

Topic: _____ Region: _____



Age: _____

Date: _____

everyone plays

balanced teams

open registration

good sportsmanship

positive coaching

player development

STAGE 1

TECHNICAL WARM-UP

Topic-related

Max ball contact

Unopposed to opposed

Integrate physical

Organization/Rules

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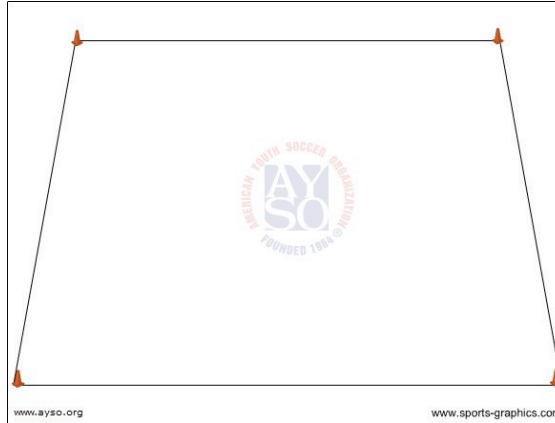
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Coaching Points

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DURATION: _____

INTENSITY: _____

OF INTERVALS: _____

INTERVAL TIME: _____

RECOVERY TIME: _____

STAGE 2

SMALL-SIDED ACTIVITY

Individual & pair work

Competition & teamwork

2v2 and 3v3, etc.

Organization/Rules

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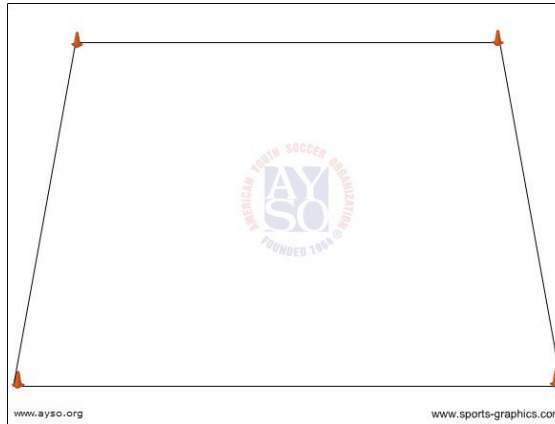
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Coaching Points

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DURATION: _____

INTENSITY: _____

OF INTERVALS: _____

INTERVAL TIME: _____

RECOVERY TIME: _____

STAGE 3

EXPANDED SMALL-SIDED ACTIVITY

Principles of attack & defense

Directional play (w/ 1 full goal to targets or goal)

Expanded numbers (3v3 to 6v6, etc.)

Most game aspects/laws

Organization/Rules

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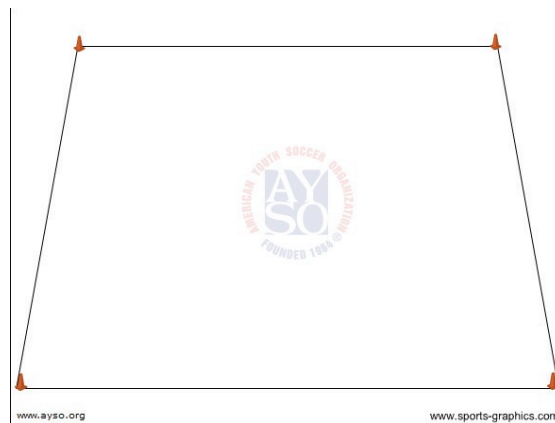
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Coaching Points

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DURATION: _____

INTENSITY: _____

OF INTERVALS: _____

INTERVAL TIME: _____

RECOVERY TIME: _____

STAGE 4

SMALL-SIDED MATCH

Unconditional Formations Laws

PLAY!

COOL DOWN / DEBRIEF

Organization/Rules

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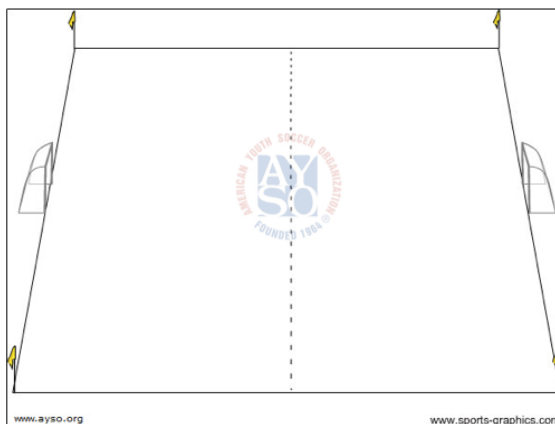
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Coaching Points

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