

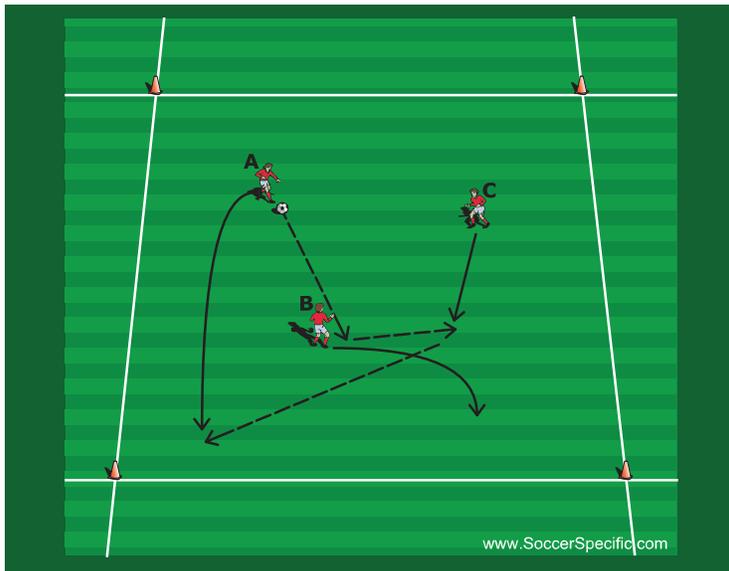
### ACTIVITY #1

**Set up:** Divide team into groups of 3 as shown. Each group begins with one ball, passing and moving collectively. Note: For illustration purposes only one group of 3 is diagrammed.

**Instructions:** The following patterns are emphasized: Pattern 1 (shown in diagram).

"A" passes to "B", who plays ball into space for "C"; "B" spins away from "C" who then plays a through ball back to "B". "C" continues forward and joins "B" in the attack. Play is continuous.

**Coaching Points:**



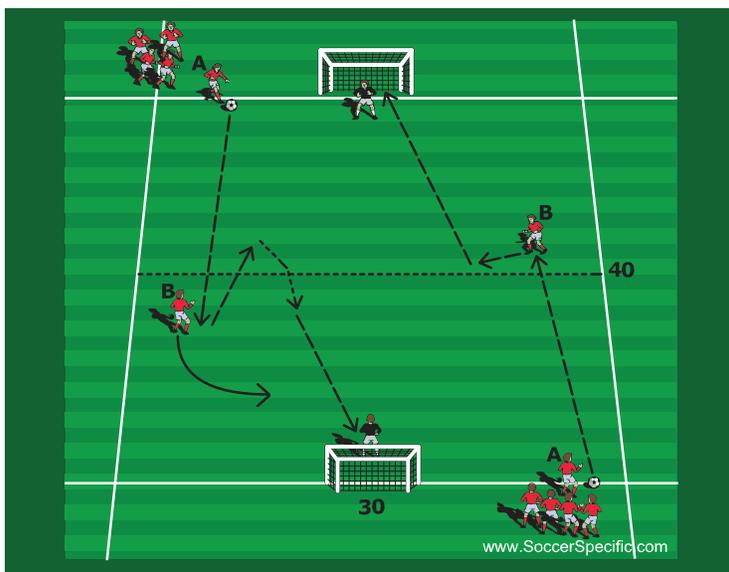
### ACTIVITY #2

**Set up:** Continuation of previous activity.

**Instructions:** The following patterns are emphasized: Pattern 2 (shown in this diagram).

"A" passes to "B" who plays ball back to "C"; "B" follows pass and runs forward; "A" then runs forward and receives a through ball from "C" into the space "B" created. "B" then joins the attack. Play is continuous.

**Coaching Points:** Body mechanics, shape and general technique. Correct supporting angles, timing and deceptive runs. Accuracy, weight, timing, and quality of [penetrating] pass. Verbal and visual communication.

