PLAN 18: MAXIMIZE SAFETY, PARTICIPATION, DECISIONS, TOUCHES & ENJOYMENT

SAFETY GOALS	TECHNICAL GOALS	TACTICAL GOALS	PHYSICAL GOALS	MENTAL GOALS
- Screen Players / Assess Health - Minimize Player Contact - Maintain Distance When Possible	-ABCS of Passing & Receiving -Preparatory Stance Ready to Receive -Informed First Touch to Elude -Passing & Receiving on the Equator	-Team Shape (Width & Depth) -Breaking lines through the middle -Switching the point of attack -Mobility & Support	-Agility to support, elude or track -Balance when receiving & passing -Speed to eliminate or create space	-Awareness & Perception -Cooperation with Others -Growth-mindset & Inquisitive

LOOK OUT – ABCs of PASS & RECEIVE (5min)	3v0,1,2 SWITCH THE POINT (20min)	2v2+2 BREAK LINES or SWITCH THE PT (15min)	3v3 or 4v4 END GAME / FREE PLAY (20min)
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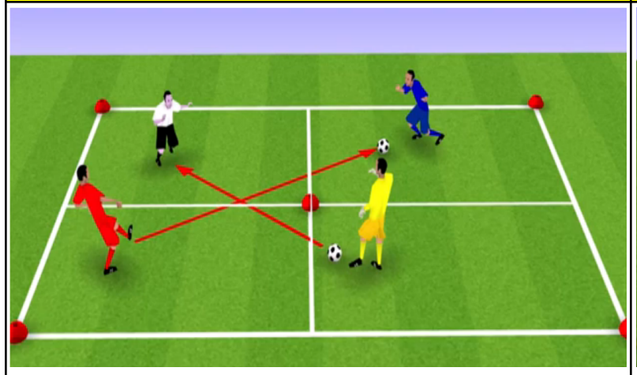	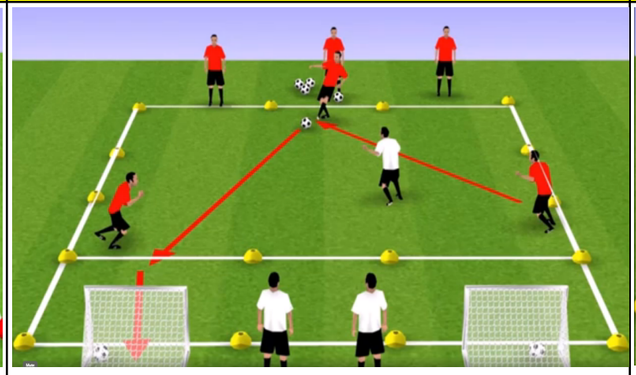	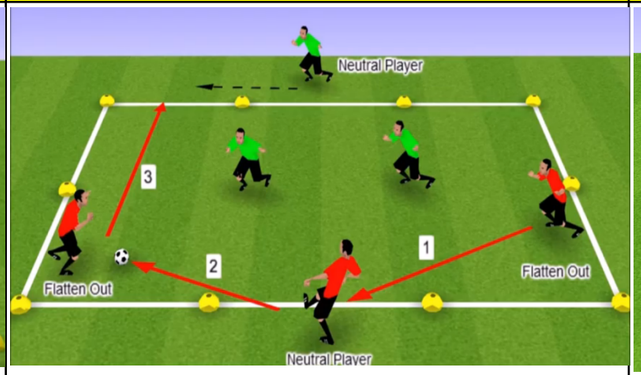	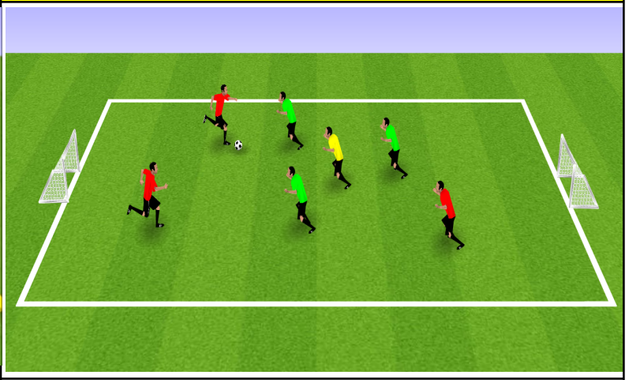
- In a 10 x 10 yard square - Distanced design: have the four players stay in their 5x5 yard square as pictured above - 4 players try to pass and receive 2 balls in a random order -Players can't stand still and the ball can't stop **Encourage:** -Visual exploratory behaviour (VEB) before & after receiving the ball - The **ABCS** of receiving: A. **A**rrive in a position of support B. **B**ody position side on / open C. **C**ommunication S. **S**peed with a high tempo play	- In a 30 x 25 yard area - This is an important pattern of play that can occur all over the field -Three players pass the ball east to west through the "pivot player", utilizing the "start again pass" **Encourage:** ● Always having the lower "pivot player" to shift across to support below the ball ● Pivot player should quickly switch the ball to the weaker side to eliminate defenders ● The "V" of the three players should always remain ● A visually informed first touch should elude the defender **Progressions:** Players can only score after two "Start Again" passes and only when the pass is beyond the coned line in front of the goal. Once mastered in a 3v0, try 3v1 & then a 3v2	-In a 20 x 15 yard area -If conducting distanced play, create two 5 yard wide channels on each side for the offense to occupy. Players can't leave their area -Players can pass through the defenders to "break a line" or "start again" to go around -Change the outside neutral players periodically **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 15 x 20 yard area -Add a floater if uneven #s -The constraint of an extra offensive player allows for more successful passes, receiving and offensive success. -The extra floater player will minimize dribbling and tackles / contact Let them play but **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