

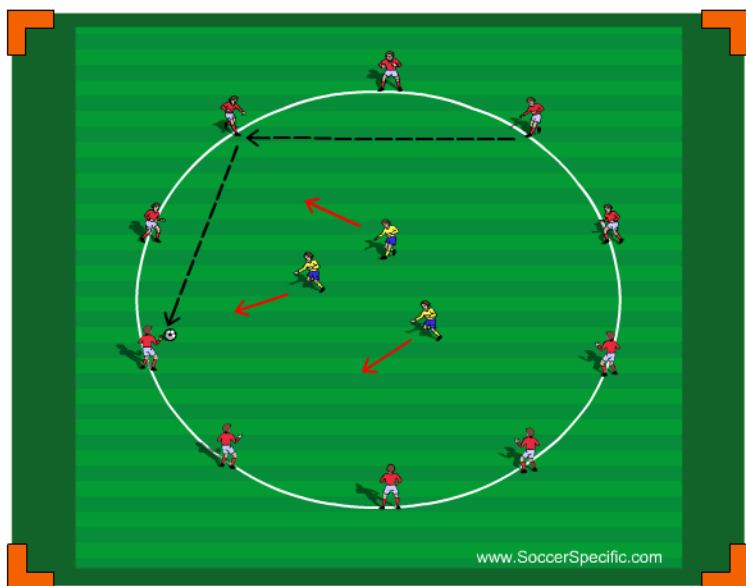
### ACTIVITY #1

**Set up:** Players are split in to 2 teams. A 40 x 40 grid is marked with alternate coloured cones which match bib colour. One ball between 2.

**Instructions:** When a player passes to a team mate they must do a short sprint to the nearest cone of their colour. Players pass on command from a team mate. Continued practice for 2 mins before adding progressions.

**Coaching Points:** - Accuracy of pass  
- Communication  
- Short sharp sprint

Progression - Player must change direction before sprinting around cone



### ACTIVITY #2

**Set up:** KEEP BALL : Players set up as in diagram, use the centre circle or similar size area. 3 : 1 Ratio

**Instructions:** Red players around the circle pass the ball around keeping possession. Yellow players work to win the ball. Change the middle players after 1 minute.

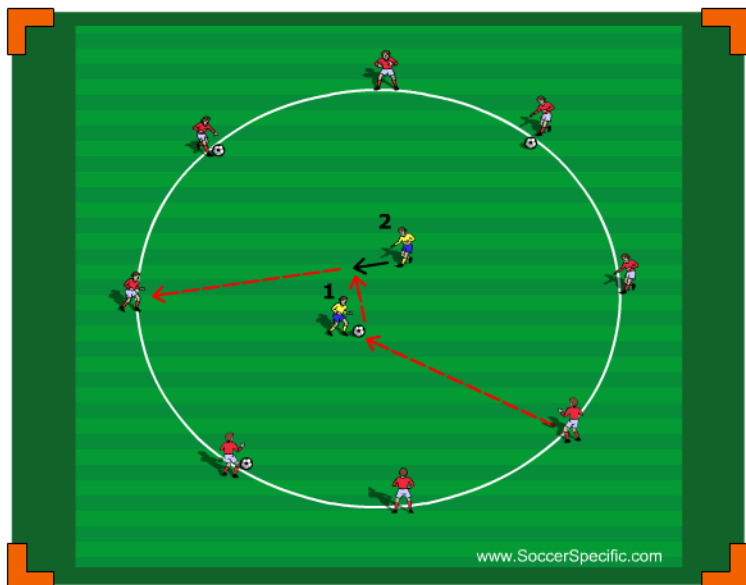
**Coaching Points:** Red players to keep the touches to a minimum.

All players must communicate

Do not wait to be pressured before releasing the pass.

Yellow players to work together to press the ball and anticipate pass

High tempo



### ACTIVITY #3

**Set up:** Players set up as shown in diagram, one ball between 2 on outside, 2 players working the middle (specific to centre midfielders). Make the circle big or small depending on if you are working on touch/passing or fitness.

