

Topic:

Reg:



Age:

Date:

everyone plays

balanced teams

open registration

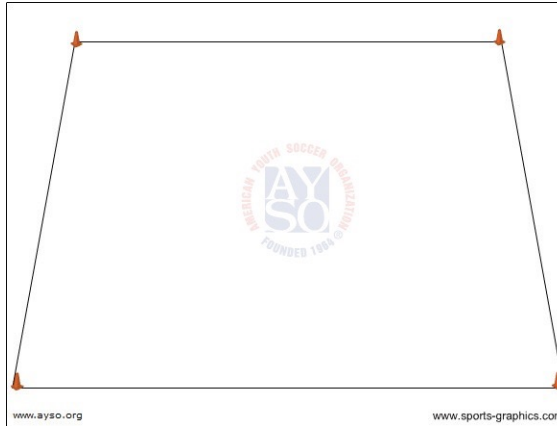
good sportsmanship

positive coaching

player development

**STAGE 1**

**Organization/Rules**



**Coaching Points**

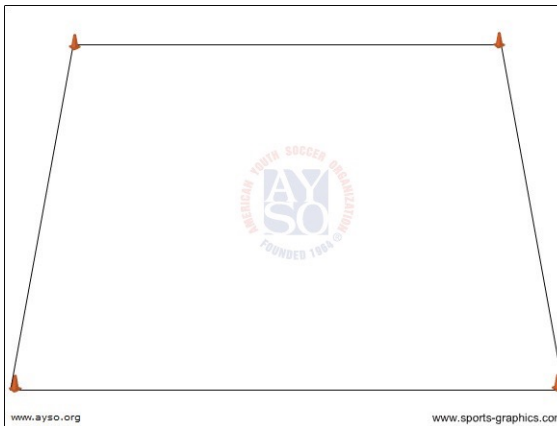
**TECHNICAL WARM-UP**

Max ball contact

Unopposed to opposed

Integrate physical

**Organization/Rules**



**Coaching Points**

**STAGE 2**

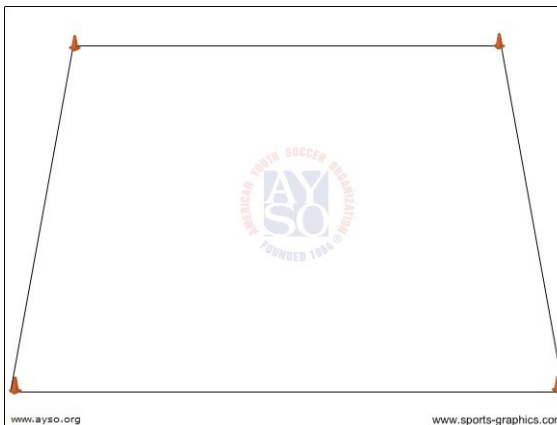
**SMALL-SIDED ACTIVITY**

Individual & pair work

Competition & teamwork

2v2, 3v3, etc.

**Organization/Rules**



**Coaching Points**

**STAGE 3**

**EXPANDED ACTIVITY**

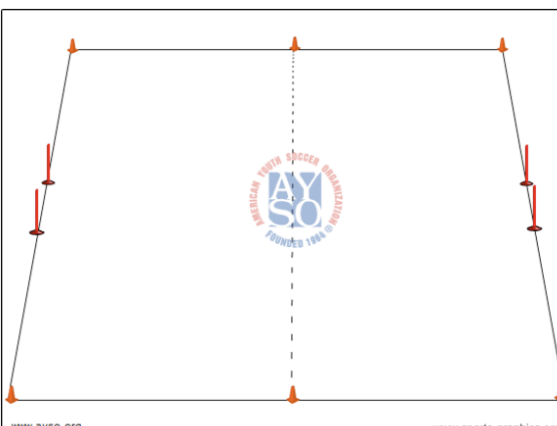
Principles of attack & defense

Directional play (w/ 1 full goal to targets or goal)

Expanded #s

Most game aspects/laws

**Organization/Rules**



**Coaching Points**

**STAGE 4**

**SMALL-SIDED MATCH**

Unconditional

Formations

Laws

COOL DOWN / DEBRIEF