

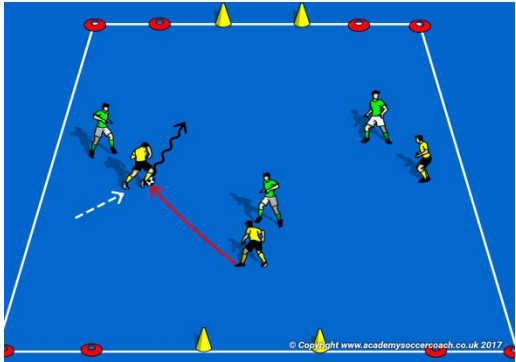
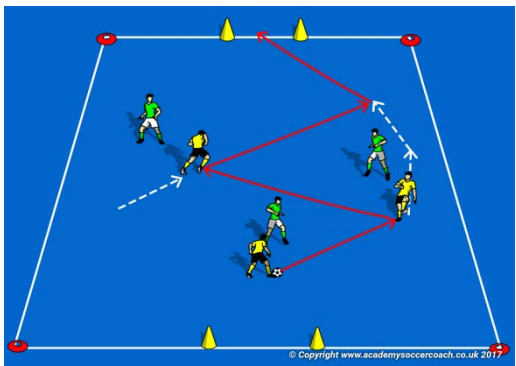
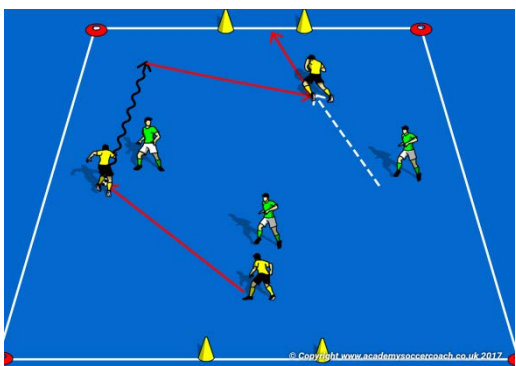
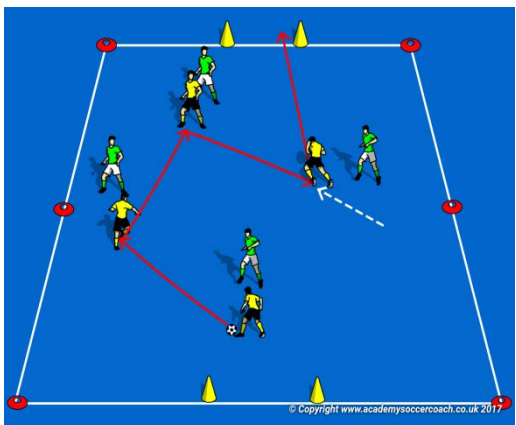
Season: Winter 2020

Program: TDC

Week: 4

Topic: Conditioned Games

After a brief warm up play the following conditioned games

DESCRIPTION	DIAGRAM	Coaching Points
<p>GAME 1 3v3 or 4v4 to Six Goals: 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 and beats his/her opponent and scores, the goal is worth 100 points</p>		<ul style="list-style-type: none"> • Technique of Dribbling, Passing, Receiving & Shooting • Team Tactical Principles <ul style="list-style-type: none"> o Shoot o Dribble forward or hold the ball o Create passing options o Support the attack o Create 2v1 or 1v1
<p>GAME 2 Amount of Passes = Amount of Points: 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. ie: If a team completes 3 passes and scores their goal, it will be worth 4 points.</p>		<ul style="list-style-type: none"> • Technique of Dribbling, Passing, Receiving & Shooting • Team Tactical Principles <ul style="list-style-type: none"> o Shoot o Dribble forward or hold the ball o Create passing options o Support the attack o Create 2v1 or 1v1
<p>GAME 3 One Touch Finish In a 20Wx25L yard grid Play a 3v3 or 4v4 game with one goal on each end line Scoring: All goals must be scored by one touch only</p>		<ul style="list-style-type: none"> • Technique of Dribbling, Passing, Receiving & Shooting • Team Tactical Principles <ul style="list-style-type: none"> o Shoot o Dribble forward or hold the ball o Create passing options o Support the attack o Create 2v1 or 1v1
<p>4v4: In a 20Wx25L yards grid</p> <ul style="list-style-type: none"> • Play the game • Coach will determine if goal keepers will be used 		<ul style="list-style-type: none"> • Technique of Dribbling, Passing, Receiving & Shooting • Team Tactical Principles <ul style="list-style-type: none"> o Shoot o Dribble forward or hold the ball o Create passing options o Support the attack o Create 2v1 or 1v1