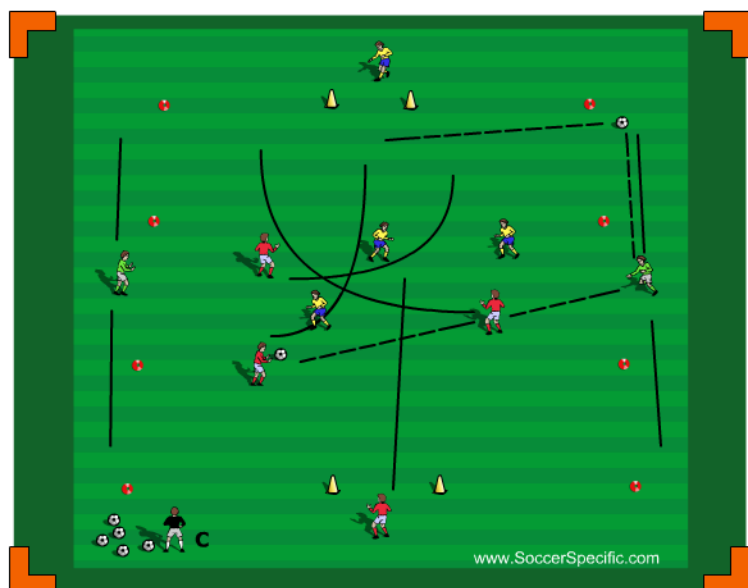


ACTIVITY #1

Set up: Have 2 grids with space depending on the numbers.

Instructions: Players assigned to grids will remain in grid and pass and move. After making the 5th pass the player will serve the ball to a player in the opposing grid. If going successful another ball will be added to make it more complex.

Coaching Points: Players should pass and move to space and focus on first touch and if they are the 5th pass do they set themselves up for a cross. The first touch and making eyecontact with a player in the other grid. Do they use verbal and visual cues to have success.

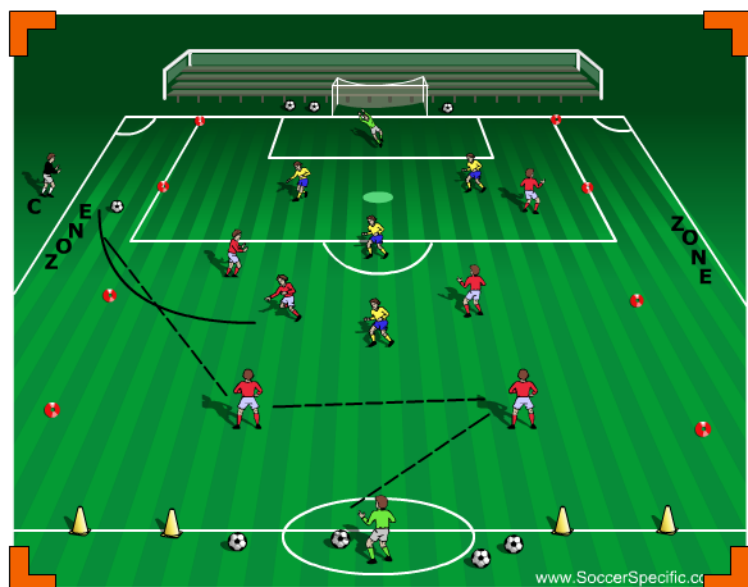


ACTIVITY #2

Set up: Set up a grid with goals on each end and be sure it is wide enough to be able to serve balls into goal area.

Instructions: Players will play possession in center of grid. The outside players are Neutral and are on the attacking team. The player who stands by the goal when passed by their team and goes on the attack can join as an extra attacker. The team once ball is served in can continue to attack until they score. If the lose possession a player must get off and the opposing team can bring their extra player in once balls is passed outside to neutral player.

Coaching Points: When player receives ball outside what surface of foot do they use and do they turn their hips and get a good first touch as they prepare to cross the ball to attacking team. Do they use their plant foot and follow through with the cross.



ACTIVITY #3

Set up: Set up half of field with zones in the outside of grid. Set up 2 goals for defending team to have the opportunity to counter if they win possession of ball.

Instructions: Players will play on 1/2 of field and attacking team will go towards the goal. When the attacking team has possession they will look to get into zone and look for player to take cross. The defensive team is not allowed in the zone. If defensive team wins the ball they can counter and score on the two small goals. The play will start from the target player to get more repetitions on serving balls in from width and getting more crosses.

Coaching Points: Not only focus on proper crossing technique but also the players on the field making runs. Once the player in the zone who has the ball under control does a prep touch and prepared for cross do they make eye contact with teammates. Do they make effective timed runs and patient of space.



ACTIVITY #4

Set up: Set up game with No Restrictions playing 6 v 6 or 7 v 7 depending on numbers. Recommend to play a 2 3 1 or 3 3 1.

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 and there is no one creating width or if the player with the ball made a cross and the players off the ball did not time their runs. Using discovery and ask players where they should go to be in line of flight for cross or the technique of player making cross.