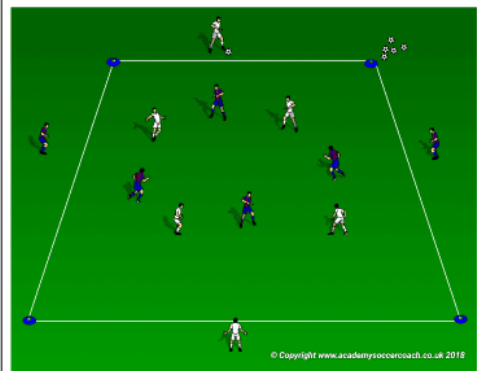
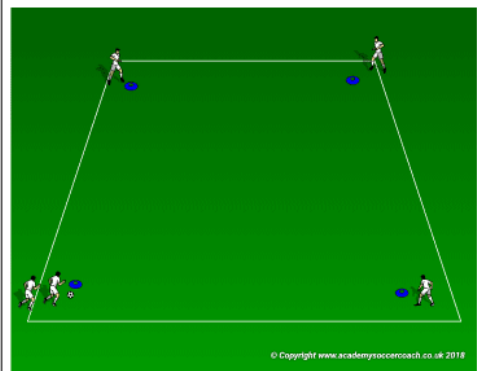


Coach

Session date

Theme



### NOTES

**DIAMOND PASSING:** Warm up- active passing drill with some built in fitness incorporating both feet and continuous movement.

**5 PERSON PASSING SQUARE:** Warm up- passing exercise with the idea of putting them in a fluid passing situation with an increased tempo and directional changes.

**EXCHANGE POSSESSION:** A possession drill designed to develop interchanging, fast tempo possession. Also incorporating regaining possession quickly after the ball is lost.

Keep possession with different restrictions  
 Play and move  
 Play quickly  
 Create passing lanes and angles  
 Defend quickly

**TRANSITION POSSESSION:** A possession drill highlighting quick attacks through the forward. Transition from one grid to the other with speed and urgency.

Look to spring a quick attack  
 Show the ability to open up the field  
 Transition as a unit  
 Defensively getting pressure on the ball  
 Eliminating passing channels