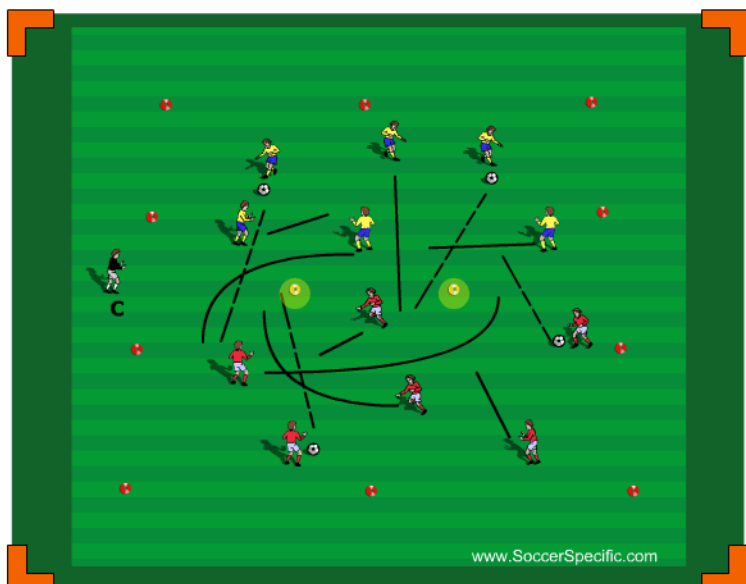


ACTIVITY #1

Set up: Set up 40 x 40 and split in half with 2 different color cones to show mid line.

Instructions: Sort players in two different groups and have them pass and move in one grid using multiple soccer balls and to stay in their designated side. When the coach gives the command switch, players will look up and see who is giving the visual cue to penetrate to other grid and a pass is made to the other area. Both groups will do the same and everyone switches grid and continues to pass and move until the command switch is given again. Do this repeatedly until they all understand they can not go over to other grid until ball is passed first so that they can time their runs.

Coaching Points: Movement off the ball. Accurate passing and good first touch. Visual and verbal cues on the pass. Timing of runs and weight of pass.

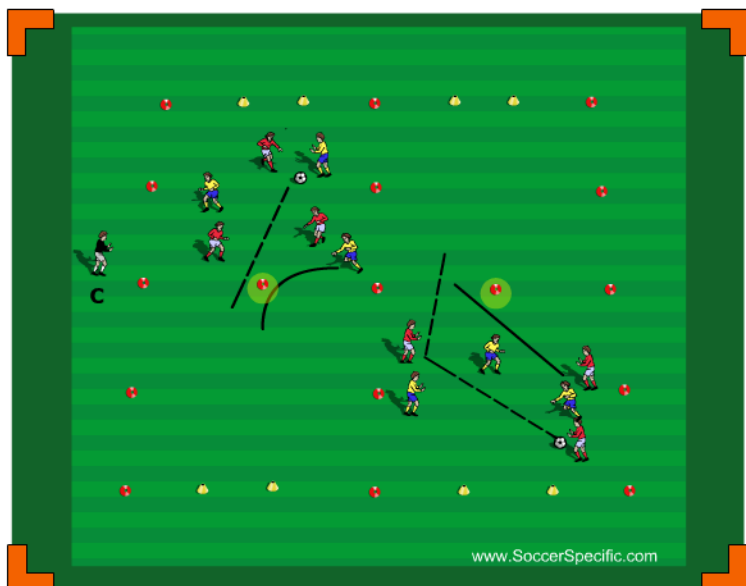


ACTIVITY #2

Set up: Set up 4 grids and each grid being 20 x 20 and split each one in half.

Instructions: Players will play 3v3 or 4v4 depending on number of players present for practice. They will play possession in each grid and if they are able to pass the ball to the other grid to their teammate without going over they can score a goal. Each team can score a goal if they can successfully give a through ball or wall pass into space. The cone in that is placed in the center will act as the last defender to allow players to figure out their runs without being offsides. If the player is offsides the ball goes to the other team and must make one pass before they can go over to other grid.

Coaching Points: Movement to prepare for the pass and not just going forward. Visual and verbal cues in the game. Players should be patient and wait for moment to split the defense using proper timing of runs and correct weight of pass.

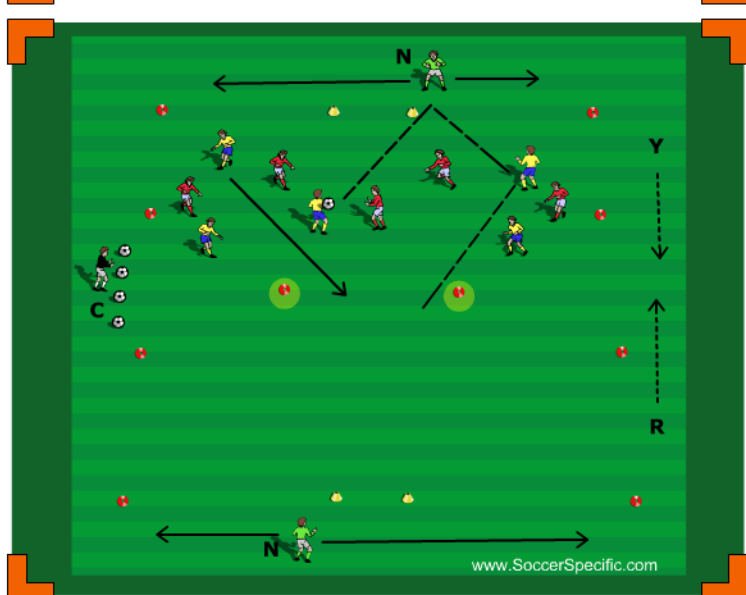


ACTIVITY #3

Set up: Set up a 40 x 50 grid with goals on the ends and a half way line. The two cones highlighted as used as last defenders.

Instructions: Players will play 5v5 or 6v6 with a neutral player who is a supporting player on each end to play on both sides and teams go directional to goal. Possession and penetration pass to space as a player is running into the area. If the team gains possession they must use a neutral player to maintain possession to look for opportunity to penetrate without being offsides.

Coaching Points: Possession of ball using good technique and first touch on passing and receiving. Timing of runs, visual and verbal cues, good weight of pass on the runs to space. Control the ball and look for opportunity with patience.





ACTIVITY #4

Set up: Set up for the final game.

Instructions: Players will play freely with no restrictions.

Coaching Points: Look for moment when a player is not making a run or not showing to the ball to support. Freeze and paint picture of what should of been done and provide coaching points.
Fin