

KEY:

Run - - - - ->

Pass ———>

Dribble ~~~~~>

4 v 4 to Targets

Organization:

- Play 4v4 to own teams targets. Triangles play North/South, Circles play East/West
- Play with Make it/Take it rules.

Technique:

- Passing/Receiving
- Dribbling

Tactics:

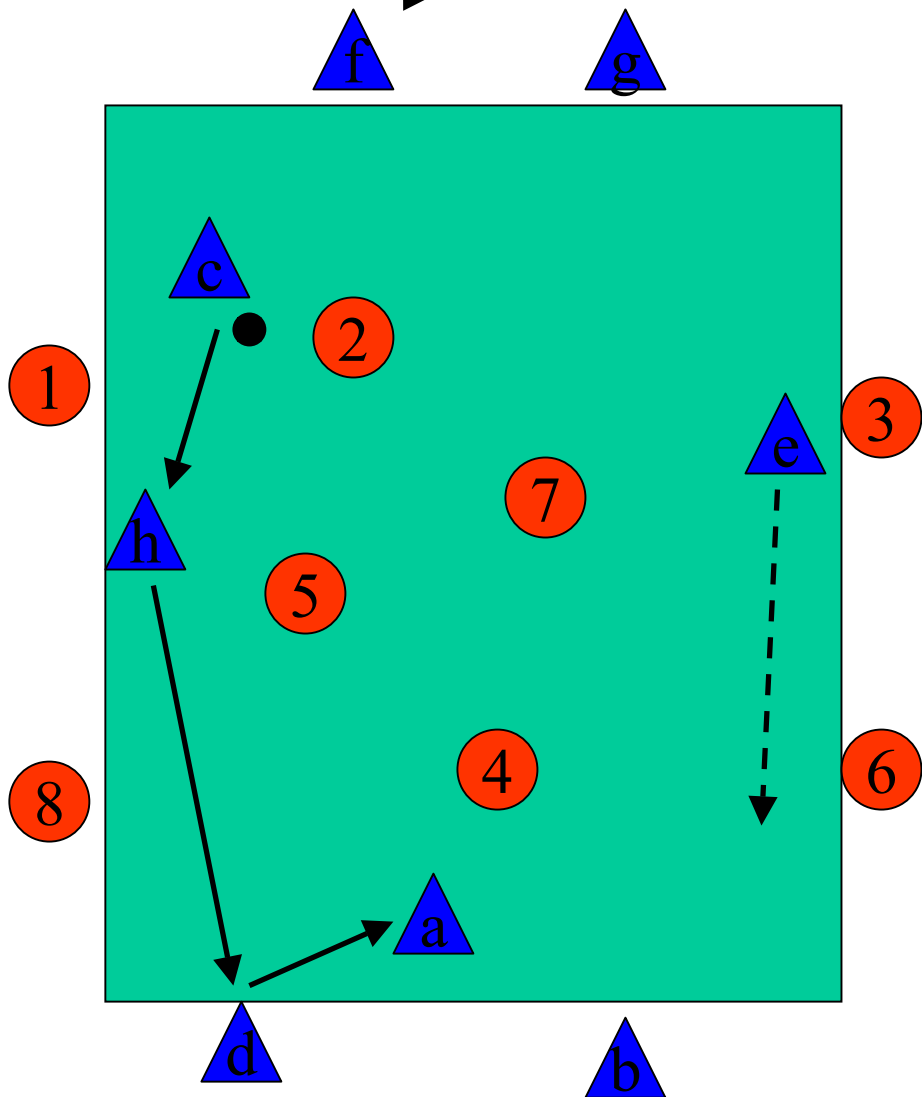
- Movement off the ball

Coaching Points:

- Look to play forward first
- Angle and distance of support
- Communication (visual and verbal)

Variations:

- Add a condition that the Target only has one touch to get into the game. Playing with in and out rules.



KEY:

Run - - - - ->

Pass ———>

Dribble ~~~~~>

4 v 4 to Targets

Organization:

- Play 4v4 to own teams targets. Make it take it. Switch extra players into the game when appropriate.

