
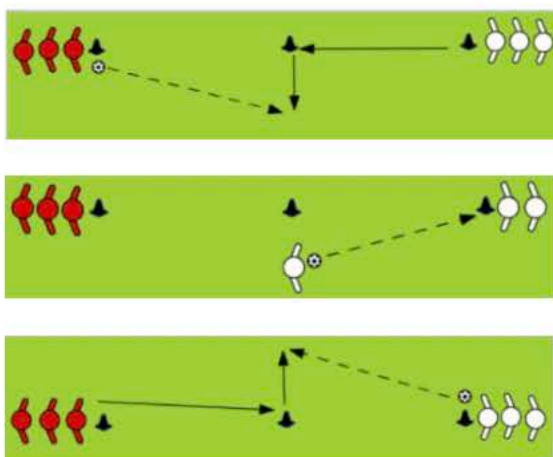
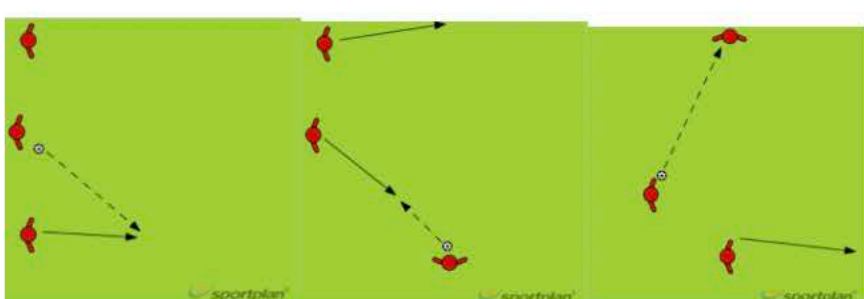




THSCA

Changing the Point of Attack

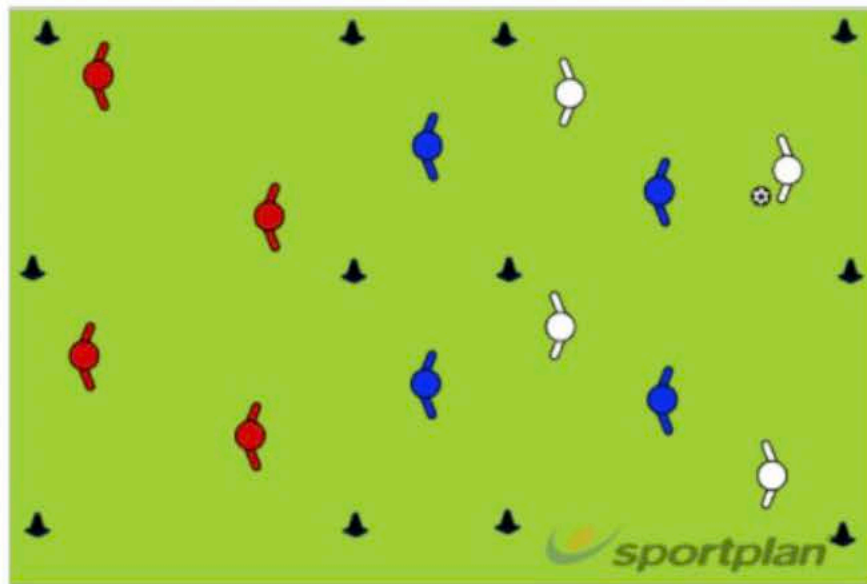
Cy Lakes HS – Franklin Cartagena
Houston, TX

Stage	Organization	Objectives & Coaching Points
<u>I.</u> <u>Lines of 4 dynamic</u> <u>then Skills WUP</u>		<p>Lines off 4 Passing. In a large area, groups of 4 passing amongst one another looking for:</p> <ul style="list-style-type: none"> a) 2 touch pass b) Double Wall Pass c) Takeover d) Overlap
<u>II.</u> <u>Combining and</u> <u>Changing Direction</u>		<p>3 cones in line, each 10-15 yards apart. 3 players at each end cone.</p> <ul style="list-style-type: none"> a) Player on one end has the ball, player on the other end makes run to middle cone, touches cone with hand, then moves vertically to show for pass. b) Player receives the ball and turns to the end cone they came from, then passes to the waiting player. Also following their pass. c) The player who made the first pass then makes the run to the middle cone and continues the cycle. d) Follow your pass.
<u>III.</u> A. <u>Pass to both</u> <u>ends.</u> B. <u>Turn/Pass</u> C. <u>Support and</u> <u>Pass</u>		<p>3 players per group, 10-15 yards apart. Players passing and moving from one goal line to the other.</p> <ul style="list-style-type: none"> a) Middle player starts with ball and passes forward to right side player. b) Right player then lays off to middle player who turns and plays a pass forward for left player. c) Left player then lays the ball off for middle player who turns and plays another forward pass to right player.



IV.

Three Zone Activity.



4 v 4 v 4

- a) Three zones are set up. Two offensive and one defensive in the middle.
- b) Teams keep possession in their respective offensive zone.
- c) They attempt to complete 4-6 passes while under pressure
- d) Once the number of passes has been completed, they switch the ball to the opposite zone either in the ground or in the air, avoiding the defending zone in the middle.
- e) Once the ball is switched, the players in the defending zone come out pressure the offensive zone.