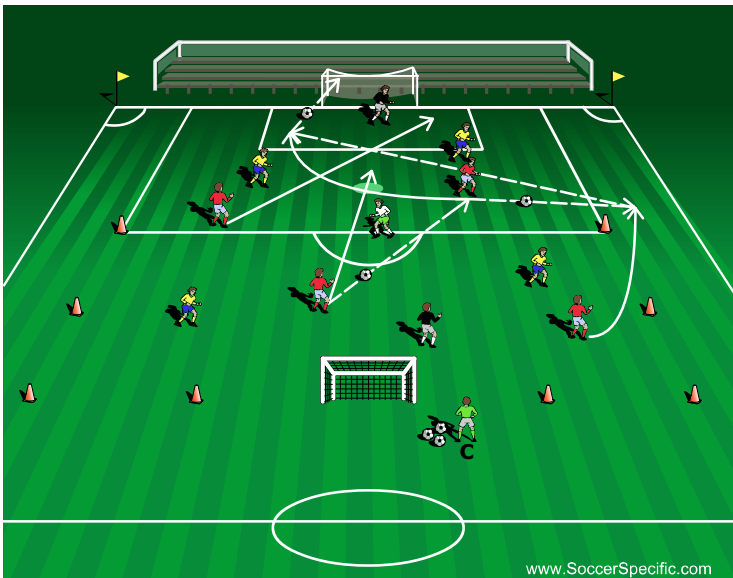


ACTIVITY #1

Set up: Warm Up. Half field or as needed. Create teams of 4 with 2 goalkeepers in the middle. One ball per team - additional balls available outside of the area.

Instructions: With your team of 4, begin play with simple passing and moving. Progress by addressing driven balls on the ground and in the air, bending balls into space and around opposition, and finish with flighted or lofted balls into targets or space. Note: goalkeepers are in the middle as passive opposition and attempt to "cut-out" each type of service. If the goalkeeper collects a ball, they immediately distribute the ball back to the same team. Stretch.

Coaching Points: Body mechanics; body shape/balance; preparation touch; angle of approach; eye on the ball; and correct striking technique.

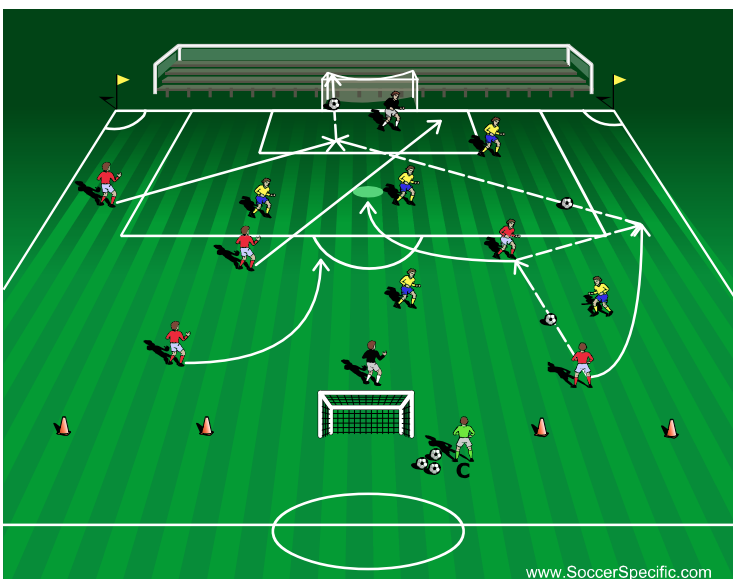


ACTIVITY #2

Set up: Small Sided Game. 44 x 36 area or as needed. 3 v 3 or 4 v 4 + 1 with goalkeepers to two large goals. Note: 4 v 4 + 1 is shown.

Instructions: Play begins inside the 44 x 36 area. Players are allowed to attack wide flank spaces [only] if the ball is played wide as shown. Begin with no defending pressure out wide, and progress by allowing defensive pressure once the ball is played wide. Once the ball is played wide, the wide player must make the correct decision on the type of cross to make. Attacking players must focus on runs to the near, far and secondary spaces. Reward players for finishing off of crosses with the head or volley.

Coaching Points: Creative ways to exploit width; choice of driven, bending or flighted ball; cues for early or endline service, timing of runs; and correct technique finishing off of crosses.

