PLAN 14: 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)	WHICH WAY? (20min)	TECHNICAL TRIANGLE (10min)	END GAME (20min)
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	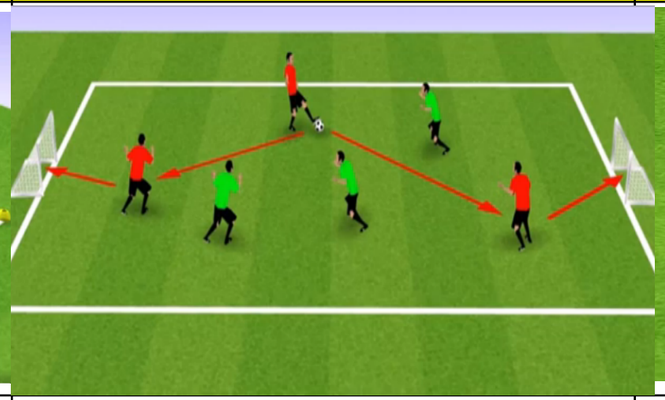	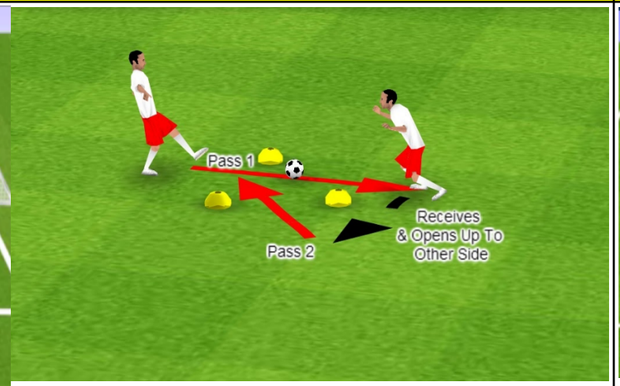	
-In a 10 x 20yard rectangle -The four players try to keep the ball away from the two defenders -Switch the defenders periodically **Encourage:** -Equator passing & receiving -An informed first touch away from the defender -Proactive support and mobility -“Flattening out” either side of the ball -Breaking lines	- In a 15 x 20 yard area -Players can score in either goal -Once they understand the game, add the rule constraint that they must dribble over half-way before they can score in either goal **Encourage:** -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)	-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	- 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