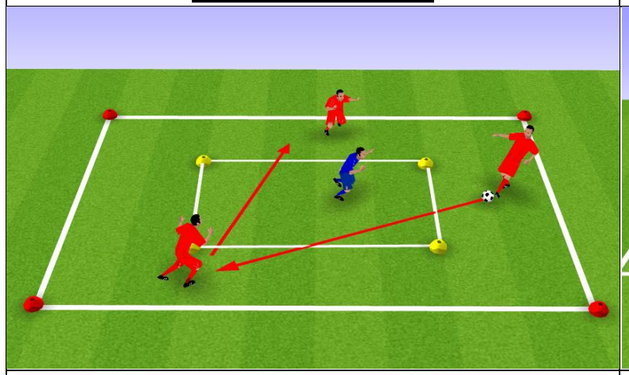
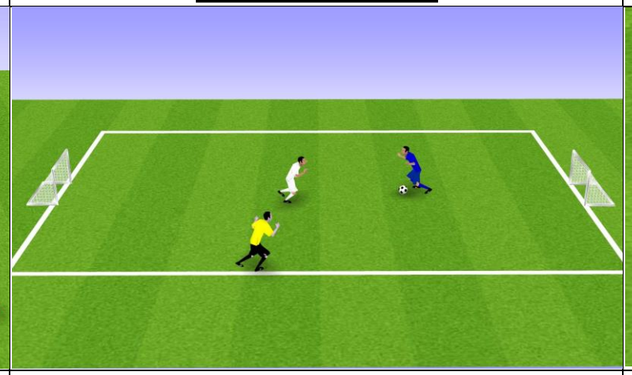
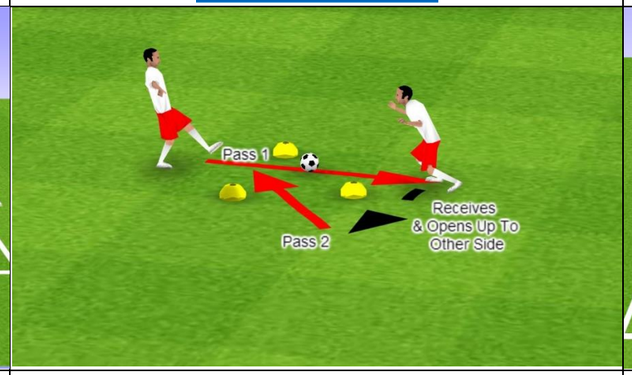
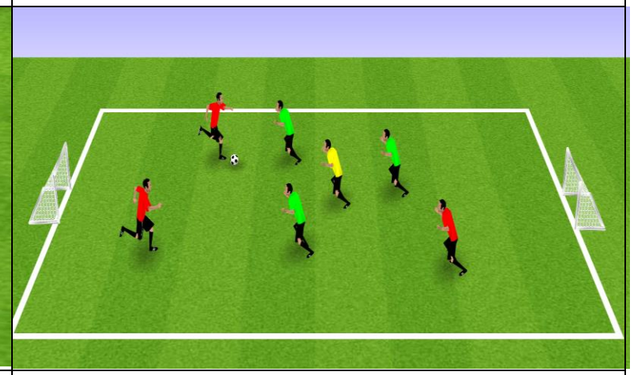
PLAN 12: MAXIMIZE SAFETY, PARTICPATION, DECISIONS, TOUCHES & ENJOYMENT

SAFETY GOALS	- Minimize Contact - Maintain Social Distance During Structured & Unstructured Time	**TECHNICAL GOALS**	- Athletic stance ready to receive -Deft first touch somewhere to elude, escape or eliminate -Passing on the Equator to find the Target	**TACTICAL GOALS**	- Creativity - Penetration - Support & Mobility	**PHYSICAL GOALS**	-Agility, Balance, Coordination (ABCs) -Speed, Suppleness & Stamina	**MENTAL GOALS**	-Awareness & perception -Cooperation with others -Growth-mindset & inquisitive

DISTANCED RONDO 3v1 or 4v1 (15mins)	1v1+1 (15mins)	TECHNICAL TRIANGLE (10min)	END GAME 3v3 or 4v4 (15mins)
->VIDEO LINK<-	->VIDEO LINK<-	->VIDEO LINK<-	
			
-In a 10 x 10 yard square with a 5 x 5 defender square area -The defender can't leave the square -A tag can only be made if the player has the ball at their feet. -Switch roles upon the tag **-Encourage:** • Head up dribbling (split vision on ball & space) • Every step there is a touch • Stay in the area	-In a 15 x 10 area -Players take turns as the floater (extra player) **-Encourage:** -Moving away from the ball -Ask the players: "When do you pass & when do you dribble?" -Passing on the Equator. "Punch the pass firmly on the middle line of the ball" -"Flattening out" to find an angle of support	-With a 2x2x2 yard triangle -Players take turns receiving and passing - A player receives a pass through the triangle. Takes their touch to another side of the triangle & then passes through a different side of the triangle **Encourage:** -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	-In a 20 x 15yard area -3v3 or 4v4 game -No floaters so players dribble more often -COVID RULE – No throw-ins just kick-ins Let them play but **Encourage:** -Shape width & depth in possession -Close dribbling -Dribbling turns & feints -Misdirection & deception -Running with the ball