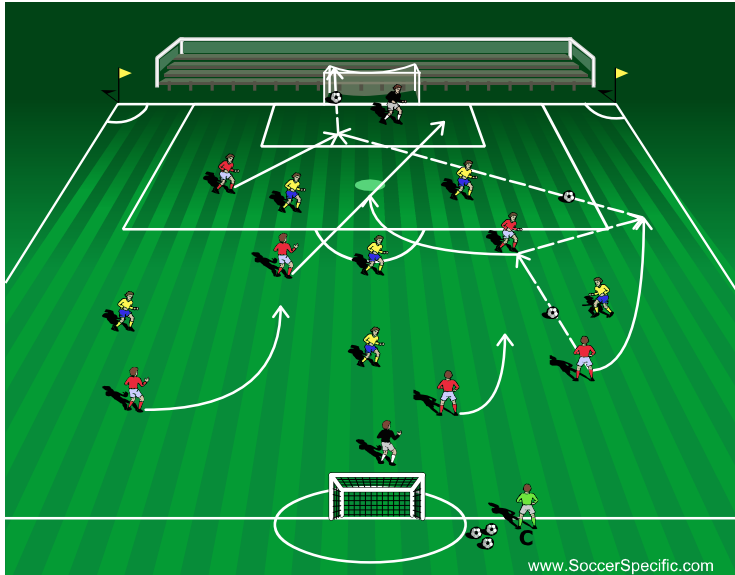


ACTIVITY #3

Set up: Expanded Small Sided Game. Full width x 50 area or as needed. 5 v 5 with goalkeepers to two large goals.

Instructions: Organize players in order to improve attacking shape and options - 1:2:3 vs. 1:3:2. Emphasis must be placed on developing wide attacking options through combination play to create space as demonstrated by the Red team. Reward 1 point for combination play on the flanks, and 2 points for finishing off of crosses.

Coaching Points: Combination play to create width; creating space and time on the ball; exploiting 2 v 1 opportunities on the flanks; players working together in attacking unison; timing of runs; timing of service into the box; and aggressive attitude and mentality to score.

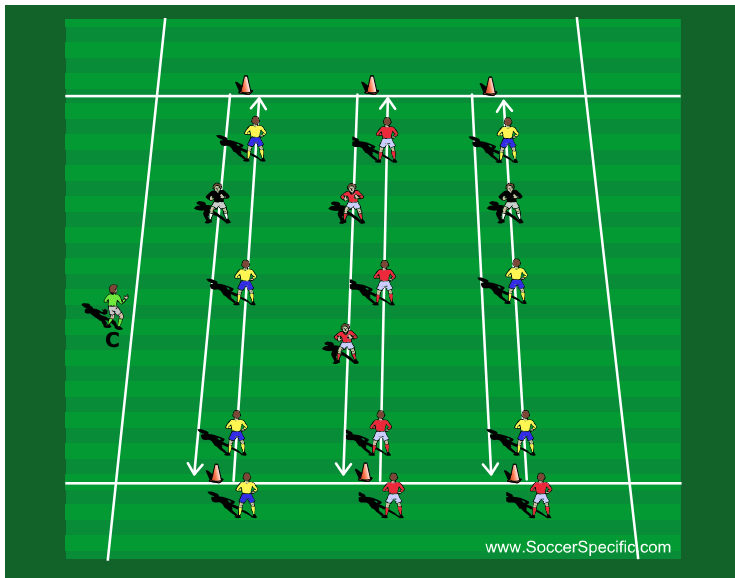


ACTIVITY #4

Set up: Match Condition Game. Half field or as needed. 6 v 6 with goalkeepers (7 v 7) to two large goals.

Instructions: Final game - no restrictions. Organize teams into a 1:3:2:1 vs. 1:2:1:3.

Coaching Points: All of the above.



ACTIVITY #5

Set up: Cool down. 20 x 30 area or as needed. Create 3 lines with players equally distributed in each line as shown.

Instructions: Designate a "Team Captain" for the cool down exercises. Players begin by jogging back and forth between the cones. Players progress by performing various dynamic exercises, flexibility movements to include, but aren't limited to: skipping, lunge walks, squats, toe touches, leg swings, side-stepping, grapevine, gate (groin) movements, knee hugs, heel kicks, etc. Reduce heart-rate. Final stretch.

Coaching Points: Reinforce the topic of Attacking Wide Play; review session; remind players of upcoming training, games or events.