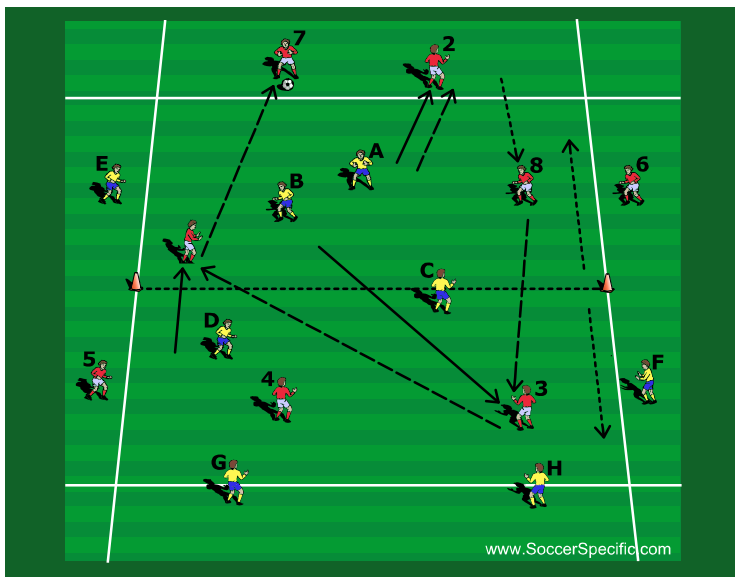


ACTIVITY #1

Set up: A 40x40 yard grid is created as shown. 4v4 inside the grid with 8 perimeter players as shown.

Instructions: Players must pass ball to target players to score. To score again - work the ball back into their own half of the field to be able to return to target players. Target players (G,H) and (7,8) have two touches as do side players. Progressions: 1. No restriction to 3, 2, 1 touch, but only if it is on. 2. All outside and target players one-touch. 3. Switch with target players as they receive ball. 4. Switch with outside players. 5. Use opponent's target players as support players.

Coaching Points: Create space by running off ball to receive or help teammate receive. Quality of passing. Support play: work angles and distances, switching play using side players. Receiving and turning in tight situations and dribbling in 1v1 situations. Quick decision making is required because of small numbers and tight spaces.

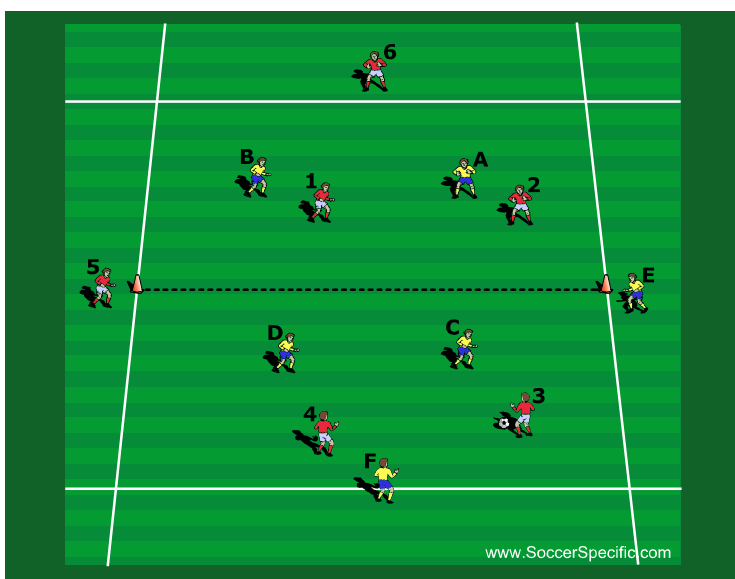


ACTIVITY #2

Set up: An example of the transition and movement off the ball to make it happen. I have left the defensive players static in this situation to highlight the movement of the attacking players.

Instructions: 1. (2) passes to target player (8) who brings the ball back into the playing area. 2. (3) makes a run into the other half of the field on the blind side of (C) to receive the next pass. They need to get the ball into that half to be able to score. 3. (1) makes a forward run into space to receive the next pass from (3) and passes to target player (7) who can start the play again. 4. (1) then switches with (7) and becomes a target player for the next phase of play.

