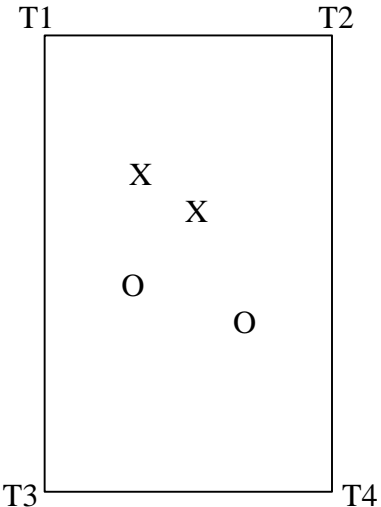




LESSON PLAN



ACTIVITY	DESCRIPTION	DIAGRAM	PURPOSE/COACHING POINTS
1. Passing Warm-up	Pass ball around between players. Player with ball dribbles towards other player, third player receives a wall pass.		Introduce wall pass
2. SHORT-SHORT-LONG	<ul style="list-style-type: none"> Play a short pass to the center player followed by a return pass and then a long pass to the third player in the group. Progress to pass and move. Progress to two touch passing. Finish with one touch passing.		<ol style="list-style-type: none"> Open body. Positive first touch. Look forward. Pass quickly. Run to support
3. 2 VS. 1 TO TARGETS	X1 and X2 attack against one of the O players. The O players take turns as the single defender. The X players try to get past the O defender to the opposite end of the grid. The two teams switch roles after two rounds. The attacking team combines with passing and solo dribbling to beat the defender. Progress to scoring a point if they can get the ball to the target player under control. The O defender earns a point if possession of the ball is gained.		<ol style="list-style-type: none"> X2 makes run to create space. Proper angle of checking run. Take a peek forward. Touch and turn. Look to pass forward. Communication (visual & verbal) Proper angle and distance between the two attacking players. Reemphasize all previous coaching points.

4. 2 VS. 2 TO TARGETS			
<p>The training grid should be 15 yards wide by 20 yards long. The players need to organize themselves into eight players per grid. Four players go inside the grid to play 2v2 and one player on each corner of the grid as a target player.</p>	<p>The attacking players should work on playing the ball forward.</p> <p>PROGRESSION</p> <ul style="list-style-type: none"> • Look to use the second attacker as a decoy run for the first attacker. Play passes to the target players. • If the pass to the target is successful then that team gets the ball back and attacks to the opposite end of the grid. Make it – Take it. <p>Competition – keep score</p>		<ol style="list-style-type: none"> 1. Positive attitude. 2. Decision of when to pass or dribble. 3. Selection of type of pass. Reemphasize all previous coaching points
5. 2 VS. 2 + GKs			
<p>The training grid should be 15 yards wide by 25 yards long. The goals should be 3 yards wide.</p>	<p>The players should organize themselves into groups of six to play two against two with a goalkeeper in each goal. The players should switch roles after 3 minutes. Set up as many grids as needed in order to have all of the players active.</p>		<ol style="list-style-type: none"> 1. Observe the first attacker's selections as to when to shoot, pass or dribble. 2. Observe the movement and positioning of the second attacker. 3. Observe the mental and physical transition from offense to defense and vice-versa.

Cool Down-Talk about Arsenal