

### ACTIVITY #1

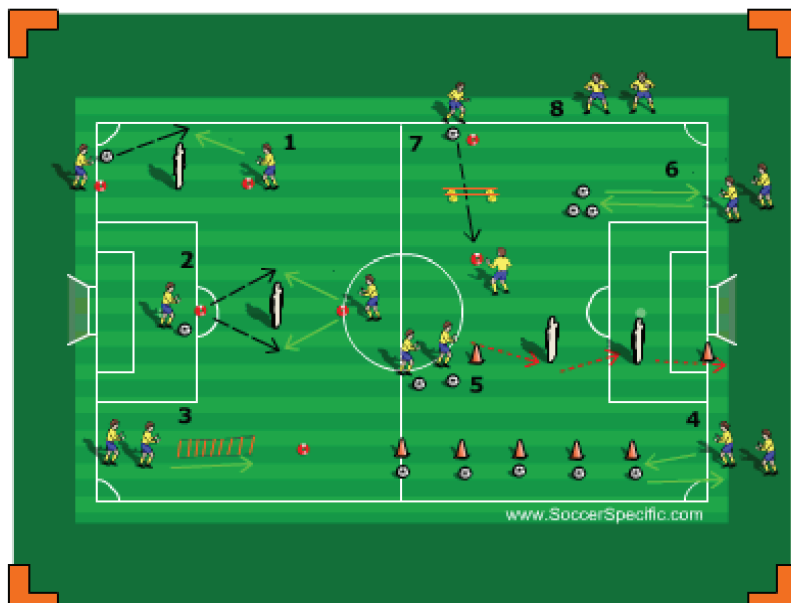
**Set up:** Players in groups of 2 working on various exercises, with and without the ball at 8 stations. Players work for 1 minute at each station. For some stations the players will work together. For others, one player will serve while the other player works.

**Instructions:** Station 1: Server throws ball over the head of a mannequin for his partner to jump and head back. After he heads the ball he backs up to the cone and repeats.

Station 2: Serve plays the ball on threground to the left of a mannequin. Partner plays the ball back, backs up to cone then passes from the other side.

**Coaching Points:** Station 3: Players do fast foot work through the ladders and accelerate past the cone.

Station 4: Player sprints to the first ball and dribbles back to line then sprints to second ball and so on.



### ACTIVITY #2

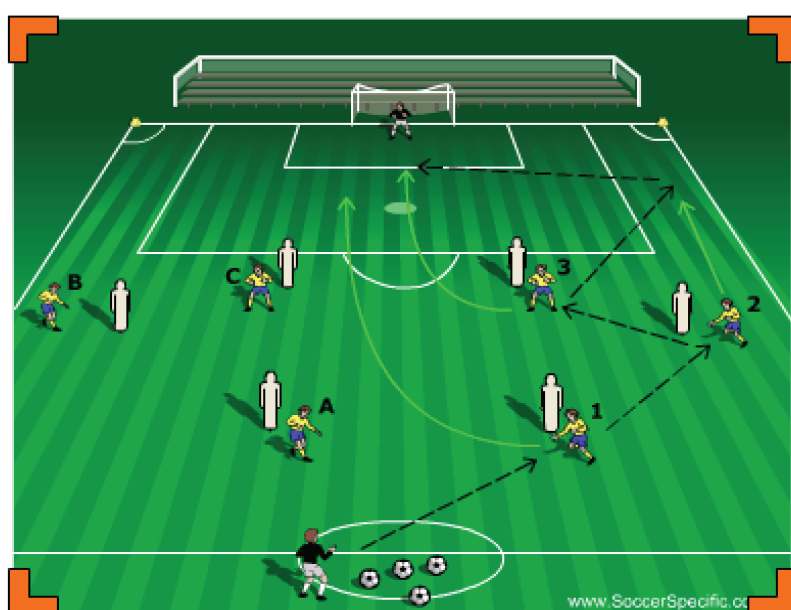
**Set up:** Players in groups of 2 working on various exercises, with and without the ball at 8 stations. Players work for 1 minute at each station. For some stations the players will work together. For others, one player will serve while the other player works.

