

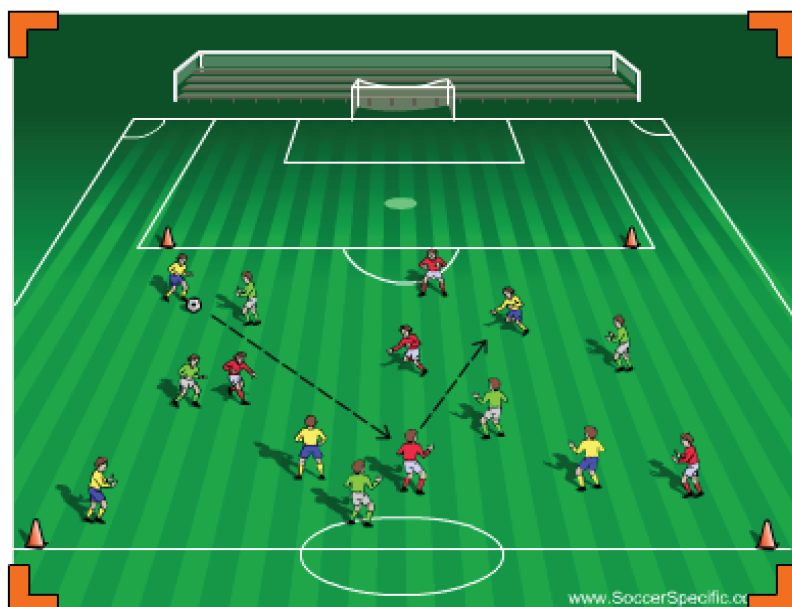


### ACTIVITY #1

**Set up:** Area of 30x30, 40x40 or 50x50 depending on the number of players involved in the session. 3 teams of 3-6 players each.

**Instructions:** Each team with a ball. Pass and move as a team within the area.

**Coaching Points:** Focus on technique. Stretch as needed.



### ACTIVITY #2

**Set up:** Area of 30x30, 40x40 or 50x50 depending on the number of players involved in the session. 3 teams of 3-6 players each.

**Instructions:** 2 teams (Yellow and Red) v 1 team (Green) - 8v4, 10v5, etc. Yellow and Red keep possession as Green tries to organize defensively to win back possession. On winning the ball Green becomes an attacking team and the color that loses possession defends. Adjust size of area as needed. Vary the amount of touches.

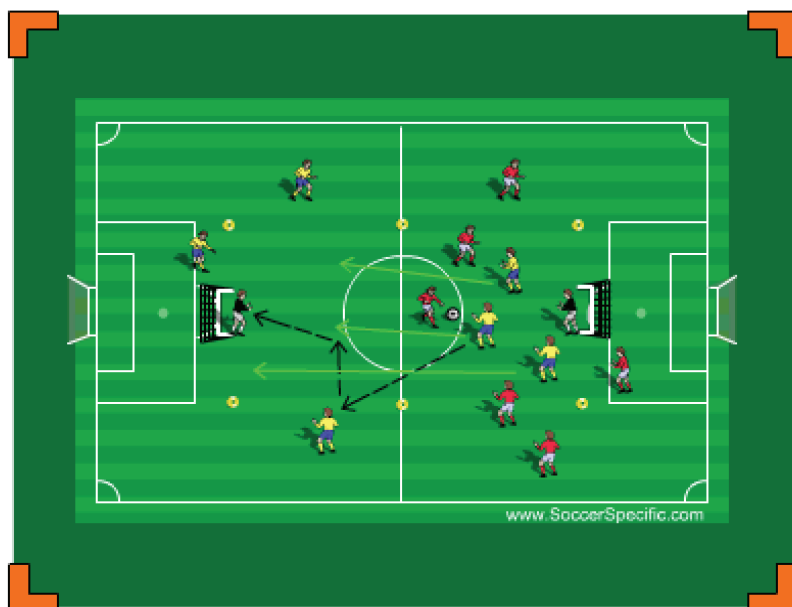
**Coaching Points:** Good defensive play - press, support, balance.

Defend as a unit to create opportunities to intercept and tackle to win ball.

Good awareness to then keep possession.

Switch from compactness to being open/wide to create opportunities to retain ball.

When in possession look for quality passes and touches.



### ACTIVITY #3

**Set up:** 40x30 yard field with goals. 2 teams play 6v6 plus keepers (7v7). Set up 3-Yellows v 3-Reds in one half with 3-Reds on outside in Red's attacking half and 3-Yellows on outside in Yellow's attacking half.

**Instructions:** Yellow must defend 3v3. On gaining possession they can possess, or play ball forward into attacking half to an outside player. When ball comes back into play 3v3 game resumes in other half. Yellows now attack - Reds defend. Once in attacking half, attacking side cannot cross back into defensive half.

**Coaching Points:** Good defensive play - press, support, balance.

Defend as a unit to create opportunities to intercept and tackle to win ball.

Good awareness to then keep possession or look for early pass forward.

Switch from compactness to support positions and create space to retain ball.

Sprint to get forward quickly in support.

Demand quality passes and touches.



#### ACTIVITY #4

**Set up:** Expand the field of the previous activity - play 18 to 18 with full goals.

**Instructions:** Play 7v7 with players in positions relative to the team's system of play.

**Coaching Points:** Emaphise the defensive points and counter attacking of the previous activities.

Focus on previous coahcing points especially the counter attacking.

Expand game to 9v9 and 11v11.

Coach team in formation for next game.