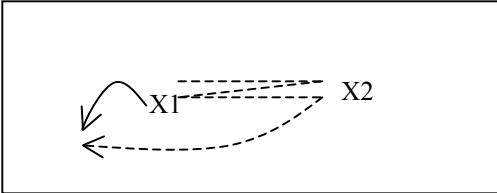
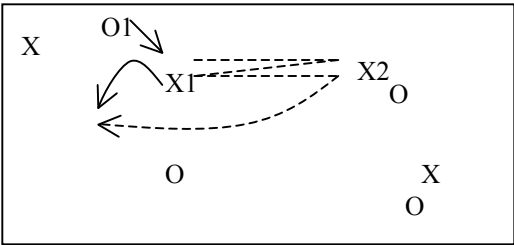
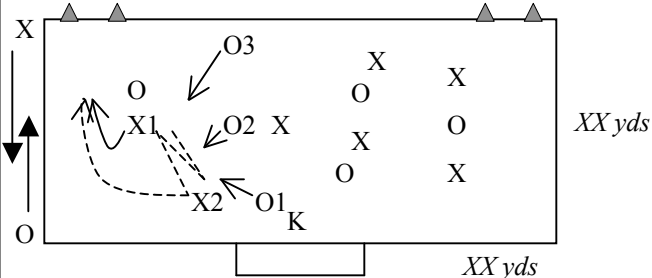



Name: Arsenal - Alex Mason

Topic: Coach the Double Pass

Date: \_\_\_\_\_

X = Attacker O = Defender T = Target N = Neutral S = Server ▲ = Cone ● = Ball ← = Run ←..... = Pass

<p>Fundamental - Warm Up <b>15 min.</b> - groups of two players</p> <p>* STRETCH</p>	<p>Organization</p> 	<p>Key Coaching Points</p> <ul style="list-style-type: none"> <li>- (X1) has the ball, (X1) passes to (X2), (X2) passes back to (X1), (X1) passes back to (X2) then turns into space, (X2) makes the final pass back to (X1)</li> </ul>
<p>Match Related Activity <b>15 min.</b> 4 v 4 open possession -eliminate opponent - draw opponent into space</p>		<ul style="list-style-type: none"> <li>-shield ball</li> <li>-correct weight of pass</li> <li>- (O1) is closing in on (X1) the first pass makes (O1) attack (X1), (X2) final pass is into space where (X1) has turned into</li> </ul>
<p>Match Related Activity <b>20 min.</b> 7 v 7 + keeper - correct space and opposition is important</p>		<ul style="list-style-type: none"> <li>-(X1) and (X2) do a double pass to draw (O1), (O2), (O3) into space, (X2) spins out into space to go to the small goal</li> <li>- do not be predictable</li> </ul>
<p>Match Condition Game <b>40 min.</b> 11 v 11 game</p>		<ul style="list-style-type: none"> <li>- to create space and to eliminate players anywhere on the field</li> </ul>
<p>Cool Down</p>	<p>Light Jog &amp; Stretch</p>	