**Instructions:** Session 5: Player dribbles at mannequin, does a move, then repeats at second mannequin and accelerates to the line.

Session 6: Player sprints and picks up ball and runs to line. When he collects all three he runs them out.

**Coaching Points:** Session 7: Players passes the ball through the gate and then hops over the cone. Partner plays back.

Session 8: Players use skipping ropes.



### ACTIVITY #3

**Set up:** Midfield players and forwards working on half a field. Server with a supply of balls on half way line. Mannequins placed in positions representing four defenders and two central midfielders. Keeper in goal.

**Instructions:** Server plays to player 1. 1 turns and plays to 2. 2 plays a give and go with 3. 2 crosses into the penalty area for 1 and 3 to finish. Work right side with players 1-2-3 then left side with players A-B-C.

**Coaching Points:** Work on back foot.

Come show for the ball.

Let ball run across body.

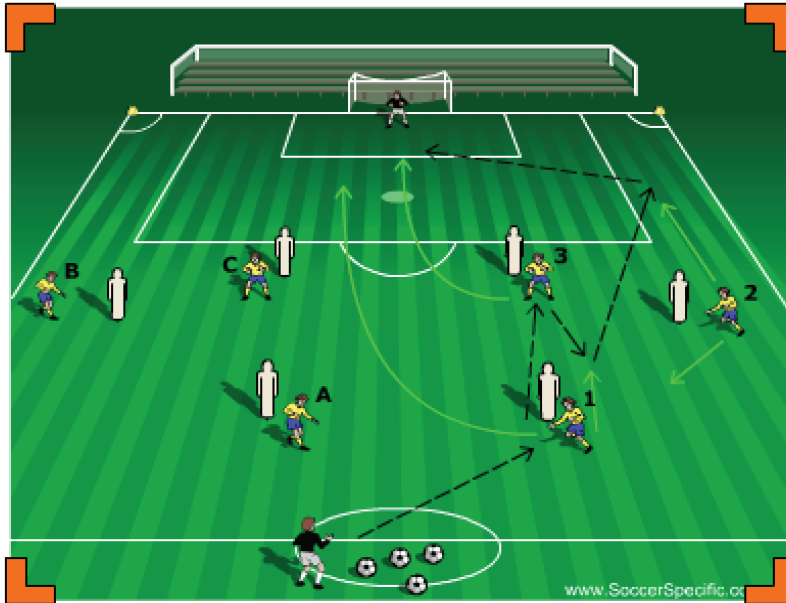
Good technique on give and go - timing of run off the ball.

Forward-3 plays wide into space for winger-2 to run onto.

Forward-3 hit space late - time run into the penalty area - near post if possible.

Timing of run of midfielder-1 into the penalty area.

Quality of finish.



#### ACTIVITY #4

**Set up:** Midfield players and forwards working on half a field. Server with a supply of balls on half way line. Mannequins placed in positions representing four defenders and two central midfielders. Keeper in goal.

**Instructions:** Server plays to player 1. 1 turns and plays to 3. 3 plays back to 1. 1 plays down the line for 2 to run onto. 2 crosses into the penalty area for 1 and 3 to finish. Work right side with players 1-2-3 then left side with players A-B-C.

