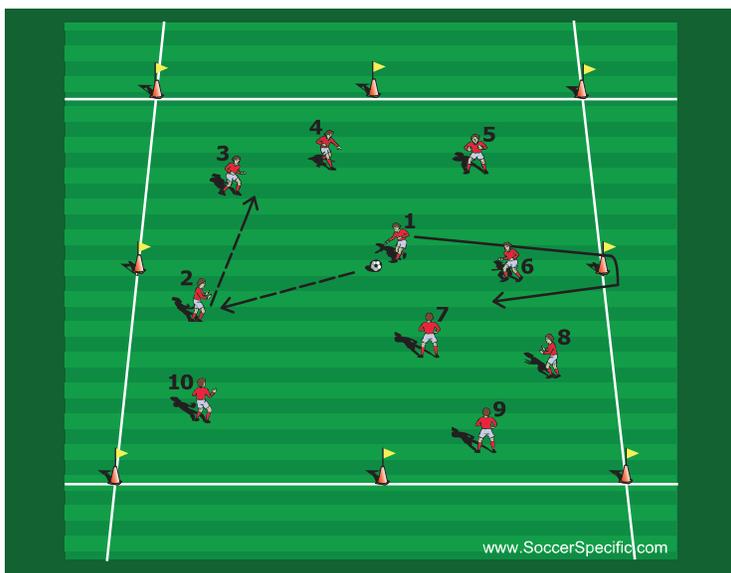


ACTIVITY #1

Set up: 10 players - 2 balls - Grid size 15x20 yards as shown.

Instructions: Players with ball dribble around the grid after they pass the ball to a teammate, then they must sprint around the nearest cone before being able to receive the ball again. This creates space for other players.

Coaching Points:



ACTIVITY #2

Set up: Same playing area as in Activity #1. Players are numbered 1-10 as shown. One ball is needed.

Instructions: Players must pass in sequence (i.e. : 1 passes to 2, 2 passes to 3, etc.). Each time they pass, they must then run around the nearest cone before they are able to receive the ball. This encourages moving into space after making a pass.

Coaching Points:



ACTIVITY #3

Set up: Grid size is 20x20 yards. A 2v2 is organized inside the playing area as shown. Mini goals are created using cones / flags.

Instructions: Play 2 vs 2 in the middle. When on defense, the defending team has one player run into the goal and become the goalkeeper - he/she may use their hands. The players on the outside may be used to pass the ball too, but they may not score or come into the grid. Players may not steal the ball from the player on the outside. Switch players in and out of the middle every two minutes. The emphasis is on spreading the players out and helping players recognize the need to stay wide for support.

Coaching Points: Realize that until you develop a team cohesion that understands ball movement, spacing and a basic understanding of positional play, there will always be a tendency to swarm. Children must go through each developmental stage in their own time. Hopefully the above activities will help your players grasp a basic understanding of spacing as well as movement "away" from the ball.