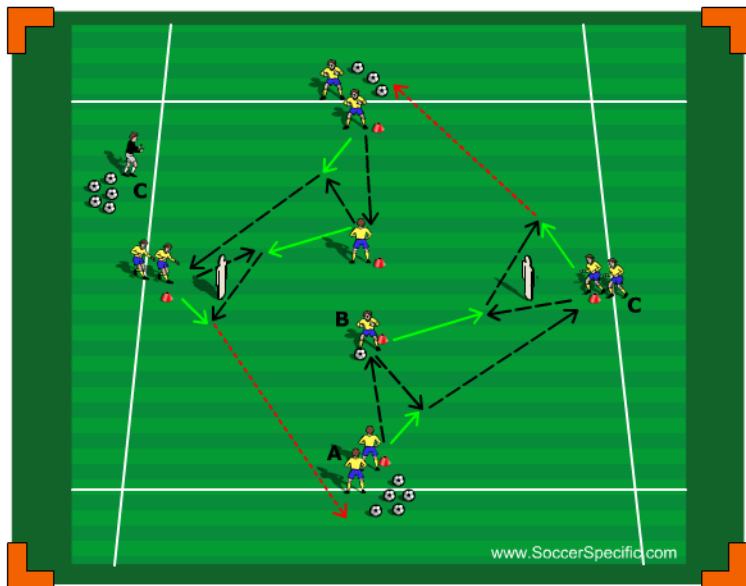


ACTIVITY #1

Set up: 21 field players plus 2 GKs, 11-12 per group, 25X20 grid, 2 grids, 2 minutes in duration. 2 variations both directions.

Instructions: The first passing progression sequence, player A passes it to player B who makes a tight turn with his right foot and plays it to the feet of player C who combines with player B avoiding the defender and then dribbles at pace to the end of the next line. Repeat with the left foot going the other direction, duration 3 minutes per foot. Players advance one cone for the rotation.

Coaching Points: Passing and receiving technique, movements and timing of runs, creating separation from defender (cones) by checking away before receiving each pass. Playing away from the mannequin, change of pace, speed of play, game awareness.



ACTIVITY #2

Set up: 21 field players plus 2 GKs, 11-12 per group, 25X20 grid, 2 grids, 2 minutes in duration. 2 variations both directions

Instructions: The second passing progression sequence shows player A plays it in to B who lays it back to A, A plays it to C's feet who lays it back to B and then B plays into the path of C who dribbles at pace to the end of the line. Pattern to the right for three minutes and then pattern to the left for three minutes.

Coaching Points: Passing and receiving technique, movements and timing of runs, creating separation from defender (cones) by checking away before receiving each pass. Playing away from the mannequin, change of pace, speed of play, game awareness.