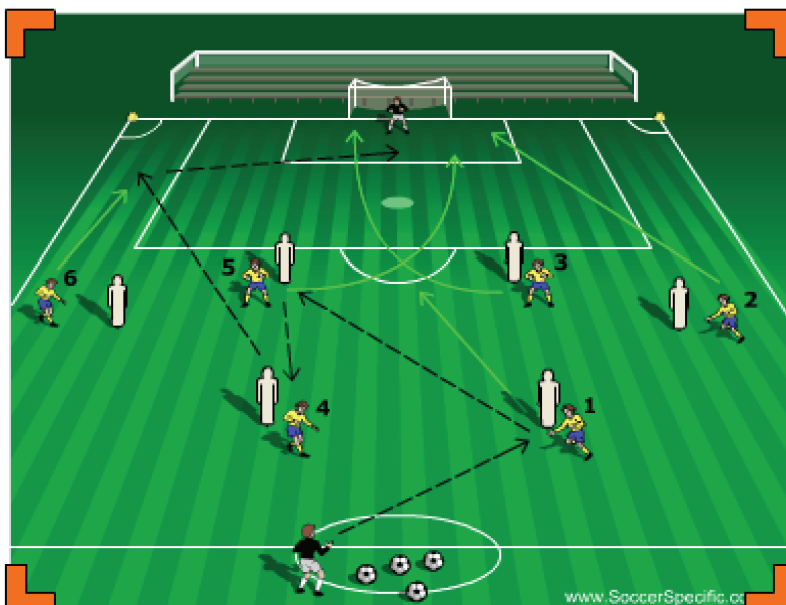
**Coaching Points:** Player 1 comes for the ball and does a half turn to play forward.

Player 2 checks to the ball to drag 'defender' away then runs down the line.

Forward-3 hit space late - time run into the penalty area - near post if possible.

Timing of run of midfielder-1 into the penalty area.

Quality of finish.



#### ACTIVITY #5

**Set up:** Same set up as two previous activities.

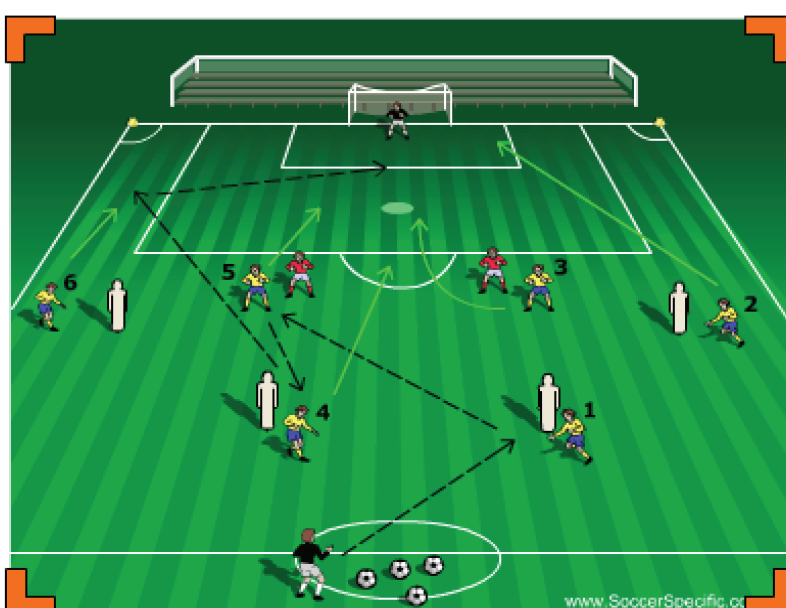
**Instructions:** Combine two previous activities and use all attacking players. Server plays to player 1 or 4. 1 or 4 turns and plays to 3 or 5. 3 or 5 can play back (to 1 or 4) or play wide for wingers (2 or 6) to cross.

**Coaching Points:** Same coaching points as two previous activities.

Timing of runs of two forwards 3 and 5 into the penalty area.

Late run of 2 or 6 into the back post.

Timing of midfielder runners 1 or 4 making late run into the penalty area.



#### ACTIVITY #6

**Set up:** Same set up as two previous activities. Replace two central defender mannequins with two live players.

**Instructions:** Combine two previous activities and use all attacking players. Server plays to player 1 or 4. 1 or 4 turns and plays to 3 or 5. 3 or 5 can play back (to 1 or 4) or play wide for wingers (2 or 6) to cross.

**Coaching Points:** Same coaching points as two previous activities.

Timing of runs of two forwards 3 and 5 into the penalty area.

Late run of 2 or 6 into the back post.

Timing of midfielder runners 1 or 4 making late run into the penalty area.



### ACTIVITY #7

**Set up:** Two teams, Red and Yellow play 11v11 on a full field or three quarter field.

**Instructions:** Free play, no restrictions with players in regular positions.

**Coaching Points:** Look for attacking combinations worked on throughout practice.