ACTIVITY #1
Set up: All players positioned in the designated area as shown.
Instructions: WARMUP ACTIVITY:
(1) Players perform a range of movements - jogging, shuffling etc to gradually prepare the body.
(2) Players asked to use movements to create space for themselves - feints, cuts, change-of-direction
(3) Players are paired up - one partner acts as 'catcher' - the other partner must avoid being tagged; change roles after being tagged.
(4) Designate 1 player as 'catcher' - all other players must avoid the catcher; several balls are circulated with the hands - if you have a ball you cannot be tagged.
Total: 10 minutes
Coaching Points: Gradually prepare the body for the session
Learning Objectives:
Movements to create space, Use of disguise, Use of acceleration / deceleration, Balance and agility to avoid opponents

ACTIVITY #2
Set up: Players organised in the corners of the grid as shown; 2 players start the activity in the center of the grid.
Instructions: PASSING SEQUENCE:
Player (A) passes to (B) who sets up (C) for a longer pass to (D). Players (D), (E) + (F) then repeat the sequence. Rotation - players A-B-C rotate with each other; D-E-F rotate with each other.
*Can introduce 2 balls depending on ability.
Progression 1: Aim for 1-touch play.
Progression 2: Allow B/E to lay-off to either corner player.
Progression 3: Introduce opponent / defender in the central area - team in possession use free play to transfer the ball to opposite side of the grid.
*Increase to 2 Defenders depending on ability
Coaching Points: Decision-making: to use 1 or 2 touch play
Movements to create space + angles
Use of disguise
Variation in passes: lofted, chipped, short, driven
Receiving: control with body behind the ball

ACTIVITY #3
Set up: Players organised in working pairs as shown. Mini-goals are utilised.
Instructions: INDIVIDUAL MOVEMENTS TO CREATE SPACE:
Players rehearse various movements -
Group A: Target player (Red) moves towards Passer (Black) and exchanges passes; the Target player now accelerates at an angle to receive the return pass on the side - player must score with next touch.
Group B: Target Player comes short but does not receive an initial pass; he immediately changes direction to receive the throughball on the side - Player must attempt to score with next touch.
Group C: Target Player goes long before coming short to receive the pass in a half-turned position - player must control in front and attempt to score with 2nd touch.
*Alternate working players
Total Time: 15min
Coaching Points: Movements should be quick but late
Use of disguise
Weight and pace of pass
Communication (verbal / non-verbal) with passer
**ACTIVITY #4**

**Set up:** Players organised in groups of 3 / 4. Mini-goals are utilised.

**Instructions:** WORKING IN PAIRS - MOVEMENTS TO CREATE SPACE:
Players rehearse various movements:
- **Group A:** Target players (Red) time their movement to come short to receive long - the Passer must deliver the ball into space on the side of the attacking player; player must attempt to score with 1st touch.
- **Group B:** The first Target player moves short to simulate receiving a pass, the Target player dummies the pass and spins to receive the through-ball from the 2nd Target player.
*Alternate working pairs

**Total Time:** 15min

**Coaching Points:** Movements should be quick but late
Timing / angles of runs
Use of disguise
Weight and pace of pass
Communication (verbal / non-verbal) with passer + partner

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**ACTIVITY #5**

**Set up:** A 7v7 is organised as follows: 5v5 in central area, 1 Striker in each endzone, Goalkeepers in each goal
*May be increased to 8v8 / 9v9 depending on available numbers.

**Instructions:** EMPHASIS ON MOVEMENTS TO CREATE SPACE / OPPORTUNITIES TO SCORE:
Initially both teams have a ball - they circulate the ball until opportunity arises to play forward to their advanced / attacking player for a shot on goal.

**Progressions:**
(1) Add a second Striker in the end zone - Strikers now working in pairs
(2) Only 1 ball; now in a game format - 2 Strikers against 1 Defender in endzone.
(3) Allow midfield runner to also penetrate the endzone
(4) Remove all restrictions - normal 7v7 or 8v8 game.

**Total time:** 30-40min

**Coaching Points:** Timing and angles of Attackers movements
Use of disguise
Weight, angle, direction of passes
Timing of runs by working pairs
Communication amongst all players (verbal / non-verbal)