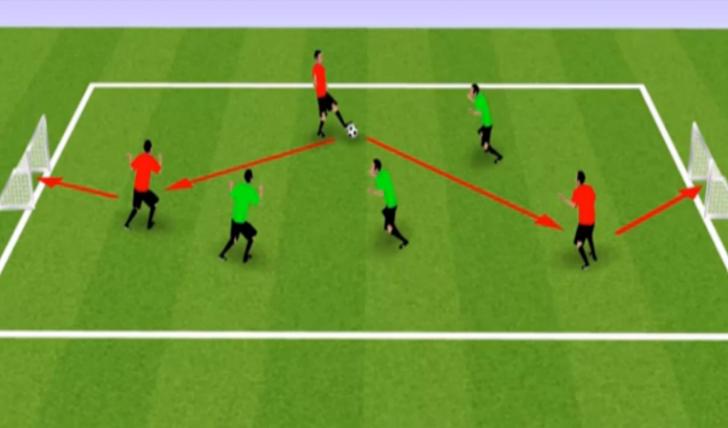
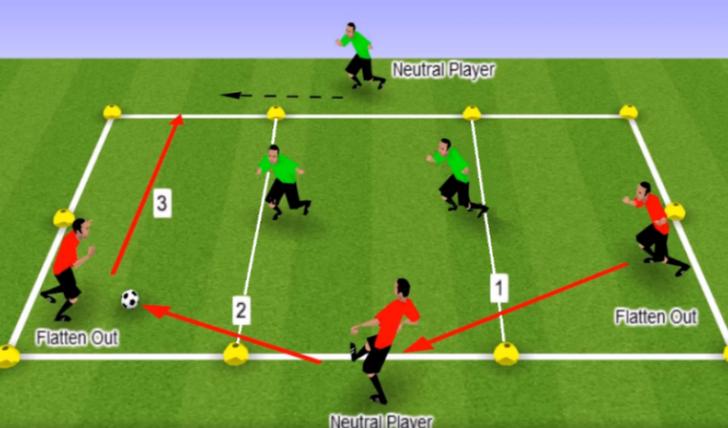
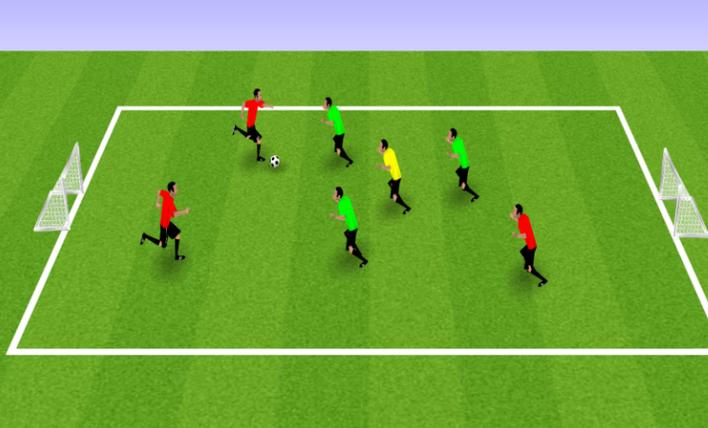


