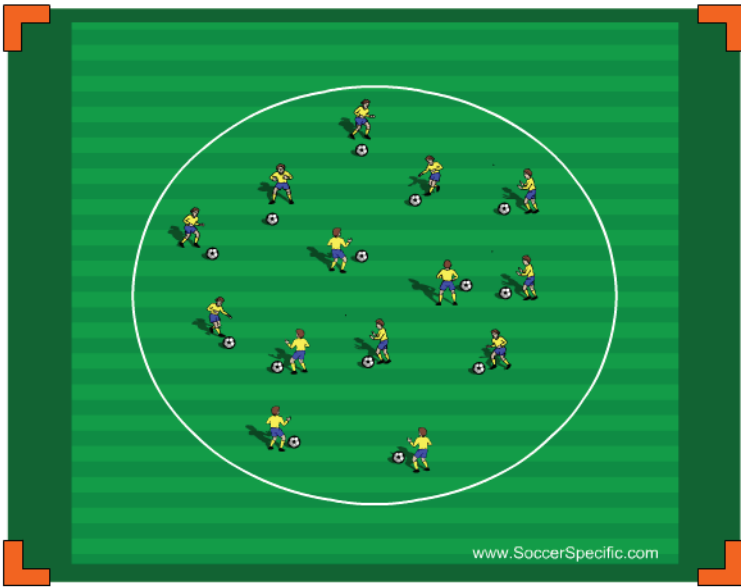


ACTIVITY #1

Set up: Players with a ball each in the center circle.

Instructions: Players do a pre warmup activity with the ball. Must take 200 touches on ball and 100 juggles.

Coaching Points: The 200 touches on the ball should be with both feet and all parts of the surface used in a game. The juggles do not have to be consecutive, but players should be working to keep the ball up 100 times without it hitting the ground.

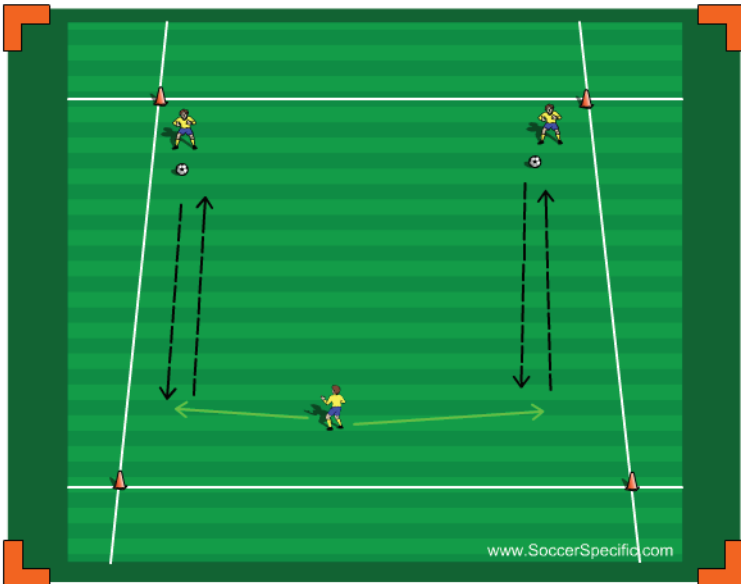


ACTIVITY #2

Set up: Players in 3's in a small square (3 x 3 yards). Two servers each with a ball serve to the third player who works on passing and moving.

Instructions: Introduce or reinforce or demonstrate particular passing movements. 2 servers have the ball at their feet and alternate serving to the third player. Working player moves laterally between two cones to receive passes

Coaching Points: Keep the ball close.
Crisp movements.
Lots of changing direction.
Uses different parts of both feet.

