

ACTIVITY #1

Set up: Players in groups of 3s in an area 25x30. One ball per group. Each group in a different color.

Instructions: Players pass and move, dribble, or do take overs in their area to work on various combination plays.

Coaching Points: Focus on movement.

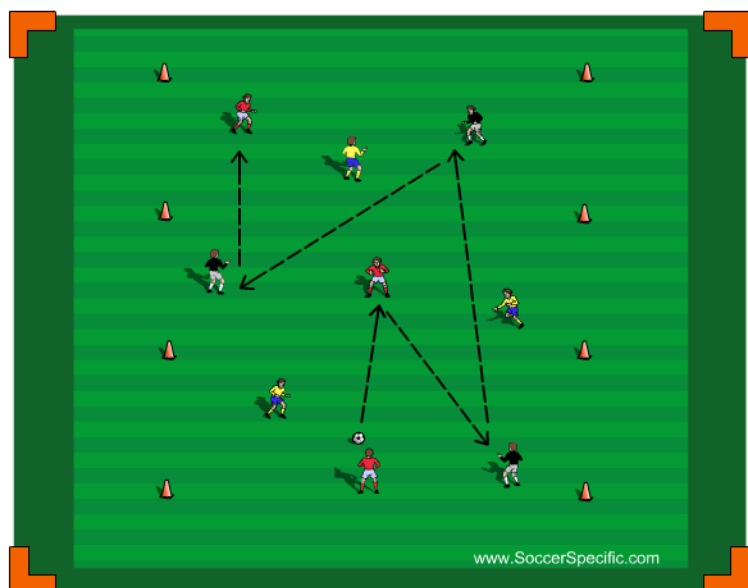
Communication between players.

Demand quick passing.

Possession - when and where to pass.

They can work on key trigger words such as “switch”, “take”, “over” etc.

Vary the distance and type of pass.



ACTIVITY #2

Set up: Same area as warm up. Players in groups of 3 - 1 player from each team - red, yellow, black - per zone.

Instructions: Play a possession game - Red and Black v Yellow. Players must stay in their zone and pass the ball through the other team and maintain possession. Rotate defending team.

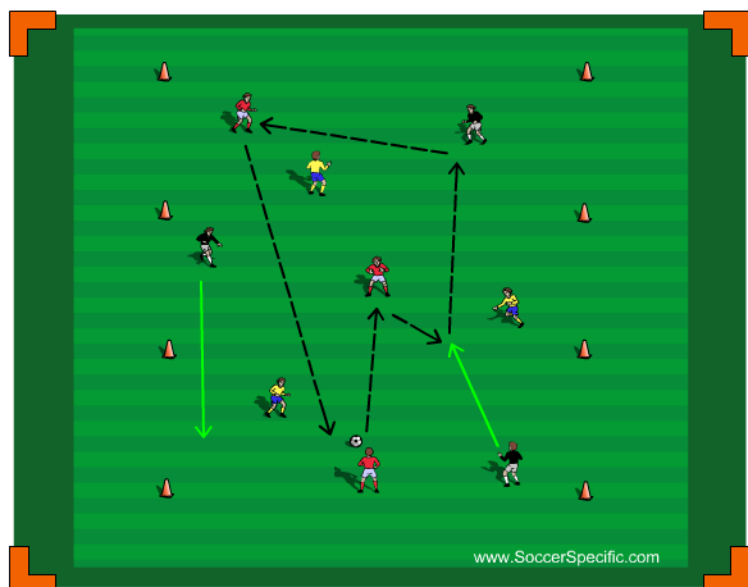
Coaching Points: Look at movement in the individual grids.

Focus on passing and supporting angles.

Look at the type of passes - long v short, on the ground v in the air.

Decide when to play one touch, when to take more touches.

Support when the ball is in flight.



ACTIVITY #3

Set up: Same set up as previous activity.

Instructions: Red and Black play against Yellow. Red and Yellow can now switch between zones, but must have one Red and one Black in each zone at all times. The ball has to be worked through all three zones then look at playing direct from end to end and supporting through the middle zone. Rotate defending team.

Coaching Points: Focus on movement on the ball and away from the ball.

Player awareness of what's happening around them.

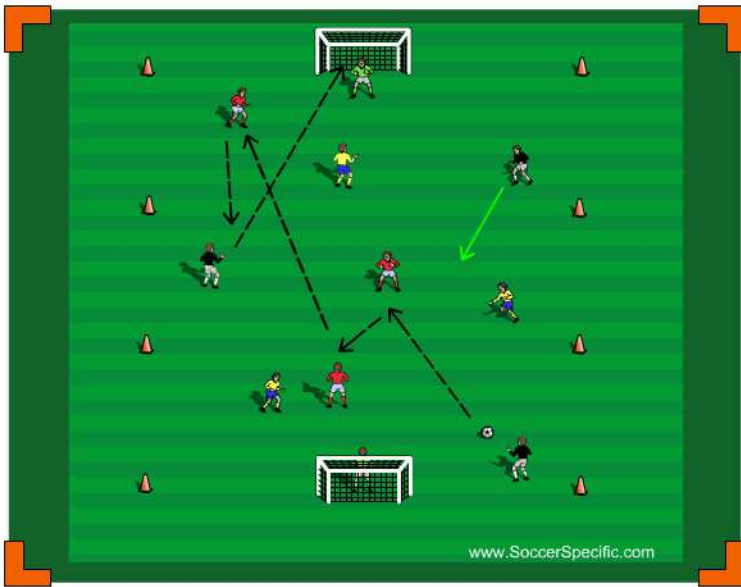
Quick movement on and off the ball and when switching players.

ACTIVITY #4

Set up: Same set up as previous activity with two goals and keepers added as shown.

Instructions: Same set up as previous activity. Red and Black attack both goals. Yellow defends both goals. Attacking team looks to finish with a shot on goal. Rotate defending team.

Coaching Points: Same points as before. Focus on the quality of the finish.



ACTIVITY #5

Set up: Two teams - Red and Yellow - in an area 54x44 (3 penalty areas).

Instructions: Play 6v6/7v7 game. No restrictions.

Coaching Points: Apply all previous coaching points to the game.

