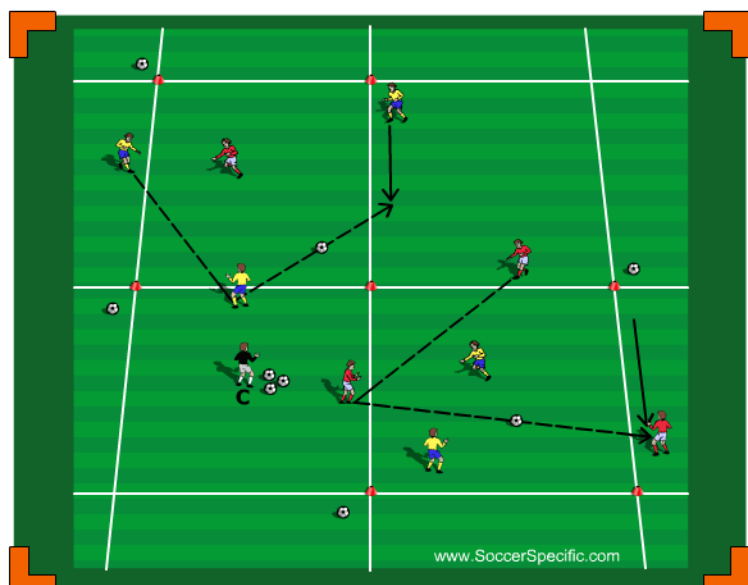


ACTIVITY #1

Set up: Create four (or as needed) 7x7 triangle yard grids. Position two attackers with a ball outside of each grid and one defender in the middle as shown.

Instructions: The two attackers may move freely outside of the triangle, but may not go into it. The attackers earn points by passing through the grid. The defender stays in the grid and tries to intercept the pass. Once the defender intercepts the ball, the attackers immediately enter the grid to win the ball back. Rotate the defenders based on time or if they have intercepted 2-3 balls from the attackers.

Coaching Points: Body mechanics, balance, weight of pass, accuracy and timing of the pass, disguise and deception, supporting angles and movement off of the ball, technical/tactical implications, and reading the game.

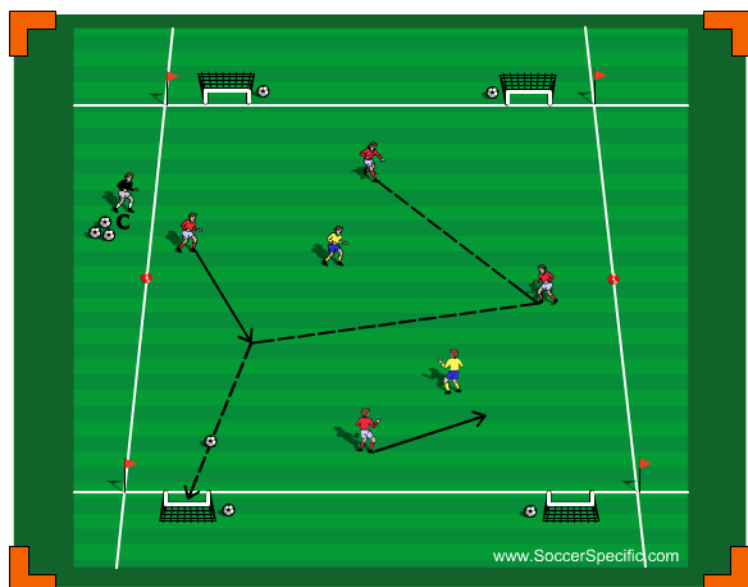


ACTIVITY #2

Set up: Set up three (or as needed) 10x10 yard grids (only two are shown). Position three attackers with a ball on the outside of the grid and one or two defenders in the middle as shown.

Instructions: The three attackers may move freely outside of the grid, but may not go into it. The attackers earn points by passing through the grid; with two defenders, points can be awarded for 'splitting' the defenders (as shown). The defender stays in the grid and tries to intercept the pass. Once a defender intercepts the ball, the attackers immediately enter the grid to win the ball back. Rotate the defenders based on time or if they have intercepted 2-3 balls from the attackers. Limit the number of touches if necessary. A 2nd defender can be added as well creating a 3v2 (as shown).

Coaching Points: Body mechanics, balance, weight of pass, accuracy and timing of the pass, disguise and deception, supporting angles and movement off of the ball, technical/tactical implications, and reading the game.



ACTIVITY #3

Set up: Set up two (or as needed) 20x30 yard grids (only one is shown) with two small goals on each end of the grid. Divide players into two teams and equally separate them into the two grids. Play begins 4v2 and is non-directional as shown.

Instructions: Play begins 4v2 and is non-directional (as shown). In the 4v2 variation, limit touches if necessary. If the defending team intercepts the ball, they are awarded a point for scoring into any one of the four goals. Rotate attacking and defending teams based on time or points. Progress to 4v3 and 4v4 (both directional).

Coaching Points: Body mechanics, balance, weight of pass, accuracy and timing of the pass, disguise and deception, supporting angles and movement off of the ball, technical/tactical implications, and reading the game.

ACTIVITY #4

Set up: Match
1:2:1:2 v 1:2:2:1 (as shown).

Instructions: 6 v 6 final game, no restrictions, free play.
Cool down.

Coaching Points: All of the above; reduce heart rate; static stretching; review session; upcoming reminders.

