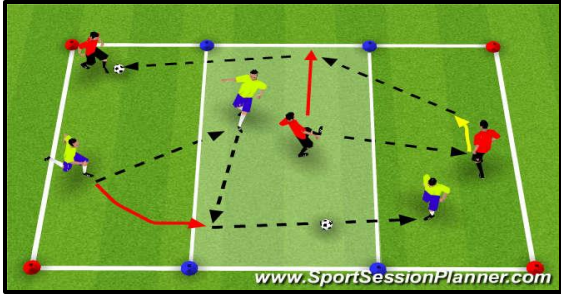
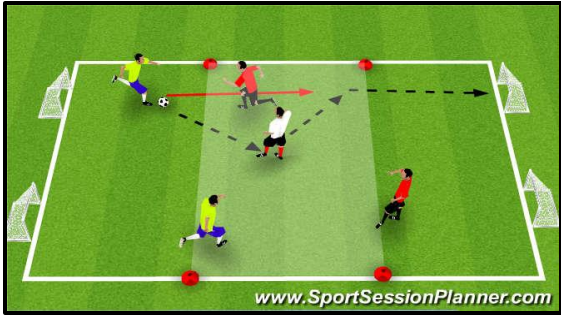
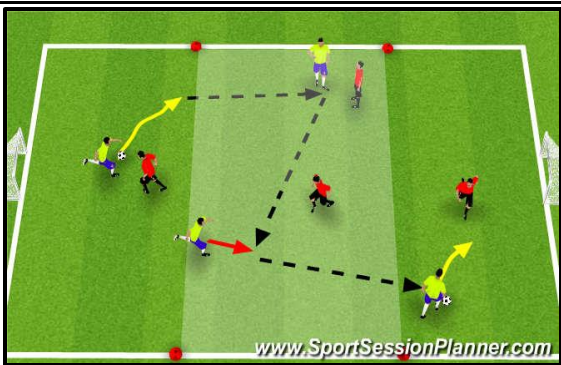


JASA JUNIOR'S PRACTICE LESSON PLANS-WEEK 5

Module 2: Passing and Receiving

Topic: Build Up through the Midfield

Objective: To improve the team's ability to possess and penetrate the soccer ball through the m midfield third

Stage	Organization	Diagram	Guided Questions
Stage I Technical Warm up	<p><u>Passing and Moving in 3's:</u> Field is divided into thirds with 1 player in each third create passing sequences that always involve the player in the middle zone.</p> <ol style="list-style-type: none"> Into the middle, back, across to the far player From middle to back player, middle player opens up, receives ball back while turning and distributing to other teammate. 		<ul style="list-style-type: none"> • What makes a good pass? • Where should a player take their first touch? • What part of the foot can they receive a ball with? • Where on the field should combination play be utilized and with who?
Stage II Small Sided Activity	<p><u>2v2 plus 1 to 4 Goals:</u> 2v2 plus 1 neutral player to 4 goals. Neutral player is always on the attack and must stay within the blue middle zone. The attacking team must play the neutral player before going to goal. Goal=1 point. Goal off of combination play=5 points.</p>		<ul style="list-style-type: none"> • How should the neutral player know when to present themselves for the ball? • What attacking shape should try to be formed? • What types of techniques will players need to perform? • How are the receiving player's body positions?
Stage III Expanded Small Sided Activity	<p><u>4v4 to Goal:</u> 4v4 to central goal. When on the attack, a ball must be received by a player in the middle third of the field before advancing to go to goal. To start both teams must be in a 1-2-1 formation.</p> <p>Goal=1 point Goal off of combination play=5 points.</p>		<ul style="list-style-type: none"> • How are players off the ball creating space in the attack? • What attacking shape should we have? • What will a player on the ball take into consideration when deciding to advance the ball? • How are the receiving player's body positions? • Where should their first touch be?
Stage IV Conditioned Game	<p><u>6v6 or 7v7:</u></p> <ul style="list-style-type: none"> • Two teams with a specific formation • Play the game and encourage the players to recognize when and how to possess and penetrate the ball through the midfield 		