
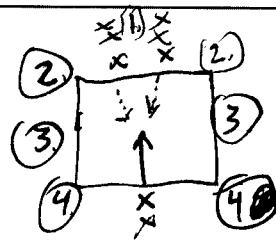
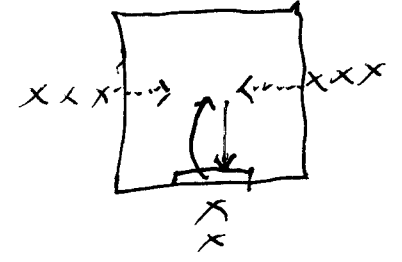
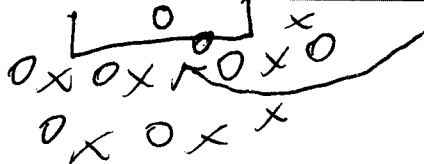




TOPIC: Winning Ball in Air

STAGE	ORGANIZATION (DIAGRAM + RULES)	OBJECTIVES	KEY COACHING POINTS
<p>TECHNICAL WARM-UP</p>	 <p>10 yds apart</p>	<p>review heading, chest, top & inner thigh controlling ball from air and shoving.</p> <p>10 min</p>	<p>proper technique, move to ball.</p>
<p>SMALL-SIDED ACTIVITY (Main Part)</p>	 <p>10x10</p>	<p>win ball + return to server. loser goes to server line. lines progress to 1-4.</p> <p>1 v 1, 30 min</p>	<p>proper starting stance. No Bounce! 1 pushup punishment</p>
<p>EXPANDED SMALL-SIDED ACTIVITY (Main Part)</p>	 <p>50x50</p>	<p>win ball from punt return to server, possibly take a shot. maybe multiple opponents</p> <p>20-30 min 1-2 v 1-3</p>	<p>move to ball quickly and Box out opponent. No Bounce!</p>
<p>MATCH</p>	 <p>80x50</p> <p>Then Scrimmage</p>	<p>Corner kick. every play starts with a corner kick X's score on main goal, O's score on two goals at sides of field</p> <p>8x8 30 min.</p>	<p>Move to ball don't be afraid to shove, No Bounce or Everyone does a pushup!</p>