



BC SOCCER

GLOBAL GAME. UNIVERSAL PASSION.

EA SPORTS BC Soccer Premier League High Performance Service Plan

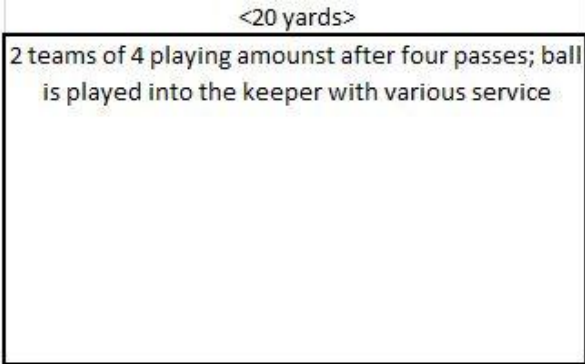
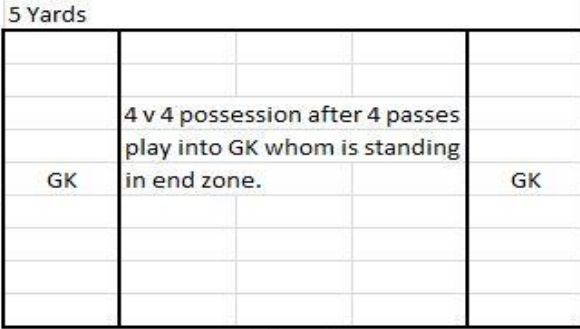
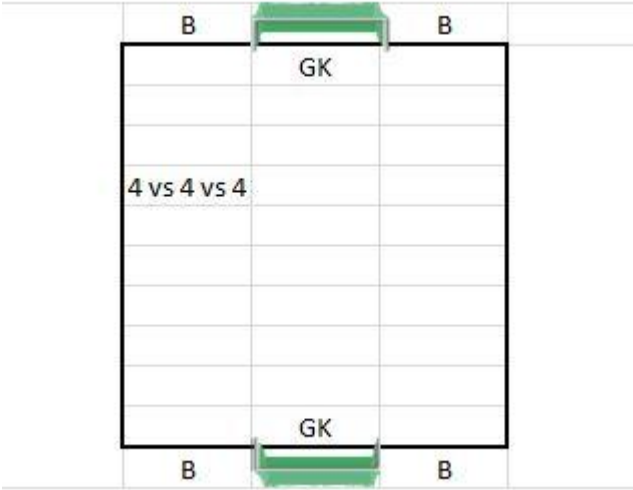
BC Soccer Development ~ High Performance Session Plans





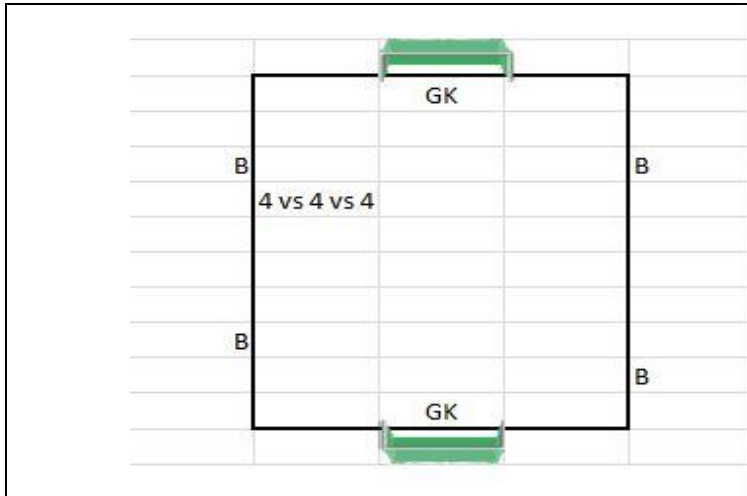
EA SPORTS BC Soccer Premier League High Performance Service Plan

