PLAN 19: MAXIMIZE SAFETY, PARTICIPATION, DECISIONS, TOUCHES & ENJOYMENT

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

CONNECTOR 3v1 (10min)	5 v 2 or 3 SWITCH THE POINT (20min)	UNOPPOSED & OPPOSED DIAMOND PASSING (10min)	3v3 or 4v4 END GAME / FREE PLAY (20min)
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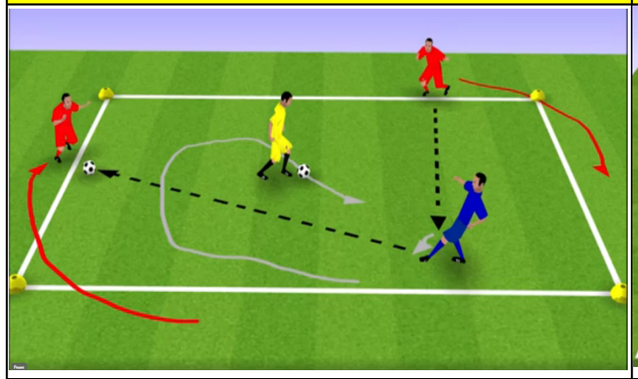	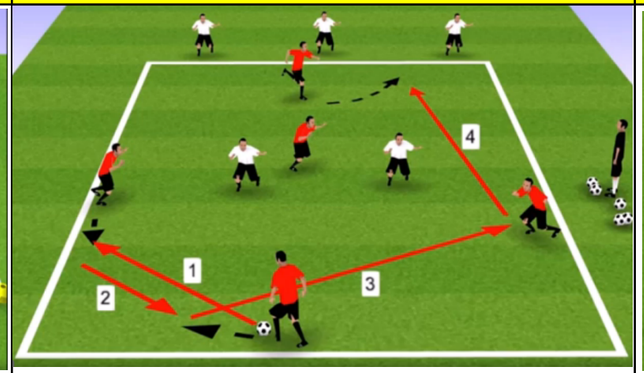	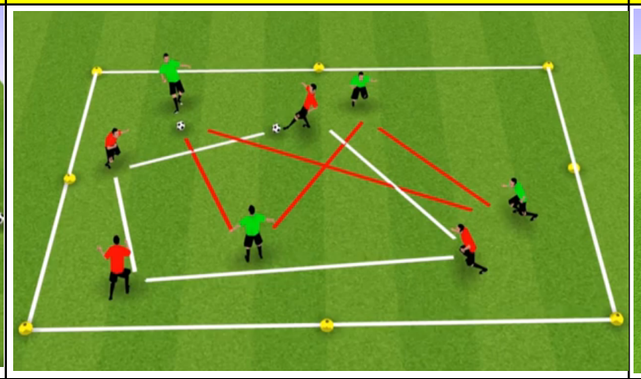	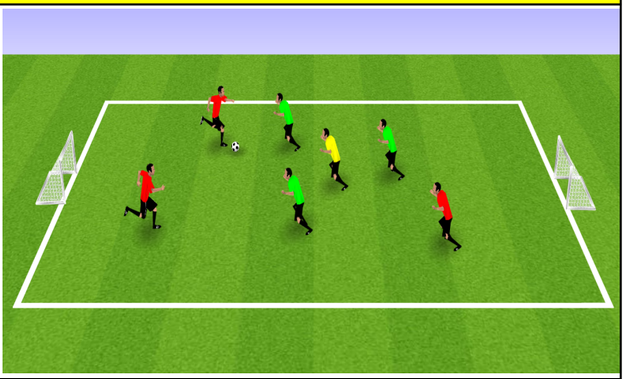
- In a 10 x 10 yard square - The two red outside players support the “pivot player” in the middle while a passive dribbler interferes and provides passive pressure that all three players must work around -Switch the players & their roles after 2 minutes **Encourage:** -Visual exploratory behaviour (VEB) before & after receiving the ball - The **ABCS** of receiving: A. **A**rrive in a position of support B. **B**ody position side on / open profile 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 -The five players pass the ball east to west through the “pivot player”, utilizing the “start again pass” to “break lines” & “switch the point” of attack -If the defense win the ball they find their players with a “start again” pass and then try to penetrate past the end-line **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 lower three players should be encouraged ● A visually informed first touch should elude the defender	-In a 30 x 30 yard square - Two or three groups of four players try to maintain width & depth (shape) while breaking lines through the other two teams -Award a point for the team that is showing the best mobility, support, shape, communication, passing & receiving **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 **Progression:** -Have the groups work in opposite directions -Make it a contest for points -Add a defender or coaches apply passive pressure	-In a 20 x 15yard area -3v3 or 4v4 game -Add a floater (extra offensive player) to make it 3v3+1 or 4v4+1 -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