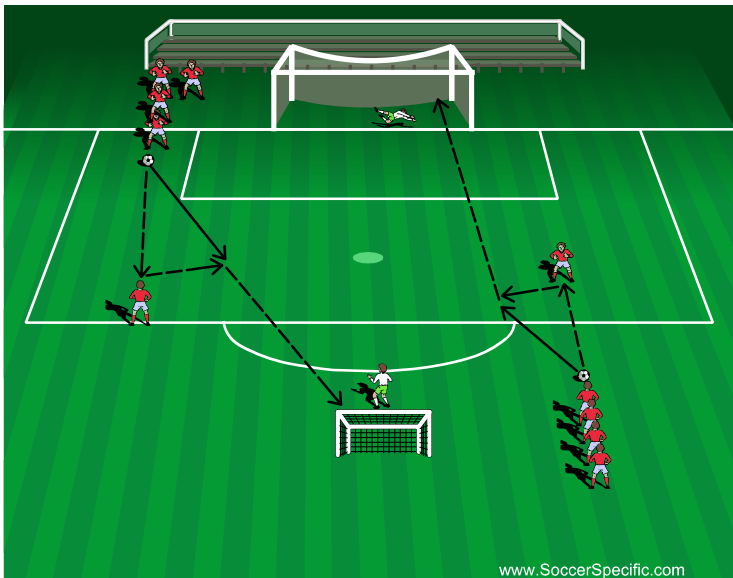


ACTIVITY #1

Set up: As in the diagram - two group of the same number of player - One ball each player -

Instructions: The player A after dribbling the ball to the cone pass the ball diagonally to the player B
Player B try to shot at goal placing the ball on the bottom of the corner

Coaching Points: Timing - accuracy shot - Body position

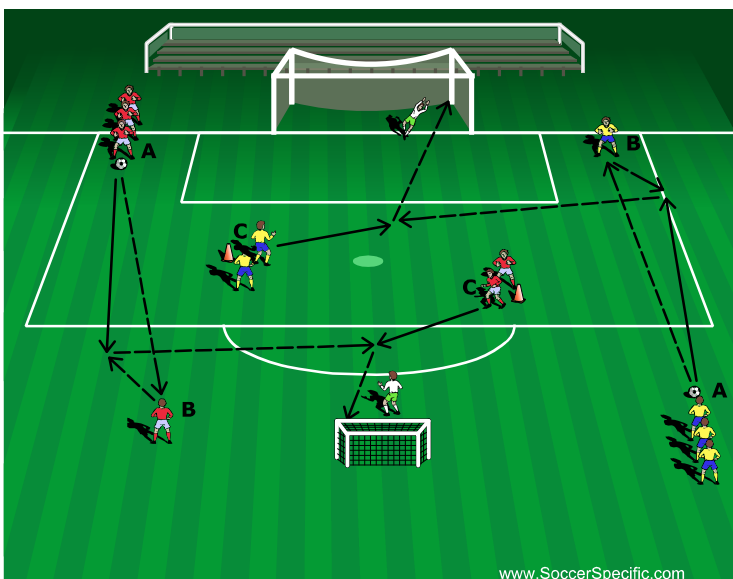


ACTIVITY #2

Set up: Set up As in the diagram - two group with the same number of players -

Instructions: 1-2 combination play and shot at goal -

Coaching Points: body position - accuracy of shot - shot selection - awareness of GK position

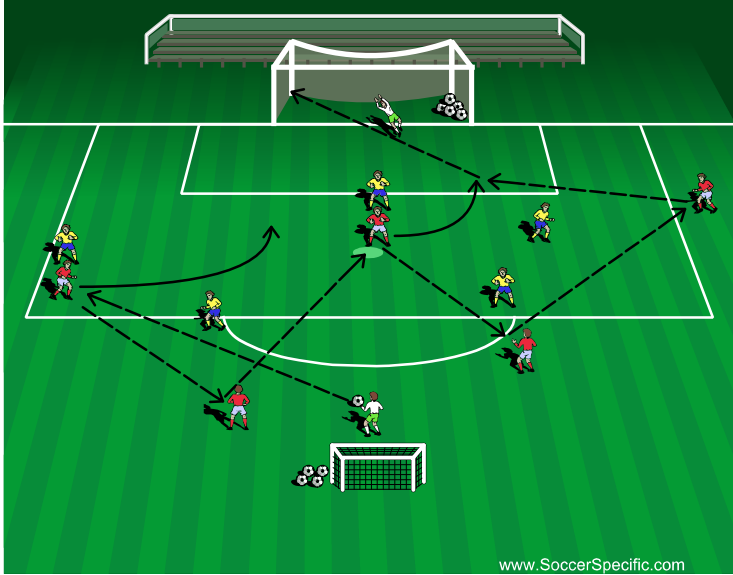


ACTIVITY #3

Set up: As in the diagram - 2 group of players - one ball each player

Instructions: Player A pass the ball to player B - player B pass the ball to player A - player A cross to player C -

Coaching Points: Timing - Accuracy - Delivery - Coordination



ACTIVITY #4

Set up: As in the diagram - 2 teams of the same number of players - as many ball as you can - play 2 touch -

Instructions: Shooting in goal as quick as possible by attacking from the flank or centrally - goalkeeper focus on: quick restart - find the free player

Coaching Points: Find the space to receive the ball and shot in goal