BC Soccer Development ~ High Performance Session Plans
Session Topic: Integrating a Goalkeeper into a Team Session

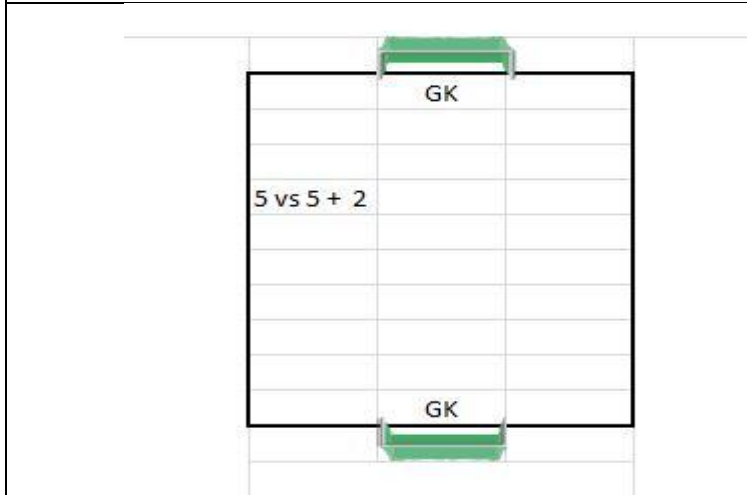
| Overview | Organization |
|---|--|
|  <p>30 yards</p> | <p>In a 30x20 grid, play with two team playing amongst themselves, after 4 passes played into GKs hands. With Various service, on ground, mid/head height and diving, can progress to a possession based game where after a certain number of passes ball is played into GK.</p> |
|  <p>5 Yards</p> <p>30 yards</p> <p>20 yards</p> | <p>In a 30x20 grid, with a 3-5 yard end zone on each side.</p> |
|  | <p>Field 2 x 18 Yards width of 18, 4v4v4, and two teams playing 4 vs. 4 playing the other team are bumpers on side of the goal. Change after first goal or 5 minute games. Look for a lot of shooting opportunities.</p> |



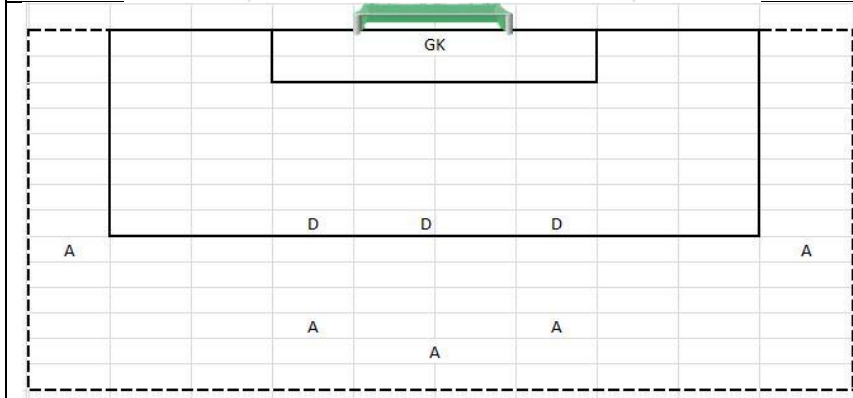
High Performance Service Plan



Field 2 x 18 Yards width of 18, 4v4v4, and two teams playing 4 vs. 4 playing the other team are on side of the field. Change after first goal or 5 minute games. Look for a lot of shooting and crossing opportunities.



Field 2 x 18 yards width of 18; 5 vs. 5 + 2 neutrals, in order to attack oppositions goal the team in possession must play through his GK with his/her feet.



Field is 35 yards long by 52 yards wide; line up three defenders at the top of 18; GK to throw the ball out to the three attackers, on attackers first touch one defender goes to pressurize the attackers; after three passes the ball is sprayed out wide, for a 4 vs. 3 crossing opportunity.