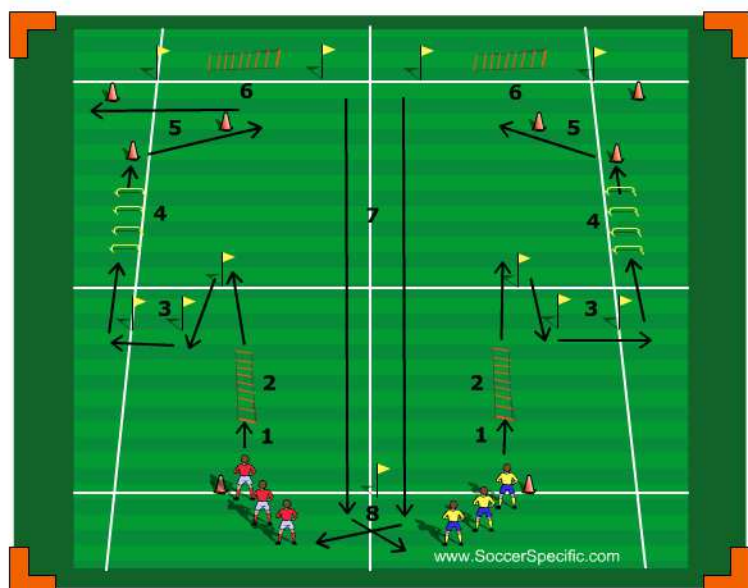
**Instructions:** Player 1 commands ball from outside, quick look to see where partner is and lays the ball off with 1 touch, Player 2 plays the ball out to a player on the edge of circle without a ball. Player 1 commands ball, lays it off then commands another ball. Player 2 passes the ball to outside then adjusts his position to support Player 1. Repetitive practice of 1 minute, second time round Players 1 & 2 change positions.

**Coaching Points:** Player 1 - communication, awareness, vision, weight of pass, quality of touch.

Player 2 - communication, positioning, quality of pass, awareness. Encourage high tempo and loud communication.

Progression - Players on the outside can move 2 to 3 metres either way

- Make circle bigger or smaller



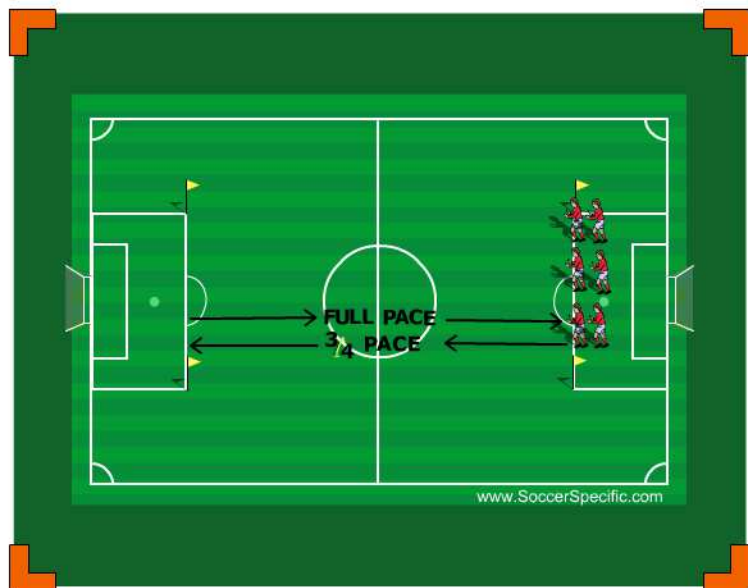
#### ACTIVITY #4

**Set up:** Set up as shown in diagram

- Instructions:**
1. Short sprint
  2. Ladder - 2 feet in each gap
  3. Sprint forward to pole, jog backwards to next pole, side steps then sprint to hurdles
  4. Left foot hops
  5. Sprint around cones to ladder
  6. Left foot hopping 2 gaps at a time then sprint to flag
  7. Recovery jog to flag
  8. Join players on opposite side and repeat exercise.

**Coaching Points:** Encourage speed, tempo, effort, commitment.

Progressions on ladders - left, right left in each gap  
- down the side of the ladder, step both feet in each gap moving side on down the ladder, alternate sides.



#### ACTIVITY #5

**Set up:** Box to Box, as shown in diagram. Measure the length between the 18yd boxes on your home pitch if you do not train on the pitch. Players work in pairs.

**Instructions:** Player runs at 3/4 pace to opposite 18yd box and sprints at full pace back and then rests whilst the other player runs. 4 sets, increasing by 1 set each week of pre-season.

**Coaching Points:** Players to encourage partner to put 100% effort in on returning sprint. Turn gradually to avoid injury. Slow down gradually at the end of the sprint.