

### ACTIVITY #1

**Set up:**

5 cones are arranged as shown - 2 players are positioned at each cone and 1 player begins at the middle cone. 2 balls are positioned in the corners.

**Instructions:**

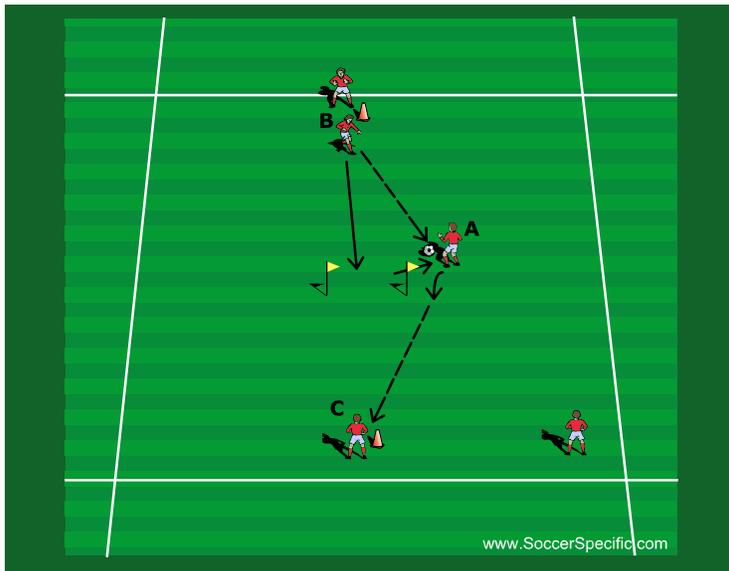
Player (A) passes in to the central player: the central player must receive the ball in an "open" stance and pass the ball to the opposite corner player: the central player then follows his pass out of the grid. Immediately upon making the first pass, Player (A) comes in to the middle to be the "new" central player. Play is continuous with central players receiving passes, passing to a perimeter player, before leaving the grid.

Progression(s): Perimeter players shout "turn" or "man-on" as they make the pass - central player must make the appropriate decision.

**Coaching Points:**

Weight and Angles of pass.

First touch and quality of lay-offs.



### ACTIVITY #2

**Set up:**

4 players are positioned as shown. A central "gate" is created using cones / flags as shown - 1 player starts the activity between the flags.

**Instructions:**

The ball is passed to central player (A) - player (A) must check to the left or right of the flags to receive the ball in a half-turned / sideways-on position. The central player then passes to the opposite side of the grid to player (C). Player (B) becomes the middle player, player (A) follows his pass to (C)'s position. Play is continuous.

**Coaching Points:**

Sharp accurate passing

Angles and weight of passes.

Quality of first-touch.



### ACTIVITY #3

**Set up:**

A half pitch is organised as shown - a goal is placed on the half-way line. 4 cones are placed on each side of the playing area. A supply of balls is required at position (A).

**Instructions:** Player (A) passes to player (B), player (B) receives the ball in a half-turned position (as per previous activities) before passing to the 2nd Striker (C). The first striker has made a run to receive the ball from (B) but (B) has opted to bypass him and go direct to player (C). Player (D) now spins underneath and inside to receive the lay-off from (C) - resulting in a shot on goal. Player (C) follows up for rebounds / deflections. Play is continuous with player advancing to the next cone to repeat the activity. The same sequence is alternated down opposite sides of the pitch (see Red / Yellow groups)

**Coaching Points:**

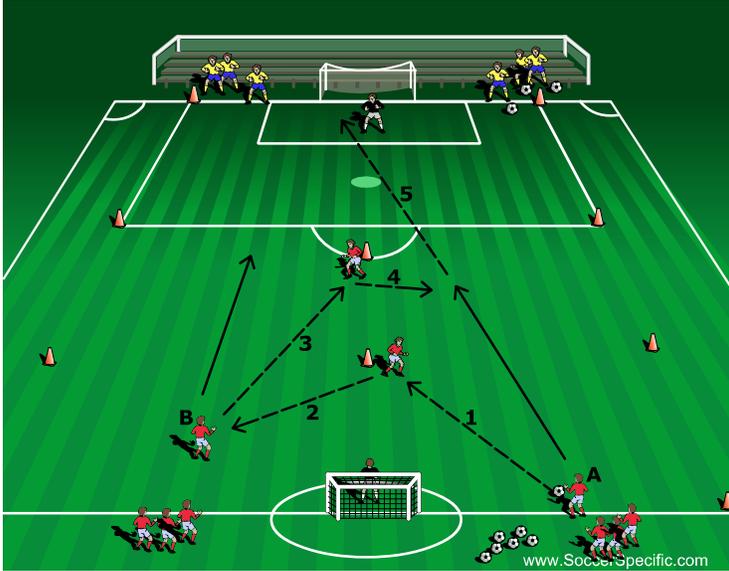
Weight and angle of pass.

First player should receive the ball in a half-turned stance.

Timing of runs from 1st / 2nd strikers.

Hit the target with all shots - accuracy and power.

#### ACTIVITY #4



#### Set up:

A half-pitch is used as shown. 2 central players are positioned at cones in the middle of the playing area. The remaining players are positioned at opposite ends of the playing area (4 groups) A supply of balls is required at each end of the pitch.

#### Instructions:

Player (A) starts the sequence with a pass to the first central player (1) - player (A) then continues a forward run up the pitch. The central player lays-the-ball-off (2) to the opposite supporting player (B). Player (B) then hits the 2nd striker (pass 3) who lays the ball off (pass 4) for oncoming (A) for a strike on goal. The same sequence is repeated from the opposite end of the pitch (yellow players in diagram). Play is continuous.

#### Coaching Points:

Weight and angles of passes.

Timing of runs - don't arrive too early!

Hit the target on all shots - accuracy and power.

Vary the shots - driven, low, bending, chip etc.