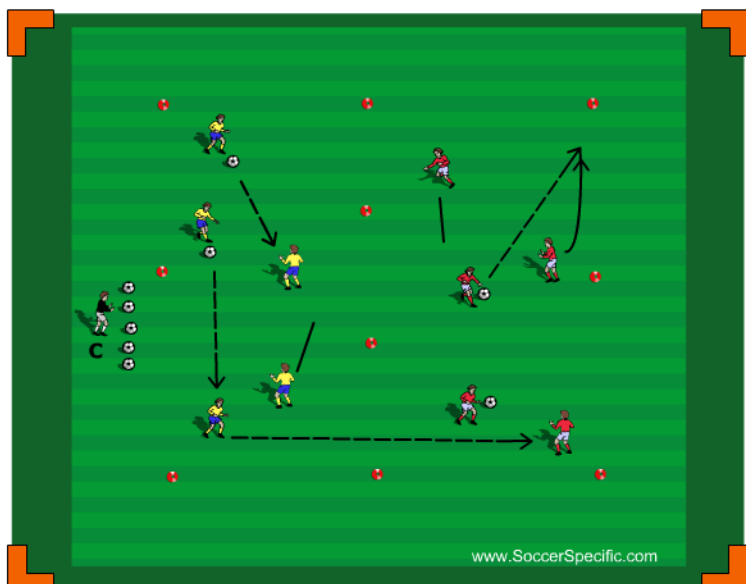


### ACTIVITY #1

**Set up:** 40 x 40 grid and put cones across to make 2 zones.

**Instructions:** Sort players out in two groups with one half on one side and the other half on the other. Have players pass and move and look to get wide on the 3rd pass. When players are receiving their 3rd pass they will get a good first touch towards other grid and look to pass to other side. Start with 1 ball and can move to 2 balls to make it more complex.

**Coaching Points:** Players need to be sure to keep moving and keep ball under control. Eye contact to who to pass to and visual cues to where players want to receive the ball. Good first touch to quickly change ball to other side. Body shape and balance and surface of the foot to receive ball with.

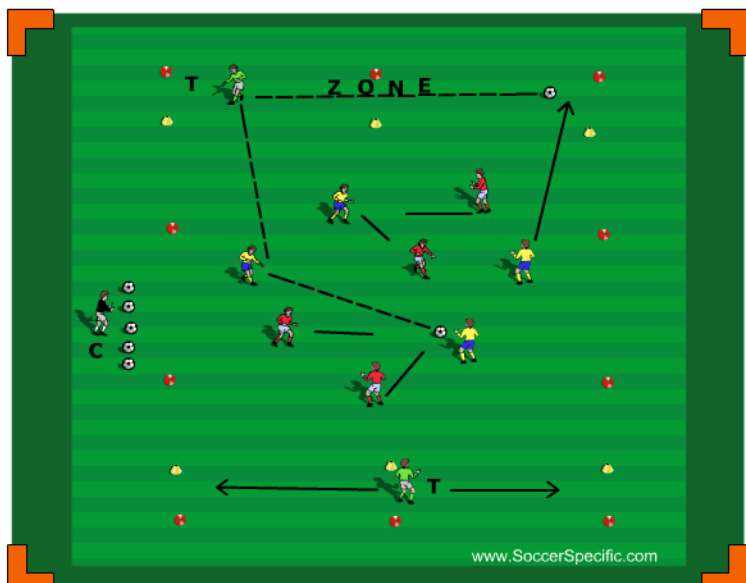


### ACTIVITY #2

**Set up:** 40 x 40 grid and set up 2 free zones at the end lines.

**Instructions:** Players will remain on their respective teams. Place 1 target on each end of the grid who will move freely from side to side. Players in the center of the field will play possession and look for target player when getting pressure. Once Target player receives ball only the team that had possession can enter the grid on opposite end of free zone to receive ball and then get ball back into teammates and look to go to other Target. Target and player receiving the ball can go back to the same direction if pressure does not allow a pass.

**Coaching Points:** Players will look to control the ball and utilize the Target who needs to have a good first touch towards other end of zone to pass to a player checking in to that space to provide support. Need to make the decision to go back or find an open player.



### ACTIVITY #3

**Set up:** 5 v 5 + 2. Set up a 40 x 50 grid and set two small goals on each end.

**Instructions:** Players will play possession and neutral players will be on the attacking team. Game will be directional and players can score on either goal.

**Coaching Points:** Players need to be patient and possess the ball and look for opportunities to score. Focus on first touch after receiving and controlling the ball and using the proper surface of foot. Players need to be sure they receive the ball away from pressure and pick their head up to see different options if there is too much pressure in front of them.





#### ACTIVITY #4

**Set up:** Set up game with No Restrictions playing 7 v 7 or 8 v 8 depending on numbers. Recommend to play a 3 3 1 or 3 1 2.

**Instructions:** Players will play as they would a normal game with throw ins and offsidess.

**Coaching Points:** Freeze as necessary to point out options if they have ball in an area where there are too many players. Using discovery and ask players where they should go or pass the ball to in order to get out of pressure.