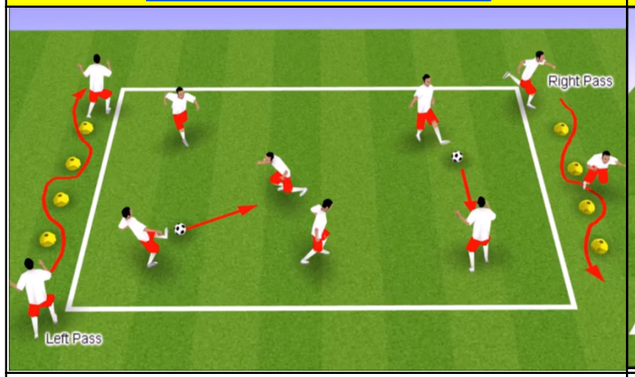
PLAN 17: MAXIMIZE SAFETY, PARTICIPATION, DECISIONS, TOUCHES & ENJOYMENT

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)

>>> VIDEO LINK <<<

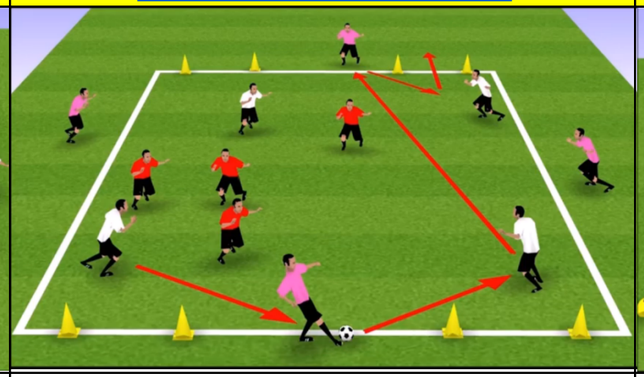


-In a 20 x 20 yard area
-two 1yard x 5 cone ladders on sides
-Once a pass is made inside the inner square a player hops through the cone ladder
-If they pass right they go through the right ladder
-If they pass left they go through the left ladder

Encourage:
-To break lines between imaginary defenders
-ABCS of passing & receiving; Arrive, Body Position (side on), Communication & Speed with the ball

4v4+4 (20min)

>>> VIDEO LINK <<<

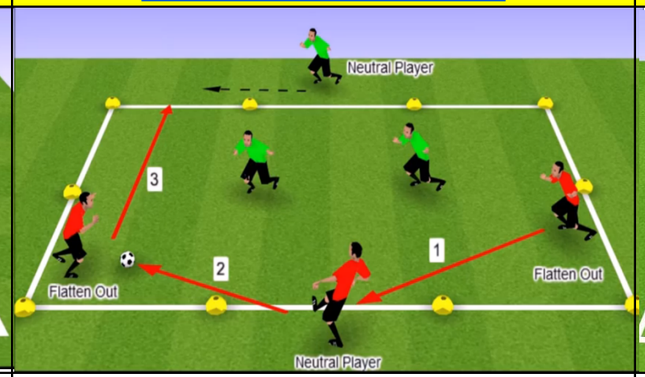


-In a 35 x 25yard area
- 4v4 + 4 floaters on the outside
-1 point awarded for a normal goal
-2points awarded for a goal that utilizes the target player to foster penetrative passes
-Rotate the floater group periodically
-Playing Option: play kings of the court with the first team to score 1 or 2 goals stays on

-Keep score &**Encourage:**
- Shape (Width & Depth)
-Look forward first
-Penetrative passes forward
-No look forward passes (deception)

2v2+2 (15min)

>>> VIDEO LINK <<<

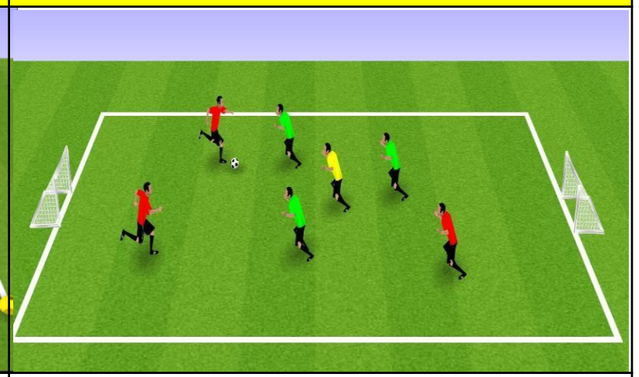


-In a 10 x 15 yard area
-2 players try to advance possession to and from the neutral players; directional possession
-End players must play 1 or 2 touch & the ball can't stop
-They end players should look to "break lines" through the two defenders if possible

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?

3v3 or 4v4 END GAME / FREE PLAY (15min)



-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