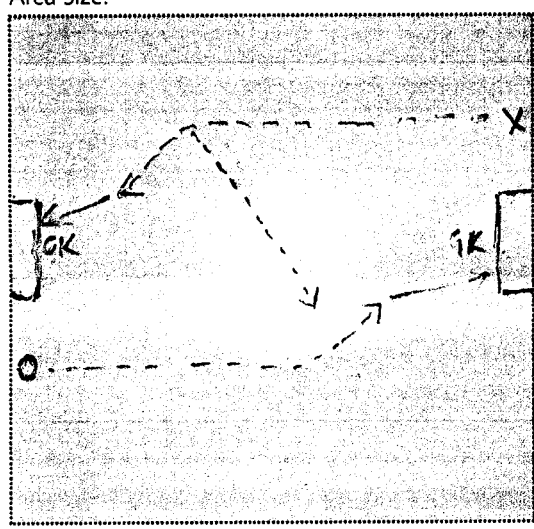
Date: ..... Location: .....

Week:   
 Session:

**Warm-up HEADS + VOLLEYS.** 2 TEAMS COMPLETE TO SCORE IN OPPONENTS GOAL BY EITHER USING HEADER OR VOLLEY. PLAY USING HANDS TO THROW - ADVANCE BY PLAYING WITH FEET.



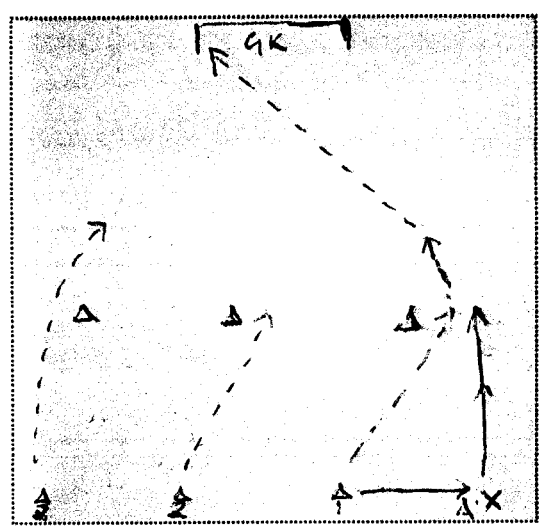
Area Size:



**1st Activity / Game ALAMO - PLAYERS TO DRIBBLE TO GOAL + TAKE SHOT. CHANGE INSTRUCTIONS**  
 - INSIDE - LACES - ACROSS GOAL - NEAR POST  
 - |v| - LOW DRIVEN - CHIP  
 - INTRO. DEFENDER

**Key Coaching Points - BIG TOUCHES IN SPACE**  
 - CREATE ANGLE - LOOK FOR SPACE IN GOAL  
 - HEAD OVER BALL - GO TO GOAL

**2nd Activity / Game DIAGONAL RUNS -**  
 PLAYER GIVES BALL TO WIDE PLAYER WHO PASSES TO FORWARD SPACE IN ATTACKING AREA TO RECEIVE + FINISH  
 PROGRESS - ADD SUPPORT PLAYER - ...  
 SUPPORT PLAYER - ... DEFENDER (4v2)  
 + FREE PLAY



**Key Coaching Points - TIMING + SPEED OF RUN**  
 - LESS TOUCHES THE BETTER

Area Size:

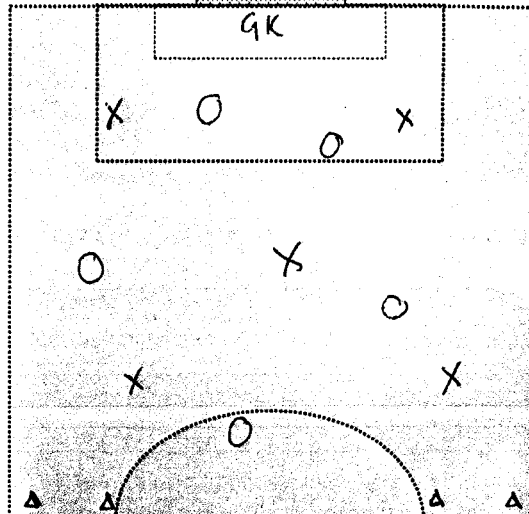
# COACHING PLAN

Week:

Session:

**3rd Activity / Game** EARN THE RIGHT -  
 2 TEAMS 1 GK. 3 GOALS. BOTH TEAMS  
 BEFORE TRYING TO SCORE IN GOAL, MUST  
 1ST SCORE IN A SMALL GOAL, THEREFORE  
 EARNING THE RIGHT TO SCORE.

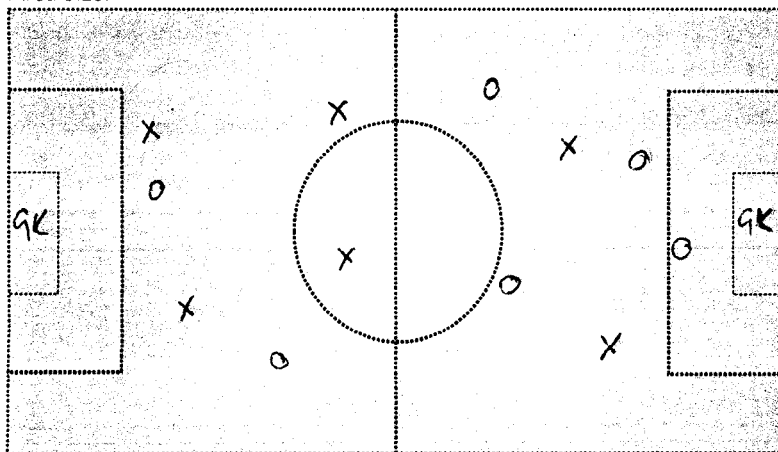
Area Size:



**Key Coaching Points** - TAKE EARLY SHOTS - READY  
 TO ADAPT - ACCURACY OVER POWER

**Conditioned Game** FREE PLAY - WHEN ATTACKING, TEAM IS IN OTHER HALF,  
 THEY'RE ALLOWED LIMITED TOUCHES BEFORE SHOT

Area Size:



**Key Coaching Points**

- ACCURACY OVER POWER
- FOLLOW SHOT
- DIRECT PLAY IN ATTACKING HALF

Additional Notes