PLAN 16: MAXIMIZE SAFETY, PARTICIPATION, DECISIONS, TOUCHES & ENJOYMENT

SAFETY GOALS	- Screen Players / Assess Health - Administer Hand-Sanitizer - Minimize Player Contact	**TECHNICAL GOALS**	-Passing on equator -"Punching passes" high temp play -Receiving on the equator	**TACTICAL GOALS**	- Shape: Width & Depth - Penetrative touches and passes - Freedom to Play -Taking Risks	**PHYSICAL GOALS**	-Agility -Speed -Strong in possession	**MENTAL GOALS**	-Courage to Fail & Try New Things -Awareness & Perception -Cooperation with Others -Growth-mindset & Inquisitive

BARCA WARM UP (10min)	ODD MAN OUT (20min)	2v2+2 (15min)	3v3 or 4v4 END GAME / FREE PLAY (15min)
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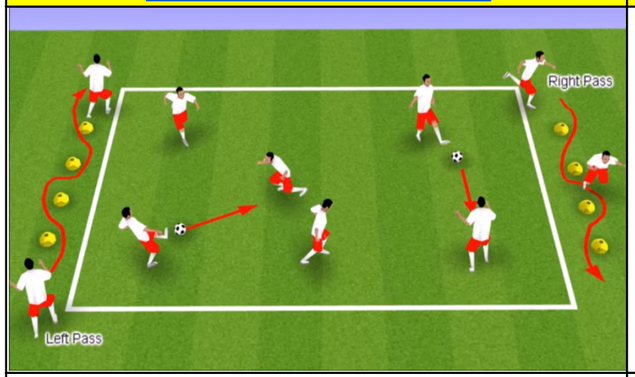	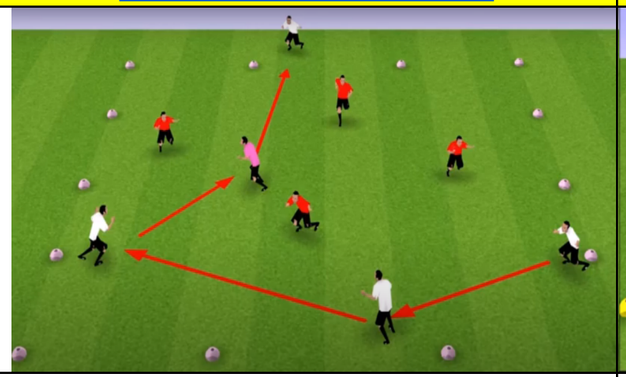	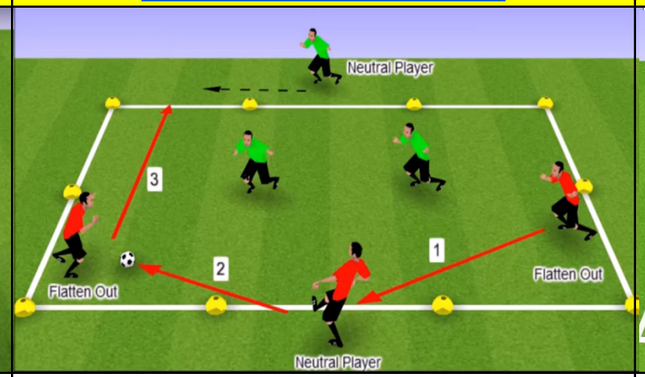	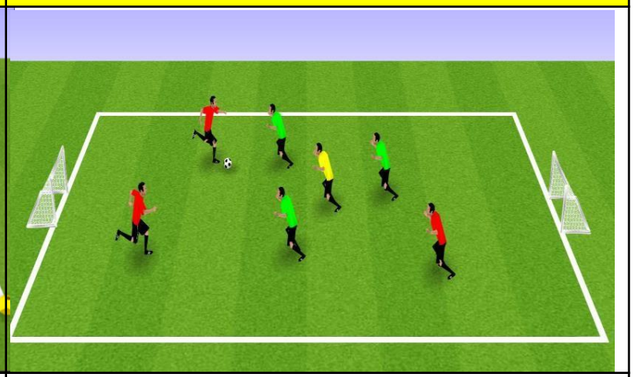
-In a 20 x 20 yard area -two 1yard x 5 cone ladders on sides -Once a pass is made inside the inner square a player hops through the cone ladder -If they pass right they go through the right ladder -If they pass left they go through the left ladder **Encourage:** -To break lines between imaginary defenders -ABCS of passing & receiving; Arrive, Body Position (side on), Communication & Speed with the ball	-In a 15 x 20yard area -NO GOALS JUST ENZONES -Once over half-way players are trying to dribble over either end-zone line for a point -1 point awarded for an unopposed run with the ball over the line -2points awarded for an opposed dribble & feint (dribbling move) over the line -Keep score **Encourage:** -Split vision; see the ball and the space in front -Dribble straight at the defender or find the space either side -Approach & Eliminate with maximal pace -Focus on the timing & distance (1-1.5m) of feint **Key Question** -How can you deceive the 1st defender? **Player GOAL** - Can you select a dribbling feint and try to do it?	-In a 10 x 15 yard area -2 players try to advance possession to and from the neutral players; directional possession -End players must play 1 or 2 touch & the ball can't stop -They end players should look to "break lines" through the two defenders if possible **Encourage:** -Visual exploratory behaviour prior to receiving the ball -Proper shape (width) / "flattening out" -Penetrative passes through the middle **Key Question** –Where is the first place I should look when I get the ball?	-In a 20 x 15yard area -3v3 or 4v4 game -Use a floater to encourage more penetrative passes Let them play but **Encourage:** -Shape width & depth in possession -Playing forward when possible -Breaking lines