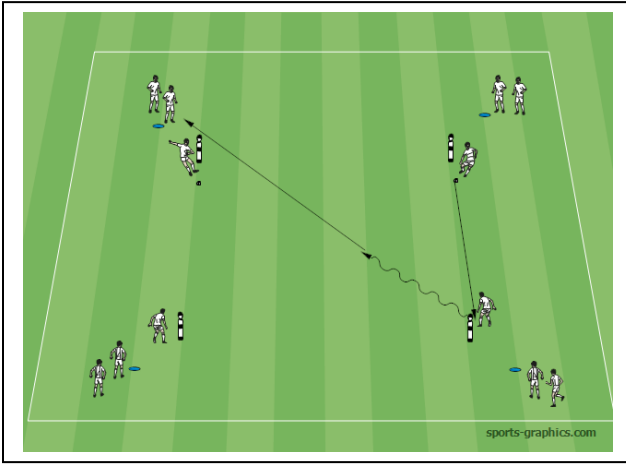


NAME:

DATE:

TEAM: Colorado Storm

TOPIC: Attacking Principles



WARM UP

DURATION:15

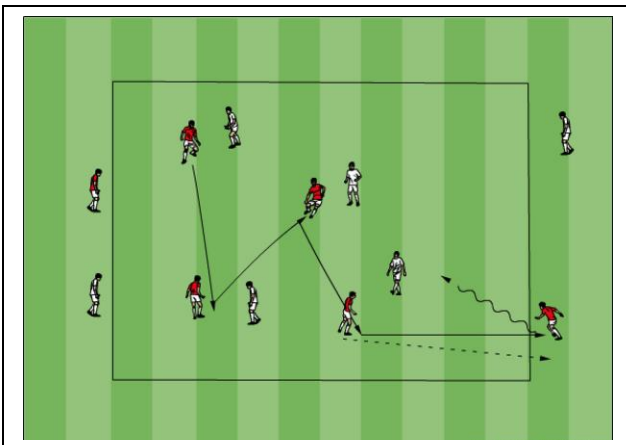
INTENSITY:low

INTERVALS:

W:R

ORGANIZATION: 8 cones, 8-12 players

TEACHING CONCEPTS: passing & Dribbling Patterns: Passing Execution, Receiving Execution Dribbling Execution, Replicate game speed



SMALL NUMBER ACTIVITY

DURATION:20

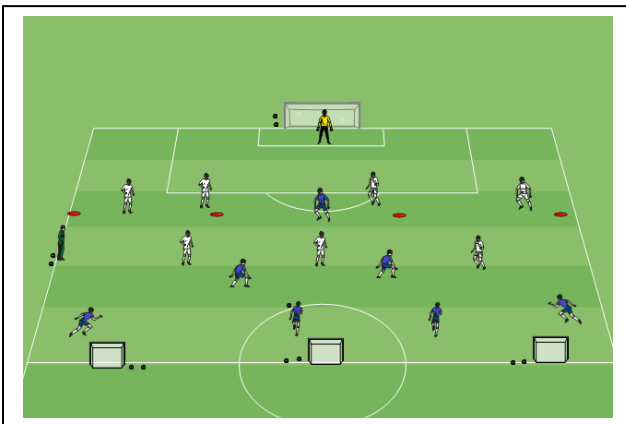
INTENSITY:Hi

INTERVALS:

W:R

ORGANIZATION: 40 x 30 grid with 2 targets per team. Continuous Possession game. Once played into Target, Target dribbles into game, is replaced by teammate who played pass

TEACHING CONCEPTS: Width, Depth, Penetration, Mobility, Improvisation



EXPANDED NUMBER ACTIVITY

DURATION: 20

INTENSITY: med

INTERVALS:

W:R

ORGANIZATION: 1 goal, 3 counter goals, offside line 25 yds from goal 7:6 (or even numbers)

TEACHING CONCEPTS: Play in your Attacking Shape. Width, Depth, Penetration, Mobility, Improvisation

FINAL GAME: Even numbers to 2 goals.