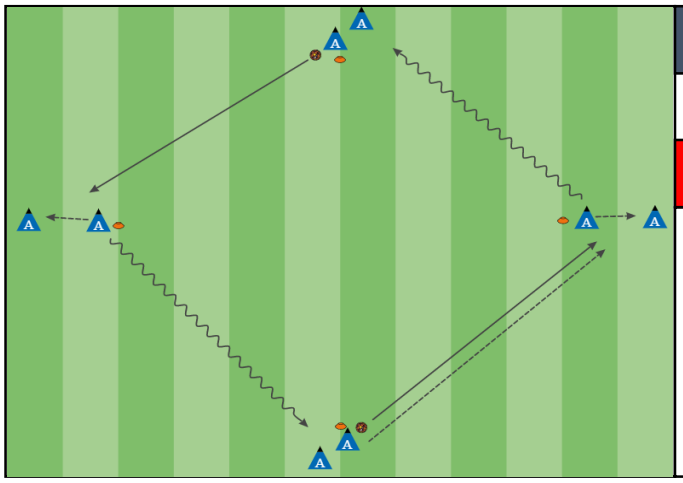
NAME	Dustin Butcher	TEAM	VSA Recreation CED: SFL		
DATE	3/27/2016	MESOCYCLE (SEASON)	N/A	MICROCYCLE (WEEK)	N/A

TOPIC/OBJECTIVES	**TOPIC**: Technical Warm-Up Activities **OBJECTIVE 1**: Identify proper warm up activities that address proper technique for the chosen topic. **OBJECTIVE 2**: Identify activities that maximize player involvement and repetitions.

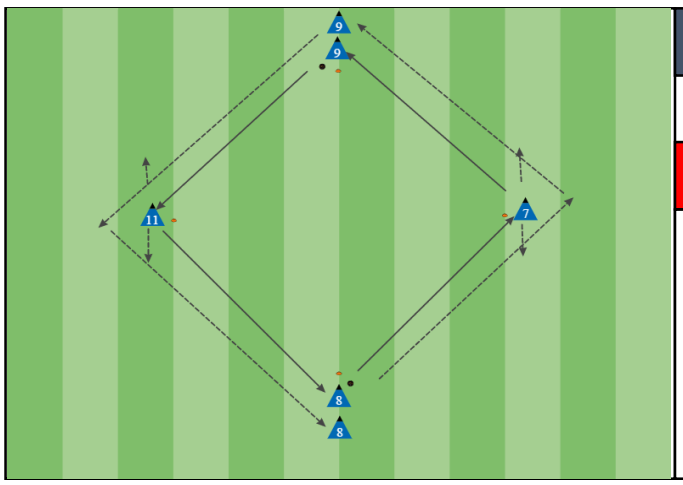


DRIBBLING WARM-UP	DURATION	15:00	ACTIVITY TIME	2:00
	# OF REPS	5	RECOVERY TIME	1:00

ORGANIZATION/COACHING POINTS

4 cones set up in diamond shape / 6-8 players per group / 2 balls per group

Pass to teammate's front foot to allow first touch to go forward
First touch into space and away from pressure
Dribble with laces at pace
Head up when dribbling to scan the area for space to attack

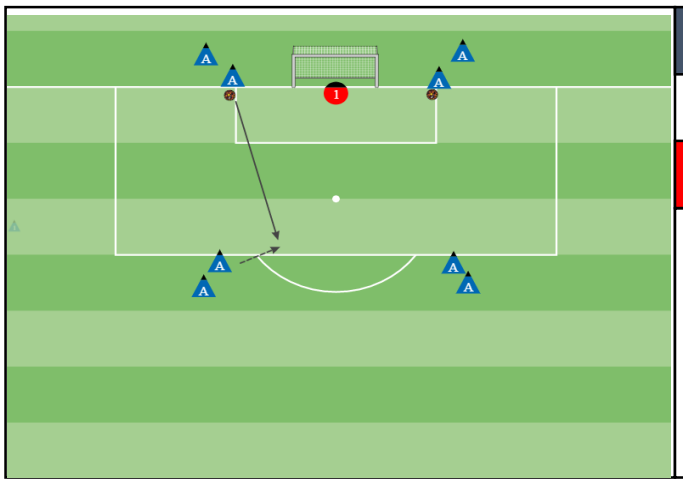


PASSING WARM-UP	DURATION	15:00	ACTIVITY TIME	2:00
	# OF REPS	5	RECOVERY TIME	1:00

ORGANIZATION/COACHING POINTS

4 cones set up in diamond shape / 6-8 players per group / 2 balls per group

Lock ankle (big toe pointed up) and strike through middle of ball when passing
Pass to teammate's front foot to allow first touch to go forward
Lock ankle (big toe pointed up) and open hips when receiving
First touch into space and away from pressure

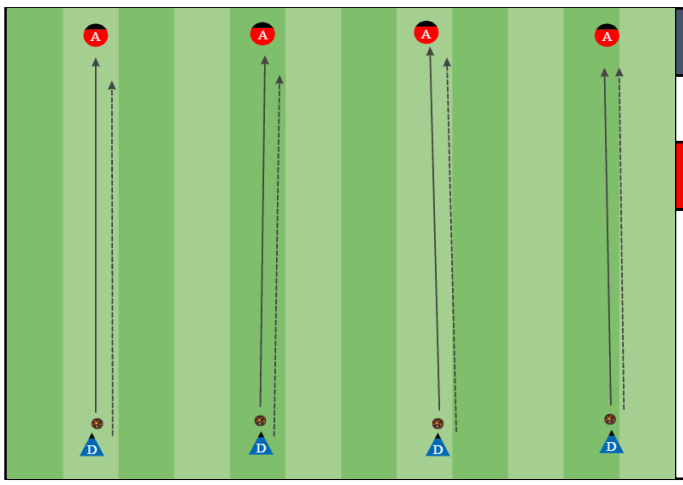


SHOOTING WARM-UP	DURATION	16:00	ACTIVITY TIME	3:00
	# OF REPS	4	RECOVERY TIME	1:00

ORGANIZATION/COACHING POINTS

2 cones on end line, 2 cones at top of penalty area / 8 players per group / 8 balls per group/ Goal

Accurate and properly weighted pass to teammate
Preparation touch forward and toward goal
Quick look to goal to find area of goal to shoot
Head and shoulders over ball at strike
Strike with laces for power; strike with inside of foot for placement



DEFENDING WARM-UP	DURATION	14:00	ACTIVITY TIME	2:30
	# OF REPS	4	RECOVERY TIME	1:00

ORGANIZATION/COACHING POINTS

Players in partners / 1 ball between partners

"Fast to slow, high to low" pressure to ball
Eyes on ball when defending
Defend side on
Force attacker into pressure and/or away from goal