



### ACTIVITY #1

**Set up:** Create 15 x 15 yard grids or as needed, with a triangle in the middle of each grid (use either corner flags or cones). 5 players per grid, 4 attacking players, and 1 defender as illustrated.

**Instructions:** The 4 attacking players try to maintain possession while looking to score goals by passing through the middle triangle to their teammates. The defender is NOT allowed inside the triangle, and must defend by working around the outside of the triangle. Play to points or time, and then rotate accordingly.

**Coaching Points:** Maintain proper balance and angles of support; Vision and awareness off of the ball; Proper verbal and visual communication; Appropriate technique while passing and receiving the ball; speed of play and decision making.

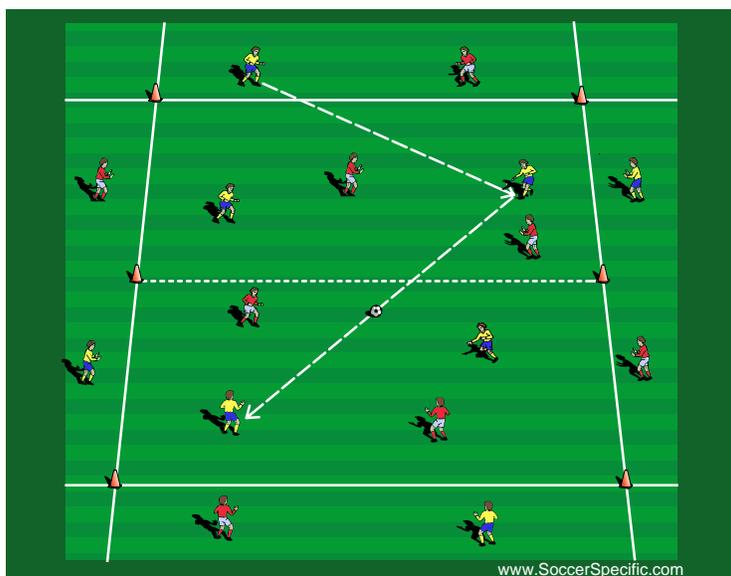


### ACTIVITY #2

**Set up:** Create a 30 x 30 area or as needed, and organize your team in either 3 v 3 or 4 v 4 as illustrated. If numbers are uneven, use neutral players. In the space, create two triangle goals with corner flags or cones.

**Instructions:** Both teams compete for possession of the ball and score by passing through one of the triangle goals. You can begin by one team having a designated goal; progress to scoring through either of the two goals, and finish with once you score through one goal, you must score through the other goal. Play to points or time.

**Coaching Points:** Creating space off of the ball; supporting shape and balance in possession; change of rhythm to exploit opportunities to score; decision making and speed of play; movement and timing of 2nd and 3rd man runs.

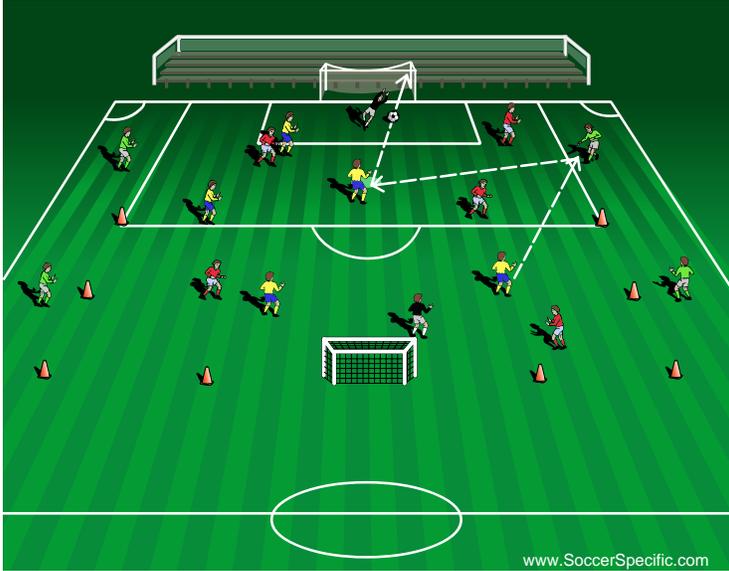


### ACTIVITY #3

**Set up:** Create a 40 x 40 yard grid or as needed, and divide the area in half. Restrict players to 2 v 2 in each area, with each team having 4 target players (depth and width) on the outside as illustrated.

**Instructions:** Players look to maintain possession of the ball, and score by utilizing one of the target players. To score again with another target player, the ball must first be played to the other side of the area. Target players do not enter the area, cannot defend the other target player, and can move freely along their line in support of the ball. Play to points, time, winner stays, and then rotate accordingly.

**Coaching Points:** Creating space by running off of the ball; quality passing both long and short; support play with proper angles and distances; receiving and turning under pressure; quick and appropriate decision making.

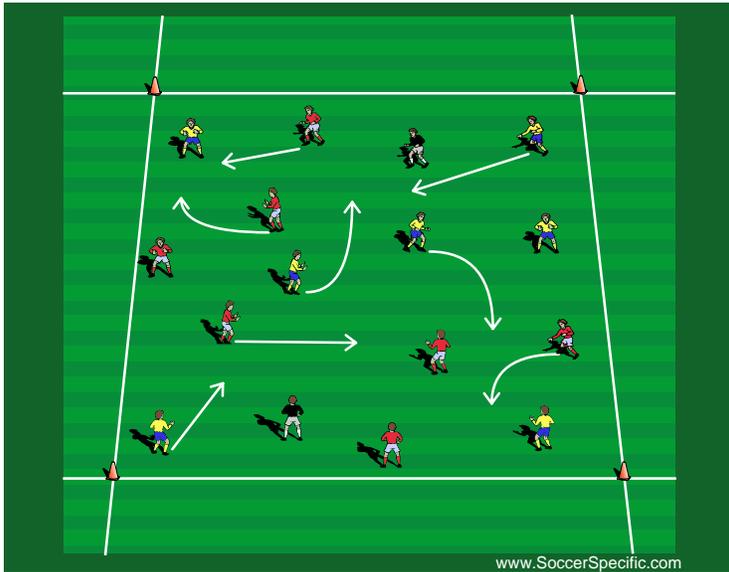


#### ACTIVITY #4

**Set up:** Create a 44 x 36 area or as needed. 5 v 5 in the middle with 2 goalkeepers, and include 4 neutral players (2 on each side) on the outside of the area.

**Instructions:** Regular rules of soccer apply. Designate direction for each team. Teams play for possession in the middle and try to score in their oppents' large goal. Wide target players should only be used to maintain possession or to create space in the attack. Play to points or time, and then rotate target players into the game accordingly.

**Coaching Points:** Creating space with appropriate movement, timing, and angles off of the ball; play the way you are facing (don't force the ball); change the point of attack to create space and exploit attacking opportunities; disguise and deception of pass and runs; be patient and let opportunities to develop; all of the above.



#### ACTIVITY #5

**Set up:** Cool down. Create a 30 x 30 area if needed.

**Instructions:** Modified dynamic movements and static stretching. Focus on major muscle groups, and reduce heart rate.

**Coaching Points:** Review session. Address upcoming events (i.e., next training or game).