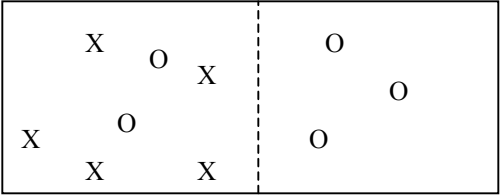
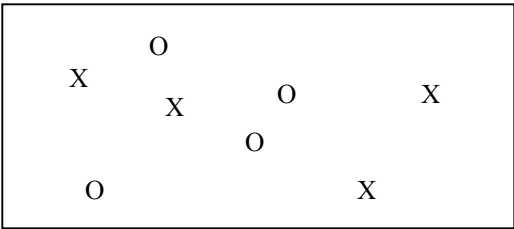
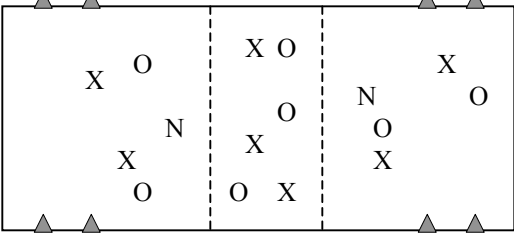



Name: Mike Cullina / ODP

Topic: Speed of play

Date: _____

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

<p>Fundamental - Warm Up 15 min. - 5 v 2 / 3 transition teams of five 1) 2 defenders may enter other half 2) 3 defenders may enter other half 3) 2 touch * STRETCH</p>	<p style="text-align: center;">Organization</p> 	<p style="text-align: center;">Key Coaching Points</p> <ul style="list-style-type: none"> - get big, heels on lines, body open to field - receive ball with back leg
<p>Match Related Activity 15 min. 4 v 4 to targets - bi-directional (if you get the ball to a target, go the other way)</p>	<p style="text-align: center;">T</p>  <p style="text-align: center;">T</p>	<ul style="list-style-type: none"> - get big early (while the ball travels) - score quickly - open to the field - be pro-active in player movements versus re-active to the ball
<p>Match Related Activity 20 min. 7 v 7 to wide goals - each team defends two wide goals - 2 touches in middle channel</p>		<ul style="list-style-type: none"> - play quickly through center channel - identify & solve 2 v 1 - play away from pressure
<p>Match Condition Game 40 min. 11 v 11 team in 4-4-2 1) (X) defends 1 goal lead 2) (O) defends 1 goal lead</p>		<ul style="list-style-type: none"> - stay away from pressure pockets - identify & solve 2 v 1
<p style="text-align: center;">Cool Down</p>	<p style="text-align: center;">Light Jog & Stretch</p>	