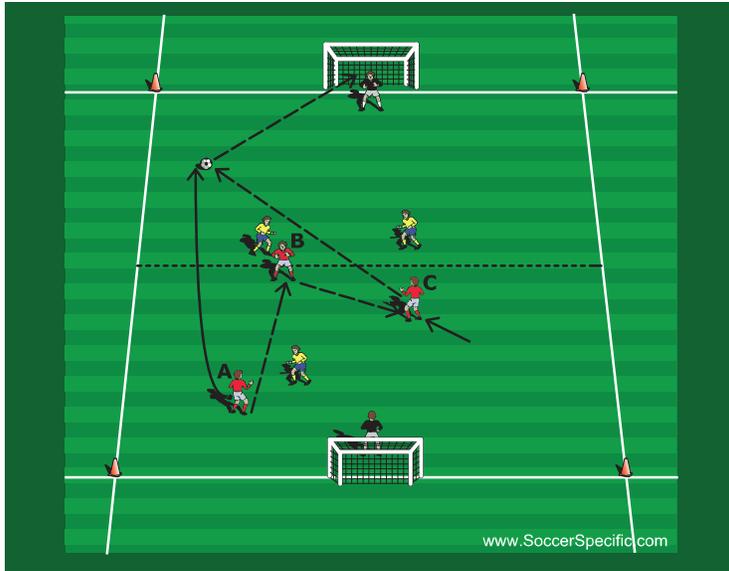


### ACTIVITY #3

**Set up:** Two large goals with goalkeepers (30 x 40 area). Players form two groups and stand at opposite corners. One player begins as target player in the middle for each group as shown.

**Instructions:** The first player in line "A" passes to target player "B". Both sides of pitch work at same time. The target player must lay ball off to "A" for a shot on goal. Target player rotates to opposite line; shooter rotates to become next target player. If shooter receives ball in attacking 1/2 of field, they must shoot the ball first-time. If shooter receives ball in back 1/2 of field, they can dribble to prepare the ball to strike. Be sure target player spins away from ball and follows strike on goal and finishes any rebound or 2nd chance opportunities. Switch starting positions to other side of field which creates ball striking with opposite foot. Continuous play.

**Coaching Points:** Proper timing of pass and combining runs to goal. Proper selection of striking surface. Placement vs. power - hit target! Positive attitude and confidence.



#### ACTIVITY #4

**Set up:** 3 v 3 with goalkeepers to two large goals as shown. 30 x 40 area or as needed.

**Instructions:** Objective is to combine and score by implementing trained patterns of play. In this diagram, Player "A" has passed to "B". "B" has layed the ball back for "C". "A" has continued his/her run to receive a through-ball from "C". Add a neutral player if necessary to create more success. Be aware - too many players decreases available space and may limit a player's movement off the ball. Implement the Offside Rule to keep it realistic. Rotate after time or once an established number of goals are reached.

**Coaching Points:** Correct attacking shape and balance. Awareness of passing gaps in the defensive line. Angled passes and timing of runs. Speed of play and decision making. Finishing technique and confidence.



#### ACTIVITY #5

**Set up:** Final Activity. 7 v 7 with goalkeepers to two large goals as shown. (50 x 70 area or as needed)

**Instructions:** Both teams compete for possession of the ball and attempt to score in their opponent's goal. Emphasis is placed on utilizing trained patterns. In the diagram, Player "A" has again combined with a forward and continued his/her run forward. Player "C" has moved into position to receive the lay-off from "B". Player "C" slots the ball inside the defender for "A". Possible formations are - 1:2:3:2 vs. 1:3:2:2.

**Coaching Points:** Find the most efficient and effective way possible to score. Find a way to win. Reward decisive actions. All of the above mentioned points.

**Cool Down:** Dynamic movements and static stretching. Focus on major muscle groups. Reduce heart rate. Review session.