
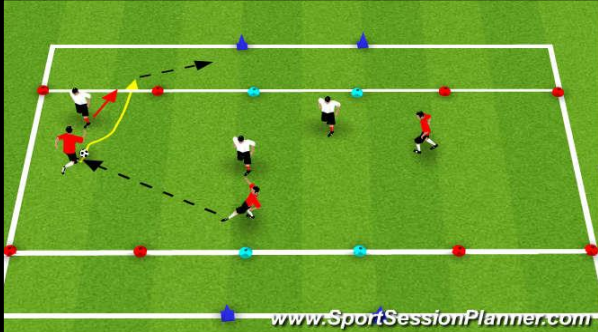



Stage	Organization	Diagram	Key Coaching Points
<p>Stage I Technical Warm up</p>	<p>Ball Mastery:</p> <ul style="list-style-type: none"> Place 3 cones in a line with a middle cone about 8 yards from the end cones and a player by each end cone with a soccer ball. At coach's command the players will dribble from their cone to the middle and back performing the following dribbling tasks <ul style="list-style-type: none"> Inside and outside of the foot Double touches with the outside and circle, switch foot Laces, laces, inside and outside Now dribble to the cone and <ul style="list-style-type: none"> Circle take, Fake take and Inside Step and Take 		<ul style="list-style-type: none"> Use all surfaces of the foot Keep the ball close and in control Use the outside of the foot and the laces for speed with the furthest foot from the opponent <ul style="list-style-type: none"> Execute a feint to unbalance the defender and dribble past him/her with a burst of speed Identification of Visual Cues to take an opponent <ul style="list-style-type: none"> Free space in front 1v1 with no defender behind Near the box
<p>Stage II Small Sided Activity</p>	<p>3v3 to 3 Gates into the Finishing Zone:</p> <ul style="list-style-type: none"> Area: 30x30 yard grid with two Finishing Zones of 5 yards each. The gates are about 5 yards apart Players will play to score in the opponent's goal after they have dribbled through any of the three gates into the finishing zones Only one defender can get in the finishing zone when the ball is in the finishing zone 		<ul style="list-style-type: none"> Identification of Verbal Cues <ul style="list-style-type: none"> "Take space" "Time" "Take him on" Be deceptive Attack the defender at pace and set him up Be creative and take risks
<p>Stage III Expanded Small Sided Activity</p>	<p>4v4(GK+3v3+GK) or 5v5- Dribble into the Finishing Zone:</p> <ul style="list-style-type: none"> Area 40LX35W yard grid with two Finishing Zones of 7 yards each Two teams playing to score in the opponent's goal by dribbling over the line into the finishing zone If a player dribbles... <ul style="list-style-type: none"> Over the line and dribbles the keeper – 1 billion points Over the line, shoots or passes to goal 10 points Any other goal 1 point Play to 2 billion points 		
<p>Stage IV Game</p>	<p>5v5 or 6v6:</p> <ul style="list-style-type: none"> Two teams with a specific formation Play the game and encourage the players to recognize the moments to dribble, turn, and protect the ball 		