

### ACTIVITY #1

**Set up:** Two groups of players are positioned at either end of a 30 yard grid as shown. A "target" player (B) is positioned in the central channel as shown.

**Instructions:** Player (A) begins the sequence with a firm pass to (B). Player (B) must lay-the-ball-off for oncoming (A) for a strike on goal. Both sides of the pitch work at the same time. Player (A) advances to become the next target player (B) after the shot. Player (B) runs round the back of the goal and joins the back of the yellow / red line.

**Progression 1:**

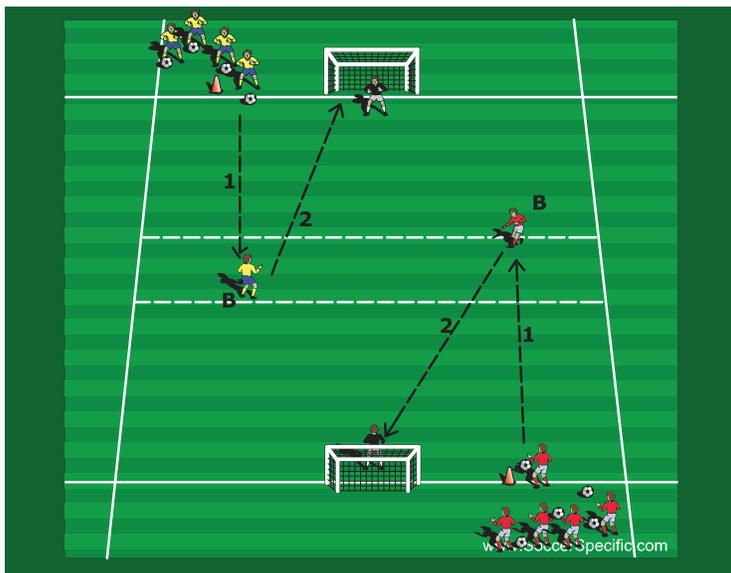
The ball is chipped into (B) for the lay-off.

### Coaching Points:

Firm initial pass to (B),

Quality of lay-off from (B) - take the weight out of the pass,

Quality of shot / Variation of shots - low, high, driven, lofted, bending etc



### ACTIVITY #2

**Set up:** Same as previous activity.

**Instructions:** Player (A) passes to (B).

Player (B) must control the ball with 1-touch and shoot with the second touch into the goal he/she is facing. Player (A) follows his pass and gets ready to receive from next player in line.

Red work to one goal and the yellows work to the other. The ball must be received and shot from within the 5 yd wide central zone.

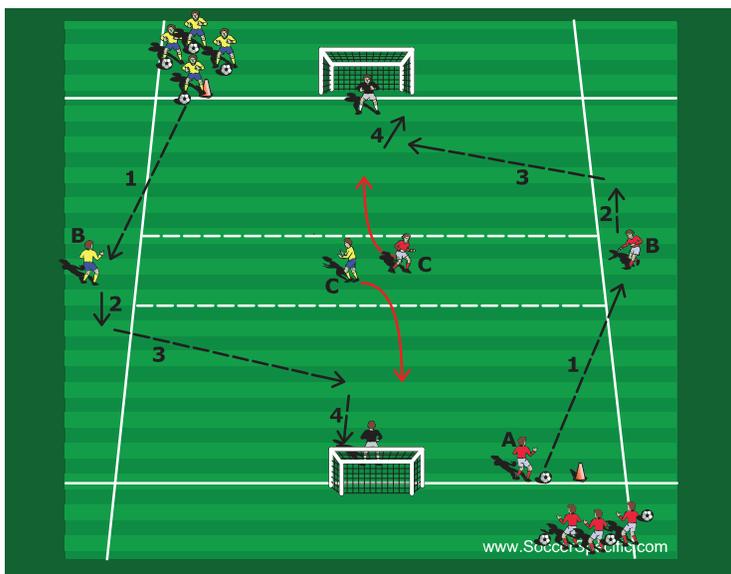
**Coaching Points:** Firm initial pass.

Player (B) should perform an "opposite" movement / check away prior to receiving the pass.

Quality of first-touch to receive ball

Quality of shots / variation of shots.

Tempo - must be realistic - quickly receive the pass and FINISH!



### ACTIVITY #3

**Set up:** Player (B) is now positioned outside the playing area as shown. Player (C) is positioned inside the central area as shown.

**Instructions:** Player (A) passes to (B), who is standing in a wide position.

(B) controls the ball to get the ball out of his feet before delivering a cross - ALONG THE GROUND - for Player (C), who has made a run into the 'box'.

A takes B's place out wide, B takes C's place in the middle, C joins the back of the yellow/red line.

**PROGRESSIONS:**

(1) Cross in the air

(2) Wide player start deep near the bye line - driven ball in from (A) to start.

**Coaching Points:** Quality of pass out wide / Good first touch

Head up before crossing / Weight / accuracy of cross

Timing of run into box - don't get there too early - attack the ball late!

Decisions - contact on ball - head / foot/ knee / re-direct / power / accuracy!