PLAN 13: MAXIMIZE SAFETY, PARTICPATION, DECISIONS, TOUCHES & ENJOYMENT

SAFETY GOALS	- Screen Players / Assess Health - Administer Hand-Sanitizer - Minimize Player Contact - Maintain Distance When Possible -Structured & Unstructured Supervision	**TECHNICAL GOALS**	-Passing & Receiving on the Equator -First Touch to Elude & Eliminate Defenders	**TACTICAL GOALS**	- Shape: Width & Depth - Breaking Lines & Penetration - Freedom to Play -Taking Risks	**PHYSICAL GOALS**	-Agility for dribbling in multipole directions -Balance for explosiveness -Speed on the ball	**MENTAL GOALS**	-Courage to Fail & Try New Things -Awareness & Perception -Cooperation with Others -Growth-mindset & Inquisitive

4v2 in a 10x20 (10min)	DIAMOND DIRECTIONAL POSSESSION (15mins)	HEAD ON A SWIVEL (15mins)	END GAME (20min)
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	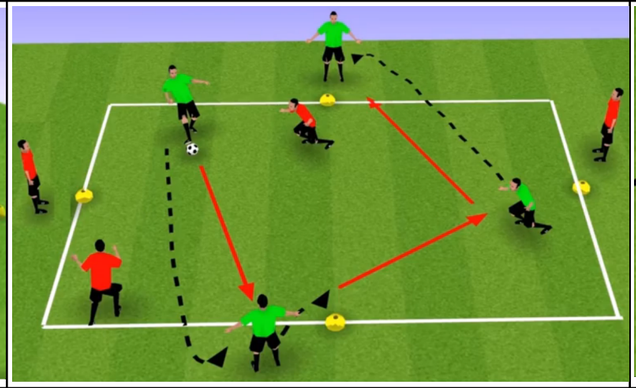	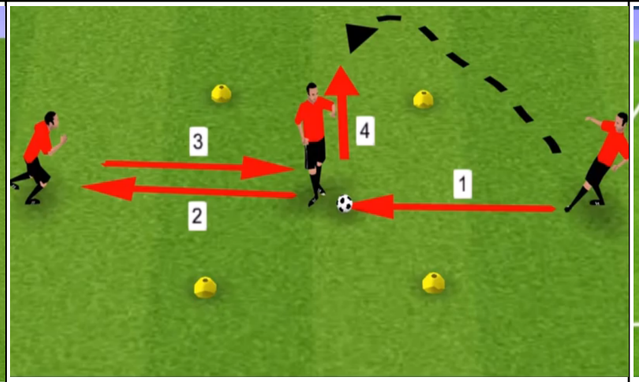	
-In a 10 x 20yard rectangle -The four players try to keep the ball away from the two defenders -Switch the defenders periodically **Encourage:** -Equator passing & receiving -An informed first touch away from the defender -Proactive support and mobility -“Flattening out” either side of the ball -Breaking lines	-In a 20 x 20 yard area -2v2 in the middle with supporting outside players - The 2 in possession can pass the ball outside to their supporting players -When a pass is made outside the passer heads outside and the supporting player comes inside **Encourage:** -Shape: Width & Depth -Look forward first to “break lines” -Side players flattening out to support ball carrier -“Start again” pass -Passing & receiving on the equator of the ball -An informed first touch to elude defenders	-With a 2 x 2 square yard triangle -Players take turns receiving and passing to the open player **Encourage:** -Preparatory stance -Sneaky peaks & an open profile to see both players -Informed first touch in the direction of the player -Passing & receiving on the equator -Two touch play; a high tempo	- 25 x 40yard area -Use a floaters so players find more passing success Let them play but **Encourage:** -Shape width & depth in possession -Breaking lines & Penetration - Penetration & Creativity - Freedom to Play -Taking Risks