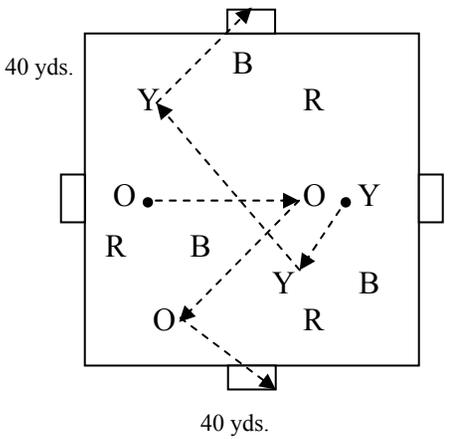
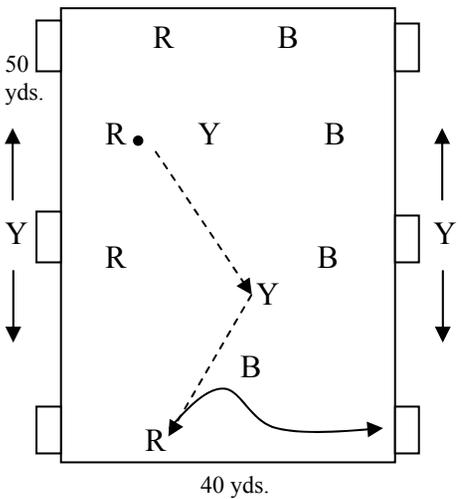
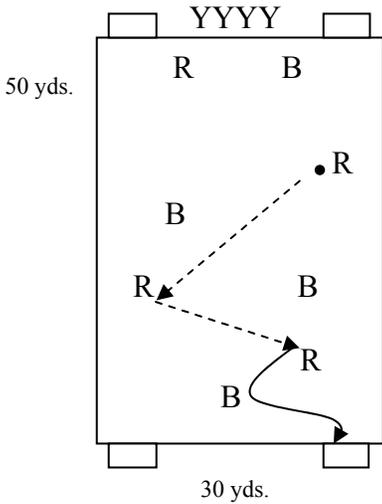
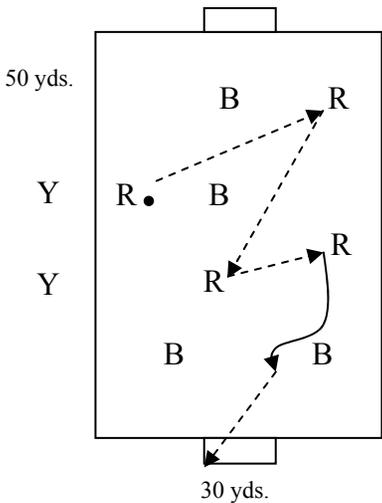


Topic: **Developing Game Awareness**

Organization	Variations	Diagram	Coaching Points
Warm Up / Phase I			
<p>Divide team into 4 equal teams (40 x 40 areas or as needed). Illustration shows 4 teams of 3 in Orange, Red, Yellow and Blue versus each other.</p> <p>Stretch.</p>	<ul style="list-style-type: none"> To score, the team in possession must pass or dribble the ball through one of the four small goals. Play for points, time or until one team dribbles or passes through all four of the small goal. As illustrated, add a second ball to the exercise to increase the speed of play. Progress to 6 v 6 (i.e., Orange and Red versus Blue and Yellow). 		<ul style="list-style-type: none"> Awareness of space and time – look to score quickly Support the ball in possession, defend around the ball when not in possession Encourage creative and instinctive play General decision making
Phase II			
<p>Divide into 3 equal teams (40 x 50 area or as needed). Illustration shows 4 v 4 + 2 neutral players in the middle to 6 small goals (three for each team).</p>	<ul style="list-style-type: none"> Define direction for each team. One team puts two players in the middle (neutral players) and the other two players are on the outside of the area defending the three goals on their side. Team in possession scores by passing or dribbling through one of the opponent's (3) goals. Note: to score possession and control of the ball must be maintained. If necessary, limit the number of touches to increase the speed of play and movement off of the ball. Play for points or time. Rotate accordingly. 		<ul style="list-style-type: none"> Attacking shape and balance of team Angles, distance and timing of supporting runs (i.e., 2nd and 3rd man runs) Verbal communication and visual recognition Be patient in possession and allow opportunities to develop

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Phase III			
<p>Divide into three equal teams (30 x 50 area or as needed). Illustration shows 4 v 4 in the middle to 4 small goals (two for each team).</p>	<ul style="list-style-type: none"> ▪ Define direction for each team. ▪ To score, the team in possession must pass or dribble through one of their two goals. ▪ Restriction – “1-0 Game.” If one team scores, they must possess the ball until the other team equalizes (1-1), or time has expired. If one team equalizes, either team can then score – repeat. ▪ Play for time. Winner stays-on, losing team rotates with the resting team. Continuous. ▪ If necessary, limit touches. 		<ul style="list-style-type: none"> ✓ Possession with a purpose (i.e., to score quickly or to possess for time) ✓ Change of rhythm to exploit opportunities to penetrate ✓ Decision making and speed of play ✓ Tactical application of technique
Phase IV			
<p>Divide into three equal teams (30 x 50 area or as needed). Illustration shows 4 v 4 to two goals with one team resting.</p>	<ul style="list-style-type: none"> ▪ 4 v 4 in the middle – define direction. ▪ The team on the outside actively watches the run of play and is ready to transition immediately into the game. ▪ If a team finishes with a shot on goal that missed, that team immediately transitions off of the field and is replaced by the team on the outside. ▪ If a team finishes with a shot and scores, they transition to the opposite side, and the team scored-upon, transitions off of the field and is replaced by the team on the outside. Continuous. 		<ul style="list-style-type: none"> ✓ All of the above



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Cool Down / Phase V			
Dynamic movements and static stretching.	<ul style="list-style-type: none">▪ Focus on major muscle groups.▪ Reduce heart rate.		✓ Review Session