



Set Piece Organization: Corner Kicks and Kick Off

- Introduction to:
 - Defending and Attacking Kick Off play
 - Defending and Attacking Corner Kick organization (know set---up and plays)

Set Piece Organization: Free Kicks

- Introduction to:
 - Running attacking plays from free kicks
 - Defensive organization of wall and free kicks

Set Piece Organization: Restarts

- Introduction to:
 - Emphasis on playing quick restarts in attacking half
 - Emphasis on being aware of quick restarts in defense

Set Piece Organization: Goal Kick and Goal Punts

- Introduction to:
 - Offensive and Defensive balance / organization from both ends

Tactical: Offensive Principals

- Continued introduction to: Attacking Principals
- Continued introduction to: Possession
- Continued introduction to:
 - Combination play
 - Rotating ball
 - Build up
- Introduction to: Counter Attack
- Introduction to: Attacking Patterns

Tactical: Defensive Principals

- Proficient in: 1v1 Defending
- Continued introduction to: Defensive Principals
- Introduction to:
 - Small Groups tactics 2, 3 and 4 player groups
 - Defensive Rows
 - Areas of the Field
 - Shoot Blocking
 - Footwork and Body Position
 - Zonal defending

Physical:

- Continued introduction to: Agility, Acceleration, Sprinting, Reaction, Back Pedal, Jumping / Landing, Balance, Coordination, Physical Confrontation against opponent (Shoulder, Bumping, Use of arms)