

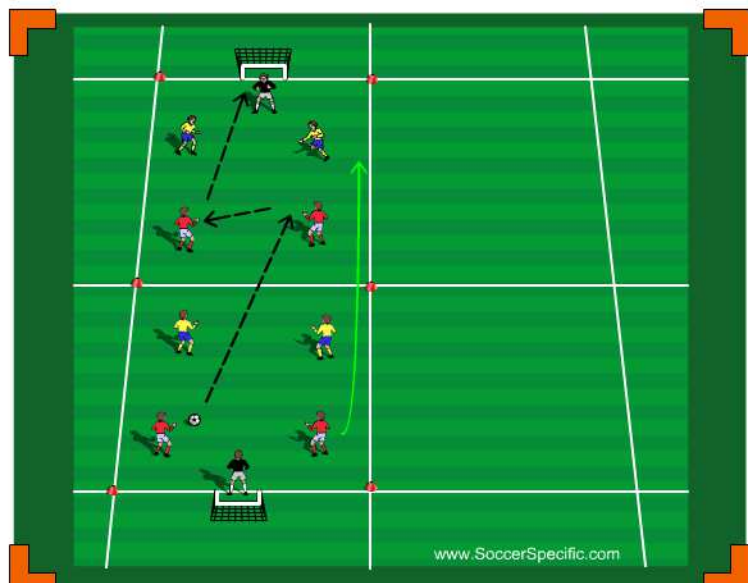


ACTIVITY #1

Set up: Two teams of six players in an area, 30x20. Modify as needed for level of team. 6 players with a ball each in the grid. Six players outside the grid without a ball.

Instructions: Players dribble around in the grid, unlimited touches, then execute take overs, give an go, overlaps with the players outside the grid.

Coaching Points: Set up and ball position.
Receiver's body shape.
Communication between the two players.
Visual cues.



ACTIVITY #2

Set up: Area 36x24 with two small goals and keepers. Field set up with two areas each with a 2v2+1 (3v2) for a 4v4+Ks (5v5).

Instructions: Players play in own half of the area. Try to combine with team mates in both halves to score. Progress by allowing one player from the attacking team to join in the attack and combine with team mates to make a 3v2.

Coaching Points: Recognition of when and where to pass, support and run.
Timing, angle and distance of support.
Quality passing.
When to play 1 touch and when to play 2 touch.
Quality of finish.

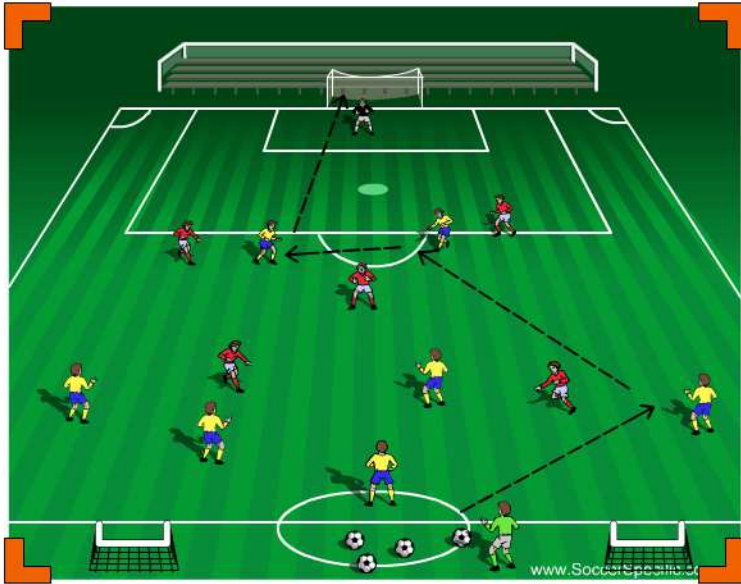


ACTIVITY #3

Set up: Play 5v3 plus keeper on half field with counter goals.

Instructions: Coach serves the ball into the 5 attacking players who look to combine for a shot on goal. Defending team look to win possession and use the counter goals as targets. Add players as needed and progress to 6v4.

Coaching Points: Same points as previous activities.
Speed of play.
Proactive runs.
Third player runs.
Support in front of the ball.
Back to goal play.



ACTIVITY #4

Set up: Play 7v5 plus keeper on half field with counter goals.

Instructions: Coach serves the ball into the 7 attacking players who look to combine for a shot on goal. Defending team look to win possession and score in counter goals.

Coaching Points: Same points as previous activities.

Deal with the increased pressure.

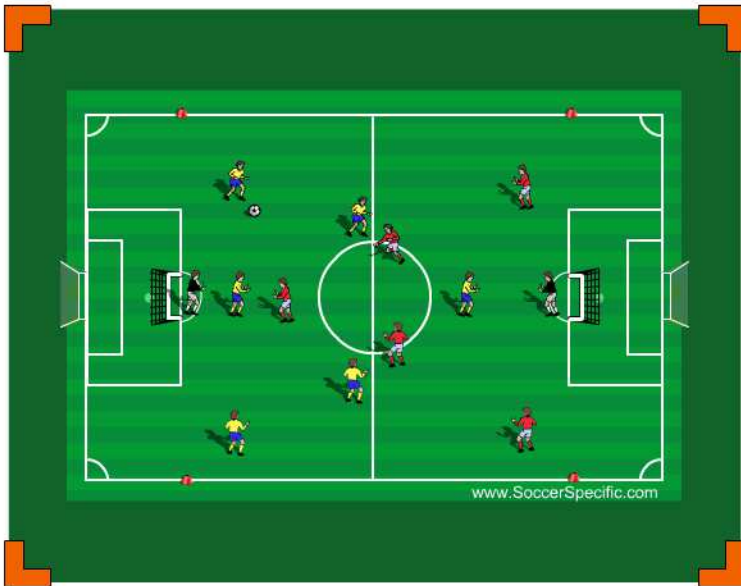
Speed of play.

Proactive runs.

Third player runs.

Support in front of the ball.

Back to goal play.



ACTIVITY #5

Set up: Play 7v7 and 9v9 on three quarter field. Modify for age and level of team.

Instructions: Unrestricted game with offside rule in play.

Coaching Points: Individual and small group play.

Decision making.

Rhythm of play.

Runs from behind the ball.