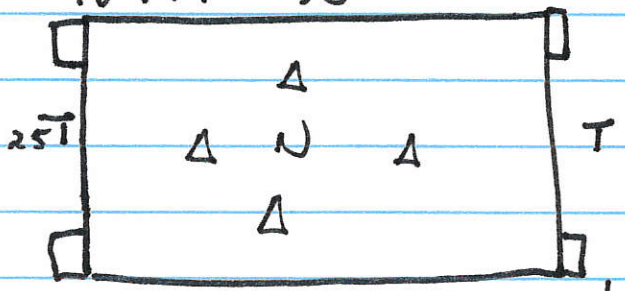
Passing + Receiving w/ Combinations Progression

1.
- Warm Up
  - Maybe passing lines
  - Combo Passing Grids (Groups of 4-6)
- Tottenham Passing Circles (30 sec. intervals)
  - 3 groups/circles of 7-8
  - No pressure + demo
    - Receive from circle, lay off to partner, play to circle, repeat
    - Wallpass/give + go combo
    - Overlap.
    - Takeover?
- Progress to 3v1 - Perform Combo (any combo) before finding circle player

2.

Goals
2yd <
2yd <

4v4+1 30

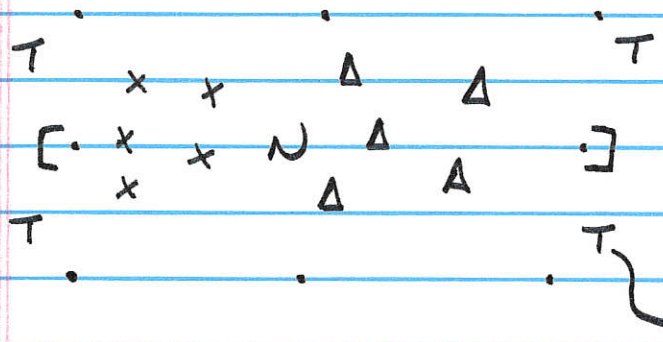


1.) # of Passes (3-4)
2.) # of Passes or 1 combination
3.) Combo

Objective:
- Complete passes/1 combo then find target player.
- Target Player then finds team that played her in + her team can score on either goal
- First to 2-3 Goals
- Goals are on the floor/ground to count

Passing + Receiving w/ Combinations Con't.

(3.) Recirculating Game 5v5 + N (Neutral Player)



"Target" players are off the field waiting to be "played in" by attacking team

Challenges Before Finding "T"

1.) # of Passes

2.) Combination before finding "T"

** Award a pt to team that is able to get # of passes or combination before finding "T" player

* Once "Target Player" is played in, the team is 6v5 + N or essentially 7v5

* Plays to goal when Target player has successfully been played onto field

(4.) Finish w/ 8v8 + N (Neutral Player)

- 2-3-2 formation

or

3-4-1

or

4-3-1