

Topic:

Reg:



Age:

Date:

everyone plays

balanced teams

open registration

good sportsmanship

positive coaching

player development

STAGE 1

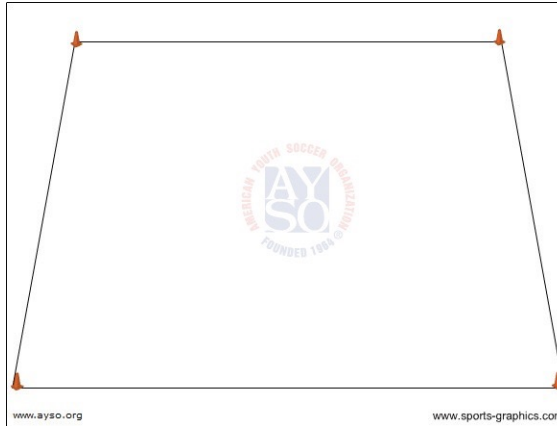
TECHNICAL WARM-UP

Max ball contact

Unopposed to opposed

Integrate physical

Organization/Rules



Coaching Points

STAGE 2

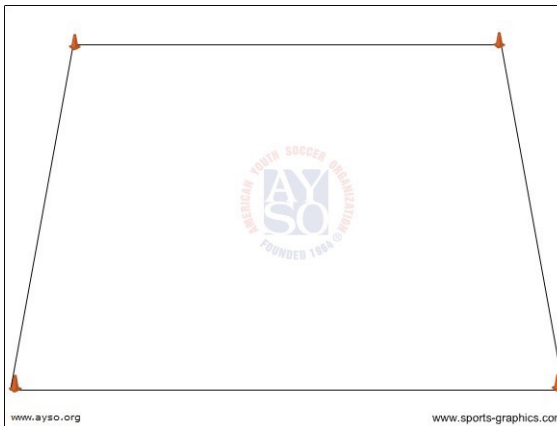
SMALL-SIDED ACTIVITY

Individual & pair work

Competition & teamwork

2v2, 3v3, etc.

Organization/Rules



Coaching Points

STAGE 3

EXPANDED ACTIVITY

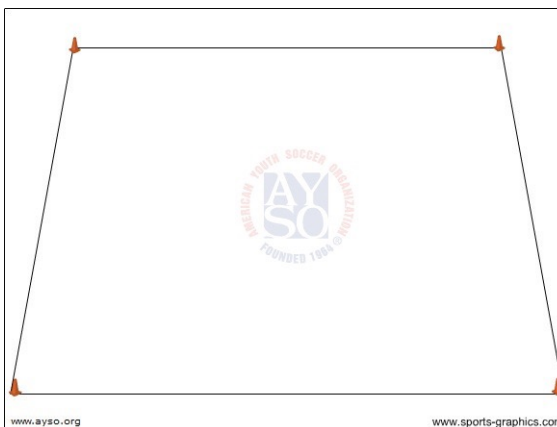
Principles of attack & defense

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

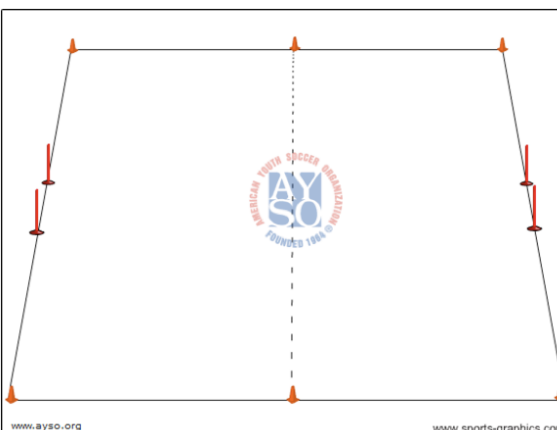
Unconditional

Formations

Laws

COOL DOWN / DEBRIEF

Organization/Rules



Coaching Points