ACTIVITY #1
Set up: Sort players out in 3 different groups of 5 or 6 players depending on the numbers.
Instructions: Players will pass and move to their teammate freely throughout the field of play. After a minute of passing and moving the demand will be made that they have to quickly provide support.
Coaching Points: Players should move around freely and make themselves available for a pass. When told to provide support there should be players on both sides supporting and one player providing depth and width.

ACTIVITY #2
Set up: 2 v 2 + 2 in narrow grids using previous player in respective colors. Have another grid set up for the other 6 players to keep them active and participating.
Instructions: Players in center will play 2 v 2 and use the players on opposite ends as supporting players to win the ball and quickly transition to the other side and maintain possession.
Coaching Points: After the ball is passed do the players quickly check in and make themselves available by providing proper support. If the players are marked does the neutral player pass the ball up the field to the other neutral player to open the field and create other opportunities. How is the first touch as well as receiving the ball away from pressure.

ACTIVITY #3
Set up: 3 Equal grids playing 2 v 2 in each grid. Using the same 3 colored teams from the start of the session. The remaining 6 players can play 4 v 2 while waiting for change.
Instructions: Players will play 4 v 2 when they are in possession. Teams will start 2 v 2 and when a team has gained possession they can pass to one of their team members in another grid and both players where the ball came from can join them making it a 4 v 2. When the opposing team wins the ball and and passes to their players the number change and 2 players need to return to their respective area. Each grid will play 4 v 2 when in possession.
Coaching Points: Do players play quickly and get into good angle of support to maintain possession. Can the players get up the field and use their teammates on the opposite end. Do they have a good first touch away from pressure. Can they do a one touch wall pass to get out of pressure.
ACTIVITY #4
Set up: Set up 3 grids with a zone in the center. Players will remain in their groups from the start.
Instructions: Players will play possession to start 6 v 4. The team with the low numbers needs to win the ball and upon gaining possession how quick do they find their player in the far grid. Once the ball is passed to the remainder of teammates quickly get to other site to provide support. Only 3 of the opposing team that lost the ball run to the other side and leave 1 to defend the 2 along with GK. Player can make quick penetration pass to zone to get the ball forward.
Coaching Points: After gaining possession and looking up the field, how quick do players provide good angle of support after a driven pass up the field. Visual cues and type of pass to space and do they pick the moment to take a shot on goal. Placement before power and do they take a good prep touch if given the opportunity for a shot.

ACTIVITY #5
Set up: 3 grids with player ratio as shown in diagram using GK.
Instructions: Play will start with the attacking team holding possession with the numbers up. The defending team wins the ball to transition to attack and needs to get up field to score as quickly as possible. 2 players from team can quickly join group in middle making it a 3 v 1 and then use players in attacking 3rd to play 5 v 3 to goal. Play will restart at the top of the area by the coach.
Coaching Points: How fast does the team go on the attack after winning possession. Decision of movement off the ball on the 3 v 1 and then do they shoot when give the opportunity. Technique of passing and first touch and combination play as well as creativity.

ACTIVITY #6
Set up: Set up game with No Restrictions playing 9 v 9 depending on numbers. Players will play a formation of 3 - 3 - 2.
Instructions: Players will play as they would a normal game with throw ins and offsides.
Coaching Points: Freeze as necessary to point out transition and adjust all players on the field. Using discovery and ask players where they should be on the field and how they could help their teammate with the ball.