## Training Session Plan

**Fundamental - Warm Up (20 min)**

- **Organization**
  - 5 minutes. Have players pair up. Pass ball back and forth to warm up. Make sure they move around the space. Stretch as they warm up.
  - 15 minutes. Keep players in pairs. Divide full group into 2. Split pairs, one at each end of the space. Only one group from each end goes at a time. One player dribbles from one end toward the defensive player. Defensive player runs up to play "D". Offense covers as the other plays defense. Players switch ends when done.

### Key Coaching Points
- Offense - ball control
- Offense - Guard/cover ball as you get closer to defender
- Defense - steady, controlled approach
- Defense - proper defensive technique: feet apart, low stance (NOT UPRIGHT), slight angle, use forearm when close

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**Match Related Activity (20 min)**

- **Organization**
  - 5 minutes. Keep players in pairs. Start with offense on the inside (A), defense on the outside (B). (A) passes the ball back and forth as (B) gets used to spacing and tracking (A).
  - 15 minutes. Continue with the above pass and tracking. Evolve from a slow paced game into a faster paced game. Let players get comfortable with the movement. Then evolve by allowing (B) to defend harder and steal the ball. (A) then becomes (B).

### Key Coaching Points
- Good vision
- Solid pass
- Movement to get open for a pass
- Player with ball should cover and release quickly
- Defenders should think about their approach and be aggressive

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**Match Condition Activity (40 min)**

- **Organization**
  - 2 minute. Make teams of 4 (include gk’s in goal). Start teams at each end off to the side - even groups if possible.
  - 38 minutes. Teams play very tough defense and work to steal the ball away. Team that scores stays on the field, team that doesn’t switches with waiting team. Mark up! Good passing! Good finishing/shots!

### Key Coaching Points
- Communication from keeper. Must be “direct” - use the players name and one or two words on what you want them to do.
- Solid passing backward, guard/cover ball - KEEP POSSESSION
- DO NOT GO THROUGH THE DEFENDER
- Movement around the defense
- Use “FREEZE” to point out what to correct during the games

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**Conditioning (10 min)**

**Slalom, sprint, shot**

- **Organization**
  - Set up 4 tall cones in a slalom, setup 1 flat cone about 15/20 yds from slalom, set goal past 15/20 yd cone. Set up 2 of these courses, next to each other.

### Key Coaching Points
- In course one, start sitting, get up, side shuffle through slalom, sprint to ball, take shot
- In course two, start standing forwards, back-pedal through slalom, turn, sprint, take a shot