Technique:

- Passing/Receiving
- Dribbling

Tactics:

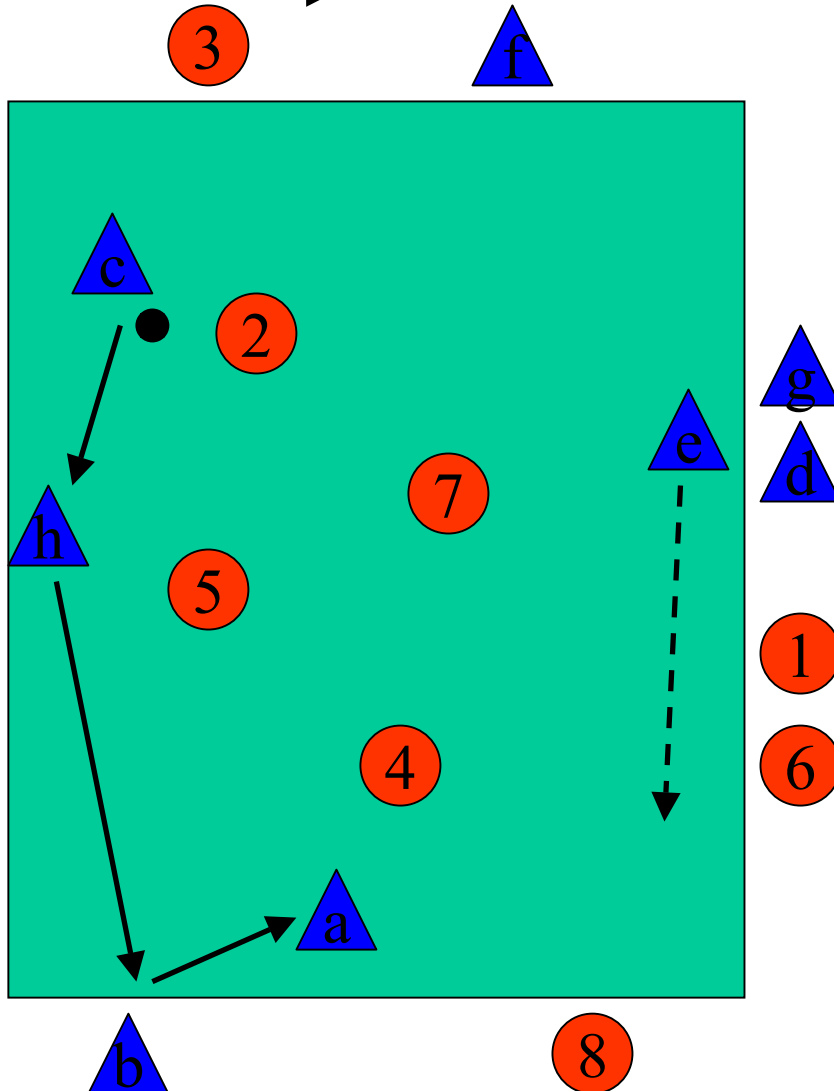
- Movement off the ball
- Combinations

Coaching Points:

- Look to play forward first
- Angle and distance of support

Variations:

- Triangles play North/South, Circles play East/West

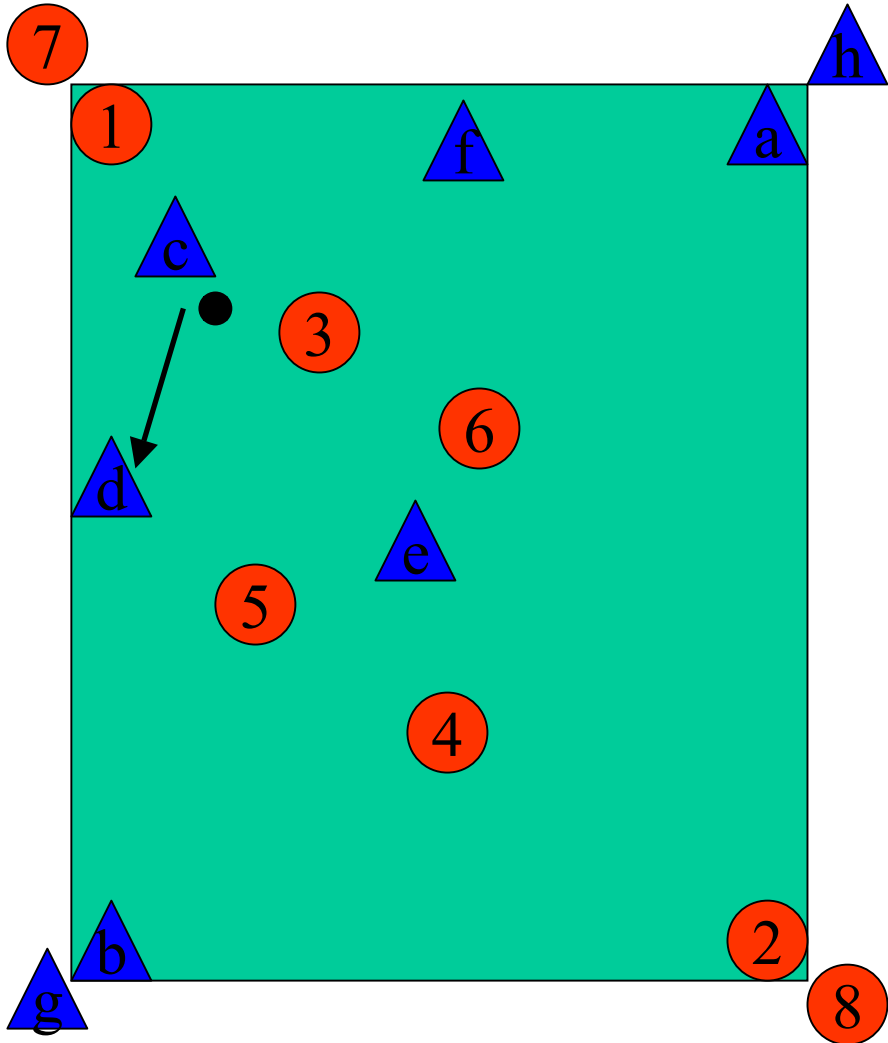


KEY:

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Pass 

Dribble 



4 v 4 to Corner Targets

Organization:

- Play 4v4 to own teams targets. Make it take it.
- Upon a turnover play to the furthest target
- Play the ball into the target, the target comes in, and a player from that team goes out. It does not necessarily have to be the player that played the ball.
- Put extra player behind the target.

Technique:

- Passing – weight and accuracy
- Dribbling - possession

Tactics:

- Look to play forward first

Coaching Points:

- Angle and distance of support
- Communication
- Movement off of the ball

Variations:

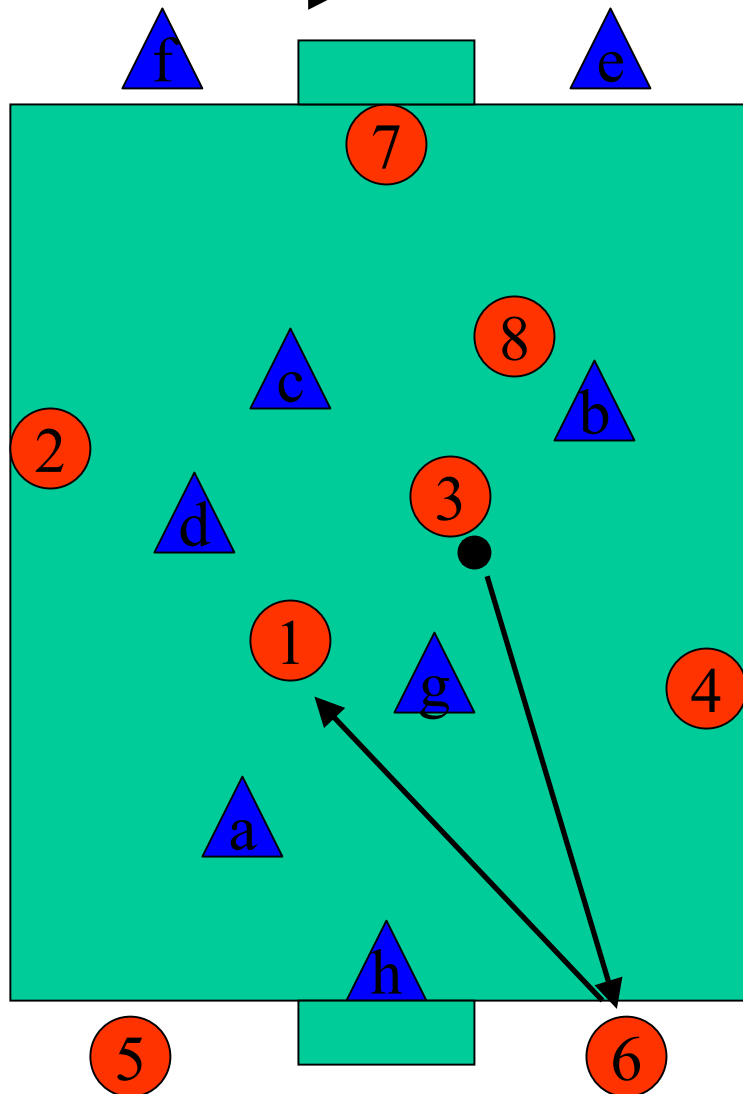
- Target has one touch to be brought into the game

KEY:

Run - - - - ->

Pass ———>

Dribble ~~~~~>



5 v 5 with Bumpers to Goal

Organization:

- Play ball to bumpers before you can score.
Encourage bumpers to play one touch

Technique:

- Passing/Receiving
- Dribbling

Tactics:

- Movement off the ball\
- Combinations – (give and go, overlap)

Coaching Points:

- Look to play forward first
- Angle and distance of support

Variations:

- Play 3 v 3 or 4 v 4 with subs