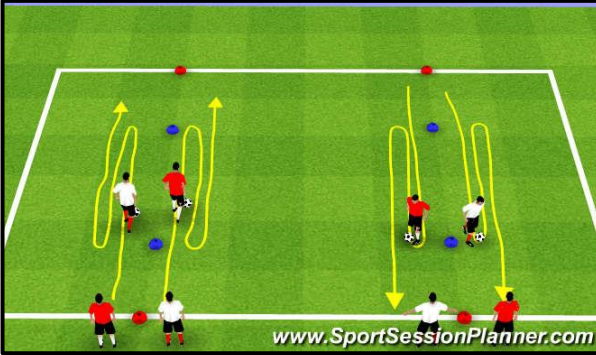
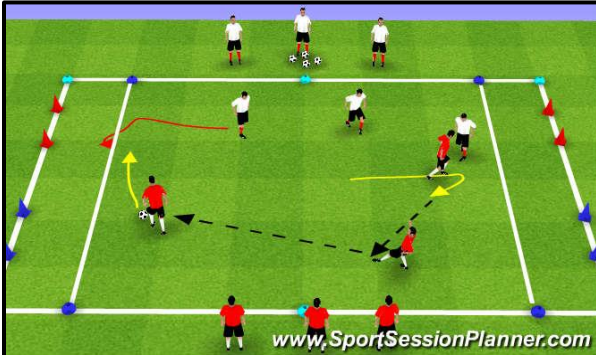



Stage	Organization	Diagram	Key Coaching Points
<p><b>Stage I</b> <b>Technical</b> <b>Warm up</b></p>	<p><b>Turning in Two's:</b></p> <ul style="list-style-type: none"> <li>Place 4 cones (two red and two blue) in a 12-15 yard line</li> <li>Pair up the players and place them by the cones</li> <li>One player will give the go sign and both will dribble into the turning zone</li> <li>When the dribblers cross the other end line, the next players in line go</li> </ul> <p><b>Turns:</b> Inside of the foot cut, Outside of the foot hook, Drag back and Cruyff</p>		<p><b>Dribble:</b></p> <ul style="list-style-type: none"> <li>Keep the ball close to your feet</li> <li>Keep head up</li> <li>Approach the defender under control</li> <li>Fake and acceleration</li> <li>Where to dribble</li> <li>When confronted with defenders, pass them by changing direction of the ball and take a big touch</li> <li>Look for space behind the defender to attack</li> <li>Use your teammate to create dribbling opportunities</li> </ul>
<p><b>Stage II</b> <b>Small Sided</b> <b>Activity</b></p>	<p><b>3v3 to Lateral Goals:</b></p> <ul style="list-style-type: none"> <li>Area: 25Lx30W yard grid with two Finishing Zones of 3 yards each</li> <li>Put the players into groups of 3's. Place the groups at opposite sides of the grid</li> <li>The defenders, the group with the ball, will serve to the attackers. They will try to score in the <b>red goals</b>. If the defenders get the ball, they can score in the <b>blue goals</b></li> <li>Defenders can enter the finishing zone if an attacker is in it</li> </ul>		<p><b>Turning:</b></p> <ul style="list-style-type: none"> <li>Use the appropriate surface for the appropriate turn</li> <li>Keep your body between the defender and the ball</li> <li>Players must accelerate after the turn</li> </ul>
<p><b>Stage III</b> <b>Expanded</b> <b>Small Sided</b> <b>Activity</b></p>	<p><b>5v5(GK+4v4+GK):</b></p> <ul style="list-style-type: none"> <li>Area: 30Wx40L yard grid with two Finishing Zones of 5 yards each</li> <li>Two teams are trying to score in the opponent's goal</li> <li>The players should be encouraged to perform a turn under pressure and enter the Finishing Zone for a 100 point goal; any other goal is only 1 point</li> </ul>		<ul style="list-style-type: none"> <li>When confronted by a defender, decide to dribble or turn</li> <li>Where and how to turn</li> </ul>
<p><b>Stage IV</b> <b>Game</b></p>	<p><b>6v6 or 7v7:</b></p> <ul style="list-style-type: none"> <li>Two teams with a specific formation</li> <li>Play the game and encourage the players to recognize the moments to dribble, turn, and protect the ball</li> </ul>		