

COLORADO STORM DEVELOPMENTAL PROGRAM

SR REC. – FALL SEASON

TOPIC: 3V3 SCRIMMAGES

SESSION 3 OF 16

WARM-UP		DESCRIPTION
<p>a.</p>	<p>b.</p>	<p>Juggling – Feet only (3 minutes)</p> <p>Play the Passing Game, each competition is one minute (7-8 minutes)</p> <p>3v1 Keep-away, emphasize support with the best angles to the left and right. (6 minutes)</p>

MAIN ACTIVITY: 3V3 SCRIMMAGES	
<p>PROGRESSION:</p>	<ul style="list-style-type: none"> - Games should last 6-8 minutes, and then have the teams play against another team. The size of the goals can be adjusted to give them more attacking or defensive success. (All fields are 20 yards wide x 30 yards long) - Have water breaks every couple of games. During the break, question the players to see if they know what you want from them...pass & move into the best passing angle. Ask them to explain support, give and goes, and overlaps.
<p>TIPS:</p>	<p>The emphasis should be on the following...</p> <ul style="list-style-type: none"> - Passing Technique <ul style="list-style-type: none"> - Plant foot pointing towards target - Ankle locked, toe above heel (passing foot) - Follow through, show your partner the bottom of your foot - MOVE to support your partner, get open immediately - Best passing angles - Review give and goes

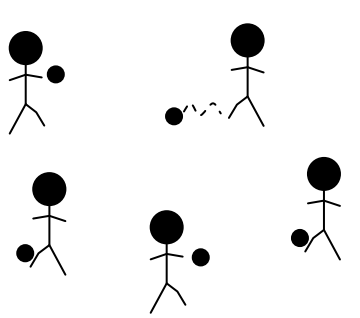
FINAL GAME
<p>Play even numbers to goal. Encourage supporting players to move and get open as quickly as possible.</p>

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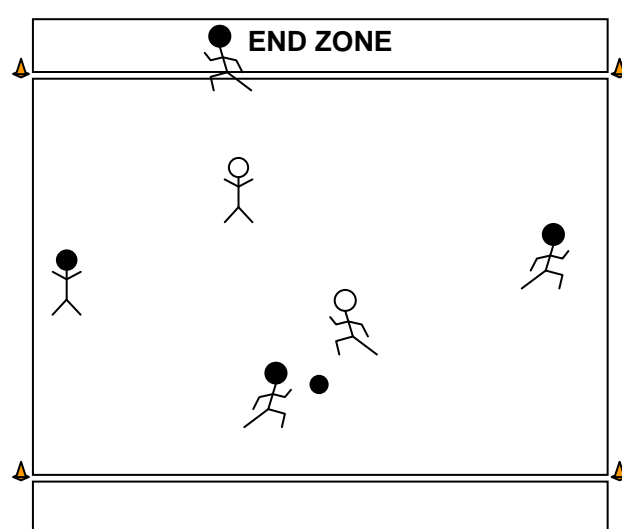
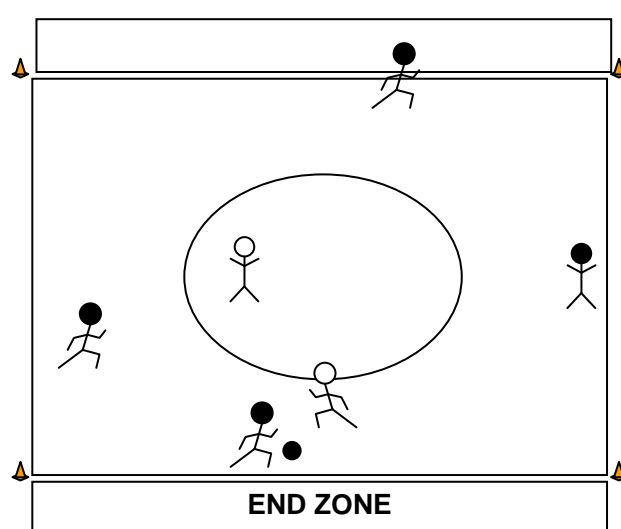
SR REC. – SPRING SEASON

TOPIC: SWITCHING THE POINT OF ATTACK

SESSION 13 OF 16

WARM-UP	DESCRIPTION
	<p>Juggling – Feet only (3 minutes)</p>

MAIN ACTIVITY: 4V2 END-ZONE SOCCER

<p>a.</p> 	<p>b.</p> 
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<p>PROGRESSION:</p>	<p>- The team of four must get the ball from one end zone to the other end zone. To score, the ball must be controlled in the end zone. After a goal is scored, the four must change direction and attempt to move the ball into the other end zone. Play 2 minutes and switch roles. Question the players when they should switch the point of the attack. (Field is 20 yards long x 30 yards wide with 3 yard end zones)</p> <p>Restrictions...</p> <ul style="list-style-type: none"> - 1st pass must go backwards - Must pass ball back once before scoring - At least one player must stay in the back end zone <p>- Add a middle zone that the attacker and ball cannot go into.</p>
<p>TIPS:</p>	<p>The emphasis should be on the following...</p> <ul style="list-style-type: none"> - Good spacing, team shape...not getting too close - Make short sprints to get open immediately to support your teammates - Switch the point of attack

FINAL GAME

Play even numbers to goal. Encourage supporting players to move and get open as quickly as possible and to switch the point of attack.