Coaching Points:

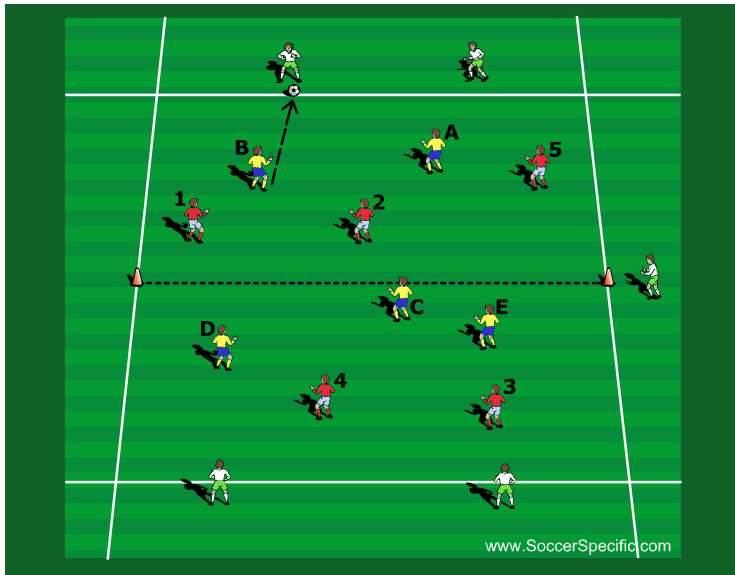


ACTIVITY #3

Set up: This is a variation of the game if smaller numbers of players are available - only twelve players involved. All the same principles of the game can be applied with the smaller number.

Instructions: This variation will have the inside players "more involved" as individuals reduce the size of the game from 4 v 4 to 3 v 3 so the responsibility of each player then becomes greater to have an influence on the game, as there are fewer players.

Coaching Points:

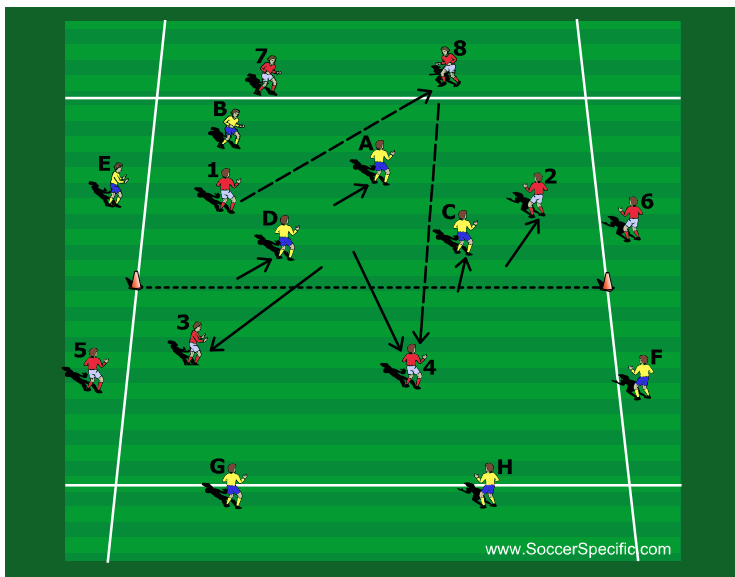


ACTIVITY #4

Set up: *15 players available. Create a 3 team game for 15 players as shown.

Instructions: Each game lasts 10 minutes - the winning team stays on the field as a reward. You can vary the positions of the outside players, 2 target players at each end and one support player on one side or one support player on each side, one target player at one end and two at the other and so on. To make it technically a 10 v 5 game, have the team in possession able to play with the outside team. They are trying to score at one end, so these players are on their side but they are also able to work with the side player and the two target players of the other team, using them as support players also. This encourages them to pass back and open the play up and not be focused on just playing forward all the time.

Coaching Points:



ACTIVITY #5

Set up: This is an example of what to look for on the defending side of things. Here the ball has been passed to the target (8) and a goal scored. The defenders are ball watching and not seeing the runs "off the ball" by their opponents.

Instructions: The idea of getting the ball back into the other half before they can score again when in possession highlights the kinds of moments you need to identify in a game situation. As illustrated - (1) plays the ball to target (8) to score. (2) supports the next pass short and at a wide angle, and (3) and (4) make runs into the other side of the field and off the ball to get free and receive a pass. Defenders are all ball watching and not looking at these runs and so (3) and (4) get free. At the same time you can say it is getting it right offensively

Coaching Points: