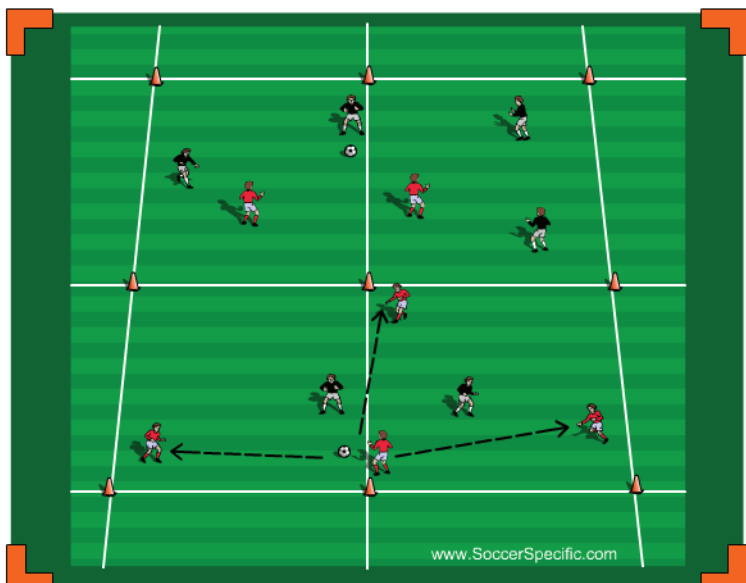


### ACTIVITY #1

**Set up:** 3 teams of 4 players in pinnies (black, red, yellow) working between the half way line and the penalty area.

**Instructions:** The ball goes from BLACK to YELLOW to RED and then BLACK again. Use 2 balls at the same time.

**Coaching Points:** RED starts to move in a good position while the ball travels from BLACK to YELLOW and so on.  
Technique of the pass.  
Focus on perception and movement.  
Pass 1 touch.  
Communication.

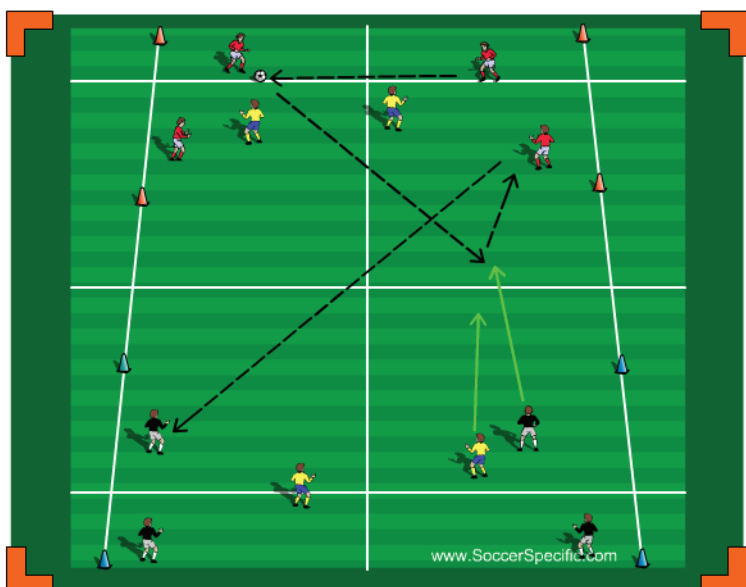


### ACTIVITY #2

**Set up:** Players in groups playing 4v2 keep away in a small area, 20 x 10. Modify as needed.

**Instructions:** The 4 reds look to maintain possession against the 2 black defenders. Rotate the defenders.

**Coaching Points:** Same points as the warm up.  
Look for the option of playing the ball to either sides of, or in between opponents.  
Move the ball as fast as possible.  
Be clever in the pass and in movement off the ball.

