



10 mins	<p><b>Station 3: 3v3 W/GKs</b></p> <ul style="list-style-type: none"> <li>- Players divide into two teams. Players then go to 1 of three lines (either side of their goal or touch line at half field mark). On coaches command two center players race to square in center of field, coach calls the team color and that teams keeper plays the ball to the center player checking in.</li> <li>- Games last 1½ to 2 mins. If ball goes out the other teams keeper starts the ball.</li> </ul>	<ul style="list-style-type: none"> <li>• Check to the ball on a sprint while calling for ball.</li> <li>• Play the way you face.</li> <li>•</li> </ul>	<p>20x20 yard grid.</p> <pre> _____ X           O Goal  X O  Goal X           O _____ </pre>
10 mins	<p><b>Station 4: End Game 4v4</b></p> <ul style="list-style-type: none"> <li>- All rules apply. (<b>Exception – All restarts come from coach</b>)</li> <li>- Goal only count if ball is on the ground when crossing the goal line.</li> <li>- If ball hits a cone it does not count.</li> <li>- <b>Extra 1 point</b> for three passes in a row.</li> <li>- Free kicks (indirect and direct), given when rules are broken.</li> </ul> <p><b>Progress to:</b> Limited touches, Must trap ball first, extra points scored off cross, direct kicks, headers, etc...</p>	<ul style="list-style-type: none"> <li>• Playing in Position (FWD,LM,RM,CB)</li> <li>• Calling for ball</li> <li>• Proper first touch</li> </ul>	<p>Regulation size field. Small cones on perimeter. Large cones for goals. Target jerseys for teams.</p>
10 mins	<p><b>Cool Down (Lightning)</b></p> <ul style="list-style-type: none"> <li>- Players tuck a target jersey in the back of the shorts, just enough to stay in.</li> <li>- Players then try to collect as many jerseys as possible in two mins.</li> <li>- Game is played three times. Game is over when all targets are collected or only one player is left with a jersey.</li> <li>-</li> </ul>	<ul style="list-style-type: none"> <li>• Body awareness</li> </ul>	<p>20x20 yard space</p>

For this session placing players according to ability would be good, if possible. Players will be separated into groups of 9. Focus is Checking to and calling for ball. First touch should be away from pressure and towards target, be it a goal, gate, open space or teammate.