

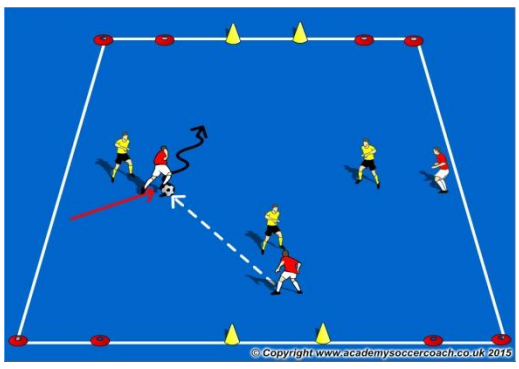
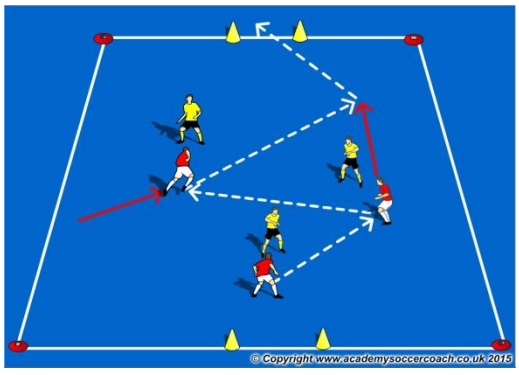
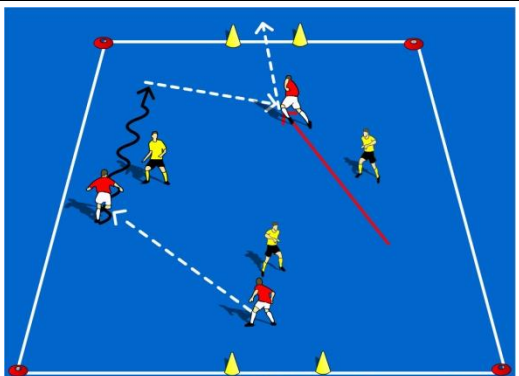

Season: Winter 2015/16

Program: TDC 6, 7 & 8 Graders

Week: 5

Topic: Conditioned Games

**After a brief warm up play the following conditioned games**

DESCRIPTION	DIAGRAM	Coaching Points
<p><b>GAME 1</b>  <b>3v3 or 4v4 to Six Goals:</b>            In a 20Wx25L yard grid.            Play a 3v3 or 4v4 game with three goals on each end line. If a player performs a Circle Take or a Fake and take a beats his/her opponent and scores gets 100 bonus</p>		<ul style="list-style-type: none"> <li>• Technique: dribbling, passing, receiving, shooting</li> <li>• Principles of play               <ul style="list-style-type: none"> <li>o Penetration</li> <li>o Support</li> <li>o Mobility</li> <li>o Width</li> <li>o Improvisation</li> </ul> </li> </ul>
<p><b>GAME 2</b>  <b>Amount of Passes = Amount of Points:</b>            In a 20Wx25L yard grid.            Play a 3v3 or 4v4 game with one goal on each end line. The players will try to connect as many passes as they can before they can pass the soccer ball through the goal.  <b>ie:</b> If a team completes 3 passes and scores their goal, it will be worth 4 points.</p>		<ul style="list-style-type: none"> <li>• Technique: dribbling, passing and receiving, shooting</li> <li>• Principles of play               <ul style="list-style-type: none"> <li>o Penetration</li> <li>o Support</li> <li>o Mobility</li> <li>o Width</li> <li>o Improvisation</li> </ul> </li> </ul>
<p><b>GAME 3</b>  <b>One Touch Finish</b>            In a 20Wx25L yard grid.            Play a 3v3 or 4v4 game with one goal on each end line.  <b>Scoring:</b> All goals must be scored by one touch only.</p>		<ul style="list-style-type: none"> <li>• Technique: dribbling, passing and receiving, shooting</li> <li>• Principles of play               <ul style="list-style-type: none"> <li>o Penetration</li> <li>o Support</li> <li>o Mobility</li> <li>o Width</li> <li>o Improvisation</li> </ul> </li> </ul>
<p><b>4v4:</b>            In a 20Wx25L yards grid.</p> <ul style="list-style-type: none"> <li>• Play the game</li> <li>• Coach will determine if goal keepers will be used.</li> </ul>		<ul style="list-style-type: none"> <li>• Technique: dribbling, passing and receiving, shooting</li> <li>• Principles of play               <ul style="list-style-type: none"> <li>o Penetration</li> <li>o Support</li> <li>o Mobility</li> <li>o Width</li> <li>o Improvisation</li> </ul> </li> </ul>