

ACTIVITY #1

Set up: Split the team up into 2 groups and put in 2 grids. Play 5v2, 6v2, or 7v2. Use all the players in the squad including the keepers.

Instructions: Keep away with the 2 defenders looking to win the ball to get out of the middle.

Coaching Points: Establish the tone for the rest of the practice.

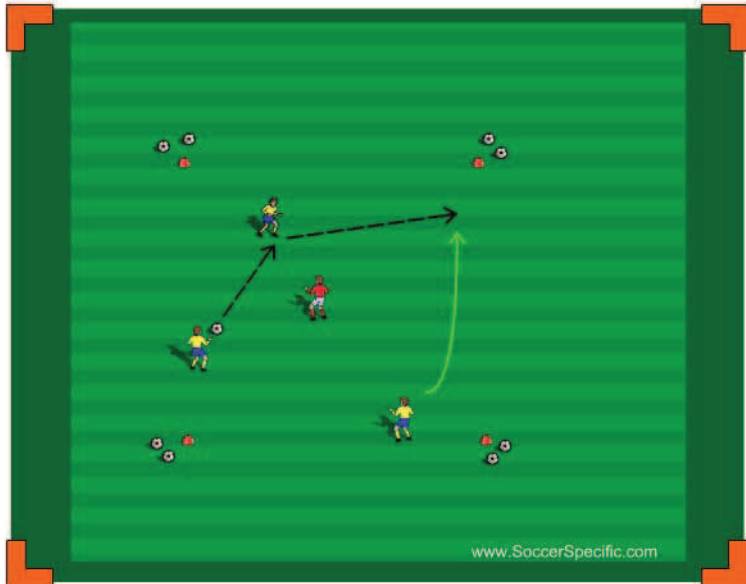
Simple play.

Quick play.

Create triangles.

Ball movement.

Player movement.



ACTIVITY #2

Set up: Grid 10x10. Players in groups of 4 with 3 attackers and 1 defender.

Instructions: Play 3v1 keep away with a 2 touch limitation. Rotate the defender. Play for 7-8 minutes.

Coaching Points: Player on the ball should always have an option right and left.

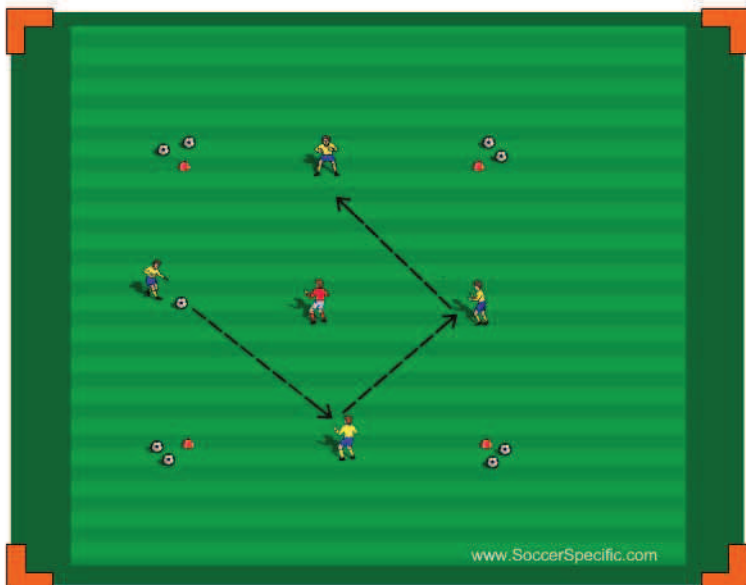
Simple play.

Quick play.

Create triangles.

Ball movement.

Player movement.



ACTIVITY #3

Set up: Increase grid to 15x15. Players in groups of 5 with 4 attackers and 1 defender.

Instructions: Play 4v1 keep away with a 1 touch limitation. Rotate the defender. Play for 7-8 minutes.

Coaching Points: Players should create passing lanes.

Have open hips to allow to play in all directions and to see the field.

Player on the ball should always have an option right and left.

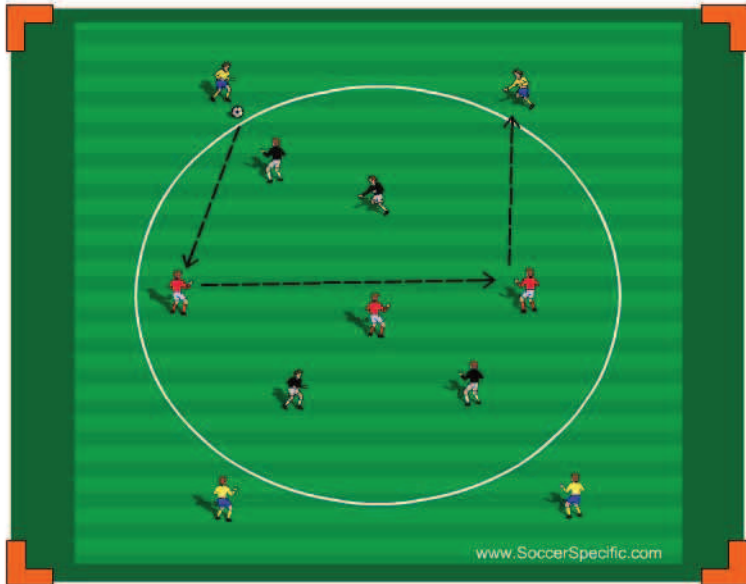
Simple play.

Quick play.

Create triangles.

Ball movement.

Player movement.



ACTIVITY #4

Set up: 11 players in the center circle. 4 attacking players (Yellow) on the outside as shown - 2 on each opposite side. 3 neutral players (Red) - 1 on either side and 1 in the middle. 4 defending players (Black) inside the circle.

Instructions: Group of 4 attackers on the outside try to maintain possession of the ball using the 3 neutrals players in a game of 4v4+3 (7v4). If the defending team wins the ball, or possession is lost they switch places with the attacking team. This is done in the flow of the game, so play should not stop. Play for 20 minutes.

Coaching Points: Simple play.

Quick play.

Create triangles.

Ball movement.

Player movement.



ACTIVITY #5

Set up: Field 48x 36 yards with two full goals. Two teams of 5 players each, with 2 keepers and a neutral player.

Instructions: Play 5v5+1 (6v5) to goals with keepers (7v6). Free play. Expand to 7v7, 8v8, etc. and increase the size of the field.

Coaching Points: Simple play.

Quick play.

Create triangles.

Ball movement.

Player movement.