



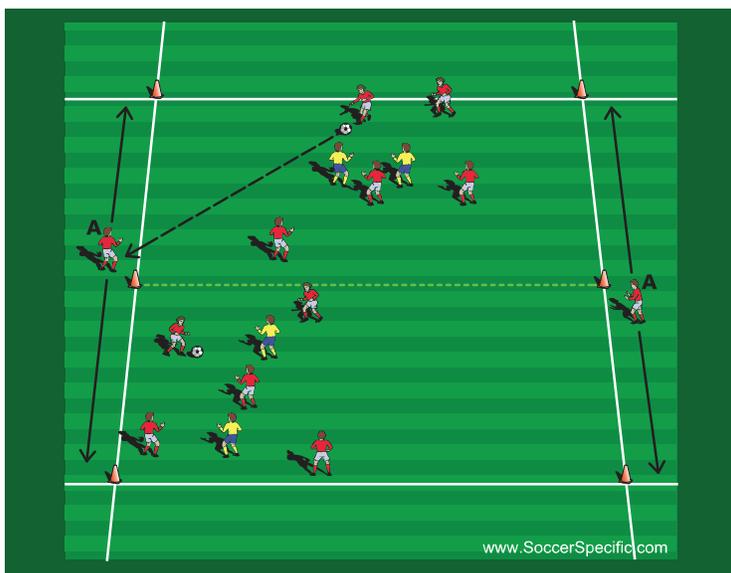
### ACTIVITY #1

**Set up:** Equipment needed for session: 12 cones, 12 balls, 2 goals, 16 players, 2 goalkeepers.

**Warm Up:** Players are organized into an 8v8 inside a 50x30 yard grid as shown. The activity is a basic keep-away or possession game. Goalkeepers move freely within the activity and can utilize their hands to distribute the ball.

**Instructions:**

**Coaching Points:**



### ACTIVITY #2

**Set up:** Two 30x35 yard grids are created side-by-side as shown. A 5v2 is organized inside each 30x30 grid. Target players (A) are positioned on each side of grid as shown.

**Instructions:** The 5 players in possession attempt to keep the ball away from the 2 defensive players. Points are awarded for passing to one of the target players. The game is continuous with the 5 attacking players attempting to transition from one target player to the other. The target players must work the full length of the sideline (basically, must be aware of both 5v2 games). Players are restricted to 2-touch and each player must get a touch on the ball before any transition to the target player. The player that passes to the target player then becomes the target player - this ensures constant rotation of target players. If defenders win possession of the ball, they must return it to the attacking team. Rotate defenders often to avoid fatigue.

**Coaching Points:** Encourage movement and activity - quick thinking. Play to the target if facing the target - don't turn into pressure. Target players must be sharp. Attacking players - be aware of target player location. Quick transitions.



### ACTIVITY #3

**Set up:** A 5v5 is organized inside one of the 30x50 yard grids as shown. Target players (green) are positioned at each end of the playing area.

**Instructions:** Both teams compete for possession of the ball. Players must attempt to play the ball to the target player and transition into the other half of the pitch. Players may pass to the target player in the half that they are currently playing in - this creates a 6v5 situation in favor of the team in possession. The pass to the target player must be one-touch. Target players are encouraged to move anywhere along the endline. In this diagram, player (A) has passed the ball to the target player at the opposite end of the grid. Both teams must now quickly transition to continue the possession game in the other half. Target players must pass to the team that passed to them. Points are awarded for successful passes to the target players in the opposite half.

**Coaching Points:** Speed of transition. Vision of field. Quick decision making. Diagonal passes to targets.



#### ACTIVITY #4

**Set up:** This activity utilizes the same playing area as in the previous activity. Two 30x50 yard grids side by side. A 5v5 is organized with TWO target players on each end of the playing area, as shown.

**Instructions:** Both teams compete for possession of the ball and attempt to score points by playing the ball successfully to the target players on the OPPOSITE HALF of the playing area. Players may pass to the target player in the half that they are currently playing in - this creates a 7v5 situation in favor of the team in possession. Targets are encouraged to stay wide to encourage quick attacking through the middle of the field. In this diagram, the target player has been used for an outlet pass in order for the red team to maintain possession. Variations: 1. Target player receiving the transitional pass must pass to the other target player. This target player must now pass the ball back to the supporting team to continue the activity. 2. Target player must lay the ball back to a supporting player and this player must attempt to find the other target player with one-touch.

**Coaching Points:** Same as previous.



#### ACTIVITY #5

**Set up:** Same playing area as in previous activity. A 5v5 with 2 target players at each end is organized as shown. Goalkeepers are now added to the activity.

**Instructions:** The 5v5 game is played in one half of the pitch. The team in possession must attempt to maintain possession until the opportunity arises to transition to the opposite half of the field. Players may pass to the target player in the half that they are currently playing in - this creates a 7v5 situation in favor of the team in possession. Players must pass to a target player (green) as part of the transition. Target players must pass back to the supporting team for an attempt on goal. Game is continuous in both directions - team in possession can attack in both directions. In this diagram, Player (A) has passed the ball to a target player. Both teams must now transition to other half of the pitch - one transitions to defend, the other to attack the goal and support the target player. Target players become "live" and can join the attacking team after one of them has passed the ball back to a transitioning player.

**Coaching Points:** Same as previous. In addition, recognize the moment to transition! Don't force it!