

Tentative Schedule:

- 8:00 - 8:15 warm up
- 8:15 - 8:45 Small sided activity
- 8:45 - 8:50 Break
- 8:50 - 9:20 Small sided activity - Expanded
- 9:20 - 9:25 Break
- 9:25 - 9:55 - Scrimmage
- 9:55 - 10:00 cool down

Topics

Overlapping Runs - Tactical - Over loading a defense using overlapping runs

Drop to go forward - Tactical - Using behind ball support for advancement

Shielding - Technical - 1v1 shielding

First Touch - Positive first touch maintaining ball possession

Move to support (1-2) - Tactical - Notice ball flow and move to support possession

Shots on frame outside the 18 - Technical -

Shots on frame inside the 18 - Technical -

Overlapping Runs - Tactical - Over loading a defense using overlapping runs

Pressure Cover - Tactical - Cutting off passing lanes using pressure cover

Move to support (1-2) - Tactical - Notice ball flow and move to support possession