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 Area: CRRP #4

Topic: Improving Vision & Decisions  
 Objectives: Improve players decision making/vision

**Organization and Equipment**

Outfield Players [14] Goalkeepers [2] Balls [14]  
 Other Equipment Pennies, 8v8 Field, (2) 7x21 Goals

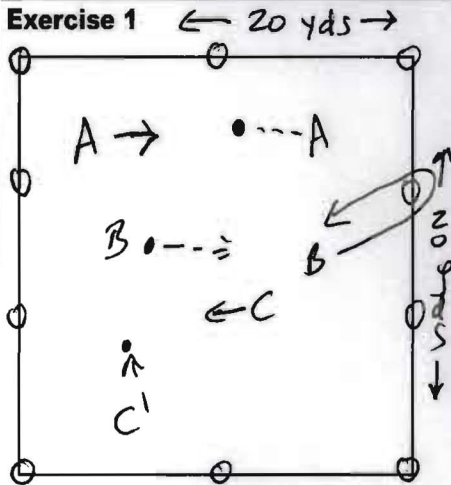
**Warm Up**

2 Phase Warm-up  
 Stretch

**Coaching Points**

2 Phased warm-up. Stretch as we go... 1st phase in a space 20 yards x 20 yards.  
 Phase 1 - Individual player ball work (every player with a ball). Concentrate on players ability to get their heads and eyes up to see what's around them. Players should avoid contacting other players and/or their balls (promote good vision).  
 Phase 2 - In an unrestricted space on 1/2 of an 8v8 field -or- between halfway line & top of 18 on a 1/2 of a full sized field. Players in groups of 2, with 1 ball per group. Players will take turns with and without ball. Player without ball will make runs checking away from player with ball, then check back for pass. Also make diagonal check back.

**Exercise 1**



**Organization and Coaching Points**

Create 2 grids of 20 yards x 20 yards with a 5 yard channel between. Construct the grids with a total of 10 cones as shown in the diagram. The players will remain in groups of 2 as in phase 2 of the warm-up. If sufficient numbers of pennies are available, place pairs in pennies so they can find each other easier. Divide the groups of players between the two grids as evenly as possible. Each pair has a ball.

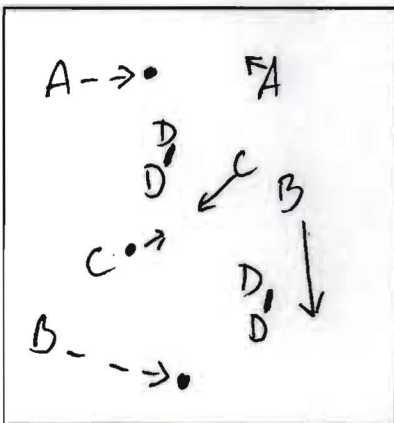
"Check Out" Passing - Sequence:

1. Partners pass, dribble and move inside grid.
  2. Not on every pass (let players decide when they will do this - let them learn to make decisions)
- After a pass, the passer runs (or "checks out") around a grid cone for a returned pass. After receiving the pass, dribble and move inside grid until the next check out after a pass (again letting players decide when to)...

Questions for players (Coaching Points):

1. If the player without the ball is running toward you, where should you pass the ball? A- To the players feet.
  2. If the player without the ball is running away from you (diagonally), where should you pass the ball? A- To Space 3.
- How do I know my teammate is ready to receive the pass? A - They will either ask for the ball or make eye contact with you.

**Exercise 2**



**Organization and Coaching Points**

Make 1 large grid from the two grids used in Exercise #1, have players remain in pairs. have 2 pairs with no ball. All other pairs with a ball. The 2 pairs without a ball will hold a vest between them forcing them to communicate as they move about the grid.

"Partner Tag" - Sequence:

1. The pairs with a ball will pass, dribble and move anywhere inside the grid.
2. The pairs without the ball will try and "tag" any player with a ball (tag back or shoulder)
3. If a player with a ball gets tagged, those players give up the ball and switch roles with the pair that tagged them.

Questions for players (Coaching Points):

1. If the player that has the ball is under pressure, where do you run (support or space)? A - Support
2. If the player that has the ball is not under pressure, where do you run? A - Space
3. Which foot should I pass to? To the foot that keeps the receiving player in the game.