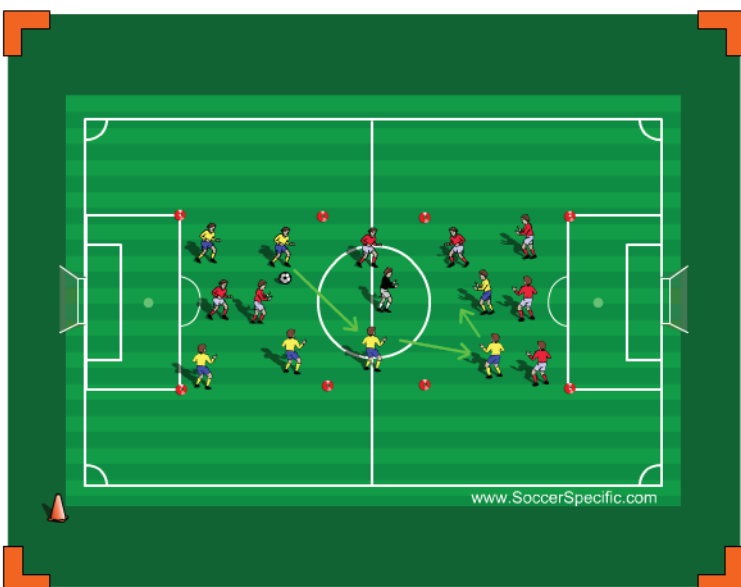


ACTIVITY #3

Set up: 7v7+ 1 possession game in 3 zones. Dimensions: 18 yard line to 18 yard line and width of the penalty area. Increase size for more success or for older players. Middle zone is 10-15 yards long.

Instructions: 4 defenders vs 2 attackers in each outside zone. 1v1 plus neutral player in middle zone.

Coaching Points: Create combination play in man-up situations. Movement off ball – create passing lanes. Look to be the player that turns 1v1 into 2v1. Importance of width and depth in outside zones. Role and timing of center midfielder player showing into space in front of defenders.

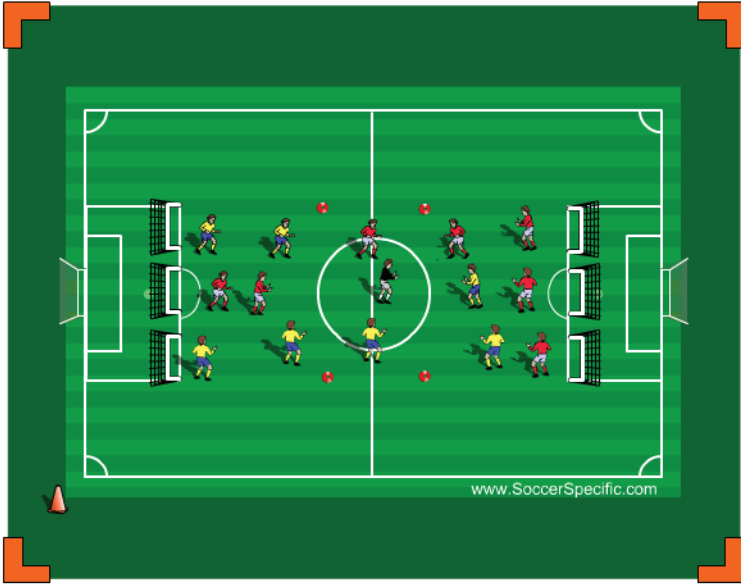


ACTIVITY #4

Set up: 7v7 game with neutral player and 3 zones to 6 small goals. Dimensions the same as Activity 3.

Instructions: Progress to direction. One wide defender may move into next zone BUT – can only advance on ball played into space - can't dribble into next zone. Player in middle zone on attacking team can enter either zone BUT not on dribble.

Coaching Points: Replicate basic movement building from back. Encourage wide players to receive passes in space in front of them. Encourage central midfield players to find gaps to receive balls into their feet (out of our buildup – back to goal- AND as part of attack – facing goal).



ACTIVITY #5

Set up: 7v7 to big goals and keepers. Leave the zones in as a visual reminder of the session.

Instructions: No restrictions.

Coaching Points: Encourage themes from practice. There is a lot of thinking/attention needed in this practice. Make sure that the players continue to focus on the details AFTER the conditions are lifted.