# PLAN 20: MAXIMIZE SAFETY, PARTICIPATION, DECISIONS, TOUCHES & ENJOYMENT

SAFETY GOALS	<ul style="list-style-type: none"> <li>- Screen Players / Assess Health</li> <li>- Minimize Player Contact</li> <li>- Maintain Distance When Possible</li> </ul>	TECHNICAL GOALS	<ul style="list-style-type: none"> <li>- ABCS of Passing &amp; Receiving</li> <li>- Preparatory Stance Ready to Receive</li> <li>- Informed First Touch to Elude</li> <li>- Passing &amp; Receiving on the Equator</li> </ul>	TACTICAL GOALS	<ul style="list-style-type: none"> <li>- Team Shape (Width &amp; Depth)</li> <li>- Breaking lines through the middle</li> <li>- Switching the point of attack</li> <li>- One-Two Wall Pass (give &amp; go)</li> </ul>	PHYSICAL GOALS	<ul style="list-style-type: none"> <li>- Agility to support, elude or track</li> <li>- Balance when receiving &amp; passing</li> <li>- Speed to eliminate or create space</li> </ul>	MENTAL GOALS	<ul style="list-style-type: none"> <li>- Awareness &amp; Perception</li> <li>- Cooperation with Others</li> <li>- Growth-mindset &amp; Inquisitive</li> </ul>
<b>OCTO RONDO (10min)</b>		<b>WHICH WAY? (20min)</b>		<b>2v2+2 BREAK LINES or SWITCH THE PT (15min)</b>		<b>3v3 or 4v4 END GAME / FREE PLAY (15min)</b>			
<a href="#">&gt;&gt;&gt; VIDEO LINK &lt;&lt;&lt;</a>		<a href="#">&gt;&gt;&gt; VIDEO LINK &lt;&lt;&lt;</a>		<a href="#">&gt;&gt;&gt; VIDEO LINK &lt;&lt;&lt;</a>		<a href="#">&gt;&gt;&gt; VIDEO LINK &lt;&lt;&lt;</a>			
									
<ul style="list-style-type: none"> <li>- In a 10 x 10 yard octagon</li> <li>- The distanced defender must stay within the 5x5yard central square</li> <li>- Players try to pass through the inner square to “break lines”</li> </ul> <p><b>Encourage:</b></p> <ul style="list-style-type: none"> <li>- Preparatory stance &amp; ready to receive</li> <li>- Open profile to see both supporting players</li> <li>- Informed first touch to elude</li> <li>- Passing &amp; receiving on the equator</li> <li>- 1 or 2 touch play; a high tempo</li> <li>- Width, depth, support and mobility</li> </ul>		<ul style="list-style-type: none"> <li>- In a 15 x 20 yard area</li> <li>- Players can score in either goal once they have brought the ball over the half-way line</li> <li>- Add the rule / constraint that a one-two wall pass or give &amp; go, resulting in a goal is worth two goals.</li> </ul> <p><b>Encourage:</b></p> <ul style="list-style-type: none"> <li>- Moving away from the ball to find space &amp; time to receive</li> <li>- Composure on the ball to make defender commit</li> <li>- 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)</li> </ul>		<ul style="list-style-type: none"> <li>- In a 20 x 15 yard area</li> <li>- If conducting distanced play, create two 5 yard wide channels on each side for the offense to occupy. Players can’t leave their area</li> <li>- Players can pass through the defenders to “break a line” or “start again” to go around</li> <li>- Change the outside neutral players periodically</li> </ul> <p><b>Encourage:</b></p> <ul style="list-style-type: none"> <li>- “Flattening out” either side of the ball</li> <li>- Open profile to see more</li> <li>- Composure on the ball to make defender commit</li> <li>- 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)</li> <li>- “Breaking lines” through the middle to keep the defenders honest</li> </ul>		<ul style="list-style-type: none"> <li>- In a 20 x 15yard area</li> <li>- 3v3 or 4v4 game</li> <li>- Add a floater (extra offensive player) to make it 3v3+1 or 4v4+1</li> <li>- The constraint of an extra offensive player allows for more successful passes, one-twos, receiving and offensive success.</li> <li>- The extra floater player will minimize dribbling and tackles / contact</li> </ul> <p>Let them play but <b>Encourage:</b></p> <ul style="list-style-type: none"> <li>- Preparatory stance</li> <li>- Open profile to see more</li> <li>- Informed first touch to elude</li> <li>- Passing &amp; receiving on the equator</li> <li>- 1 or 2 touch play; a high tempo</li> <li>- Width, depth, support and mobility</li> </ul>			