
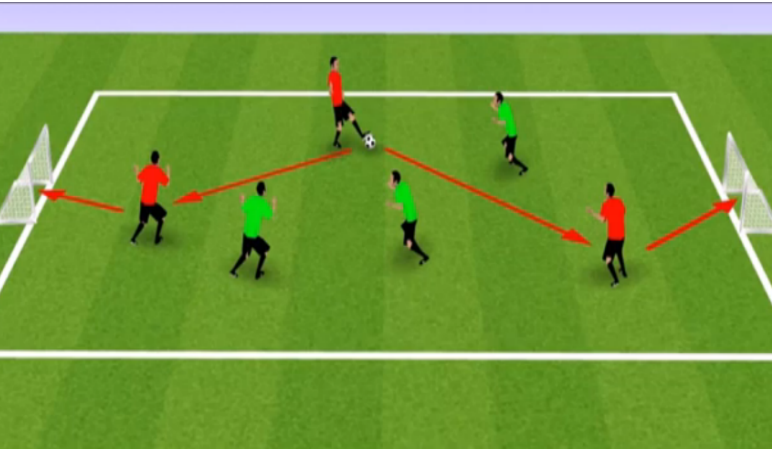
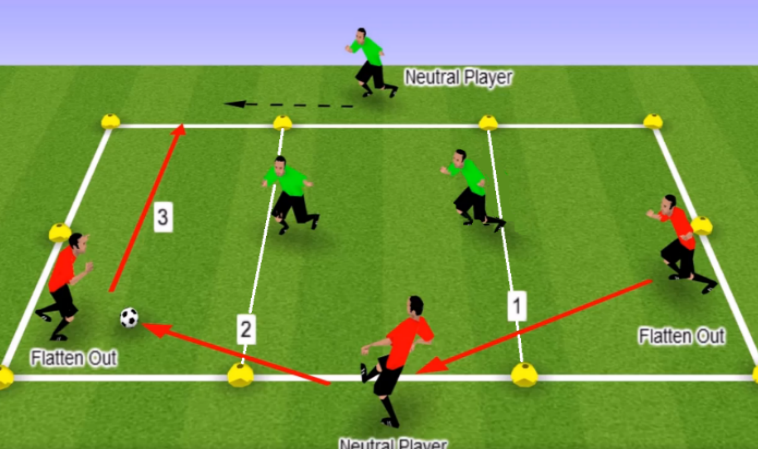



PLAN 20: MAXIMIZE SAFETY, PARTICIPATION, DECISIONS, TOUCHES & ENJOYMENT

SAFETY GOALS	<ul style="list-style-type: none"> - Screen Players / Assess Health - Minimize Player Contact - Maintain Distance When Possible 	TECHNICAL GOALS	<ul style="list-style-type: none"> - ABCS of Passing & Receiving - Preparatory Stance Ready to Receive - Informed First Touch to Elude - Passing & Receiving on the Equator 	TACTICAL GOALS	<ul style="list-style-type: none"> - Team Shape (Width & Depth) - Breaking lines through the middle - Switching the point of attack - One-Two Wall Pass (give & go) 	PHYSICAL GOALS	<ul style="list-style-type: none"> - Agility to support, elude or track - Balance when receiving & passing - Speed to eliminate or create space 	MENTAL GOALS	<ul style="list-style-type: none"> - Awareness & Perception - Cooperation with Others - Growth-mindset & Inquisitive
OCTO RONDO (10min)		WHICH WAY? (20min)		2v2+2 BREAK LINES or SWITCH THE PT (15min)		8v8 END GAME / FREE PLAY (15min)			
>>> VIDEO LINK <<<		>>> VIDEO LINK <<<		>>> VIDEO LINK <<<					
									
<p>- In a 10 x 10 yard octagon</p> <p>- The distanced defender must stay within the 5x5yard central square</p> <p>- Players try to pass through the inner square to “break lines”</p> <p>Encourage:</p> <ul style="list-style-type: none"> - Preparatory stance & ready to receive - Open profile to see both supporting players - Informed first touch to elude - Passing & receiving on the equator - 1 or 2 touch play; a high tempo - Width, depth, support and mobility 		<p>- In a 15 x 20 yard area</p> <p>- Players can score in either goal once they have brought the ball over the half-way line</p> <p>- Add the rule / constraint that a one-two wall pass or give & go, resulting in a goal is worth two goals.</p> <p>Encourage:</p> <ul style="list-style-type: none"> - Moving away from the ball to find space & time to receive - Composure on the ball to make defender commit - Looking to pass on the equator and then eliminate the defender with a change of pace to receive the ball on the other-side (the One-Two Wall Pass) 		<p>- In a 20 x 15 yard area</p> <p>- If conducting distanced play, create two 5 yard wide channels on each side for the offense to occupy. Players can’t leave their area</p> <p>- Players can pass through the defenders to “break a line” or “start again” to go around</p> <p>- Change the outside neutral players periodically</p> <p>Encourage:</p> <ul style="list-style-type: none"> - “Flattening out” either side of the ball - Open profile to see more - Composure on the ball to make defender commit - Looking to pass on the equator and then eliminate the defender with a change of pace to receive the ball on the other-side (the One-Two Wall Pass) - “Breaking lines” through the middle to keep the defenders honest 		<p>- In a 44 x 50yard area</p> <p>- Add a floater (extra offensive player) if uneven-The constraint of an extra offensive player allows for more successful passes, one-twos, receiving and offensive success.</p> <p>- The extra floater player will minimize dribbling and tackles / contact</p> <p>Let them play but Encourage:</p> <ul style="list-style-type: none"> - Preparatory stance - Open profile to see more - Informed first touch to elude - Passing & receiving on the equator - 1 or 2 touch play; a high tempo - Width, depth, support and mobility 			