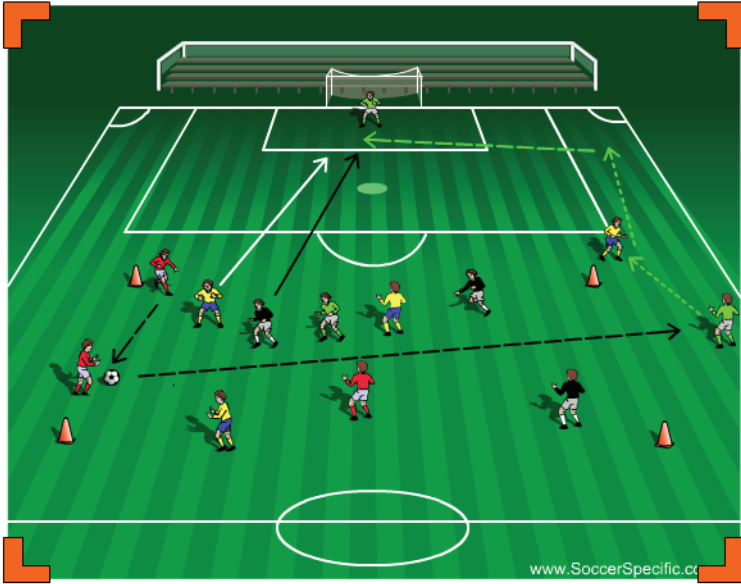


### ACTIVITY #3

**Set up:** Three teams - RED, YELLOW, BLACK play 4v2 possession in two areas, 20x10 with space in between. Modify size as needed.

**Instructions:** RED v YELLOW in one area. RED looks to play the ball to a BLACK (YELLOW defender can track) who has checked into the middle space. Rotate the teams.  
BLACK turns with the ball, or plays a short pass back to a RED.  
The ball then goes to the second area where BLACK play 4v2 against YELLOW.  
Change defending team if they gain the ball X times or if they manage to play the ball to the 4 players waiting in the other square

**Coaching Points:** Give a specific number of passes to be made before ball can be switched then allow players to switch when the opportunity is there.  
Focus on movements off the ball.  
Quality of the passing.  
Timing of the runs.



#### ACTIVITY #4

**Set up:** 3 REDS and 3 BLACKS plus 1 neutral (GREEN) play 3 YELLOWS in a 7v3 set up as shown. Area similar to previous activity set up in mid field between the penalty area and the half way line. Modify the size as needed. Keeper in goal and a fourth YELLOW defender and a second GREEN neutral player outside the area as shown.

**Instructions:** After a specific number of touches/passes the RED and BLACK team can play the ball wide to the GREEN player who then goes 1v1 against YELLOW and makes a cross into the penalty area. 1 RED and 1 BLACK player get into the penalty area and look to finish the cross. Progress to the farthest player making getting into the penalty area too. Add tracking defenders. Rotate left and right.

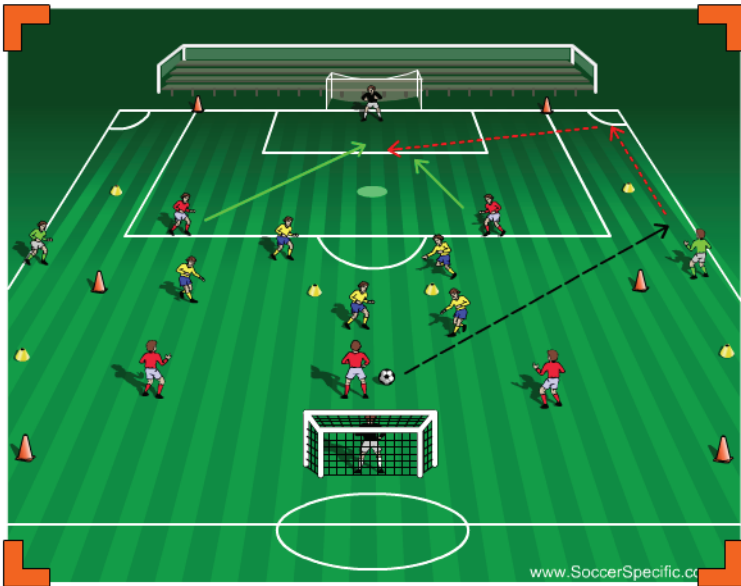
**Coaching Points:** Maintain possession.

Change play, quality technique.

1v1 attacking.

Quality of the crossing and finishing .

Make the positions as specific as possible.



#### ACTIVITY #5

**Set up:** Red and yellow play 6v6 plus keepers (7v7) with 2 wide neutral players (9v7). Area as shown with the 7v7 played within the width of the penalty area and the 2 neutral players in the channels.

**Instructions:** After a specific number of touches or passes the team in possession can look to score. They can attack and finish by playing the ball wide to the neutral player who goes 1v1 and looks to cross against a defender who steps out or by taking the ball between the cones in the middle.

**Coaching Points:** Possession.

When-where-how to attack the goal.

Quality of the crosses.

Quality of the runs into the penalty area and the finishing.

Progress to 8v8, 9v9, etc.