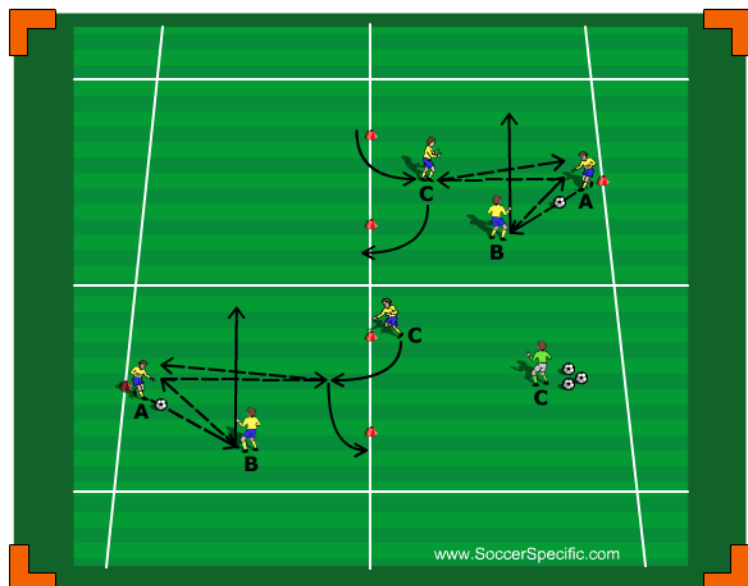


ACTIVITY #1

Set up: Groups of six. Two balls per groups. Each player counts off 1 through 6. (1) and (4) begin with a ball as shown.

Instructions: Players pass in numerical order. Begin with two-touch mandatory (touches need to be the same or they timing and rhythm will be off). To increase the challenge, pass in reverse numerical order or odd/even numerical order. Progress from two-touch to one-touch. Final progression one-touch, two-touch, one-touch passing sequence.

Coaching Points: Body mechanics and technique. Accuracy and weight of the pass. Movement off of the ball. Correct angles of support. Develop timing, rhythm, and tempo.

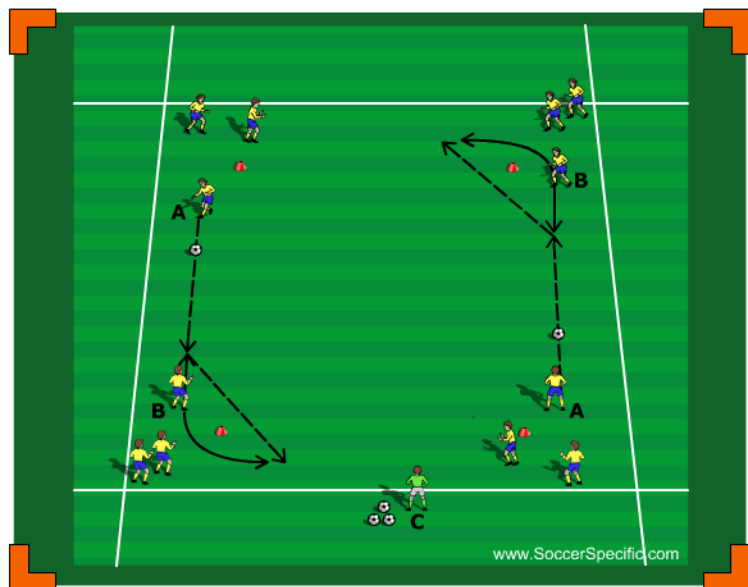


ACTIVITY #2

Set up: Groups of three. One ball per group. Distance between the two sets of cones is approximately 10 yards. Player (A) begins by the single cone, (B) in the middle, and (C) between the two cones (as shown).

Instructions: Player (A) starts with the ball. The ball is passed to player (B) who one-touches the ball back to player (A). (A) then passes to player (C) who one-touches the ball back to player (A), and the pattern repeats. Player (B) moves to the opposite side after passing the ball, and player (C) runs around the opposite cone and up through the two cones as shown. All players are actively moving, developing rhythm and tempo. Rotate roles after 30-45 seconds.

Coaching Points: Body mechanics and technique. Accuracy and weight of the pass. Movement off of the ball. Correct angles of support. Develop timing, rhythm, and tempo.

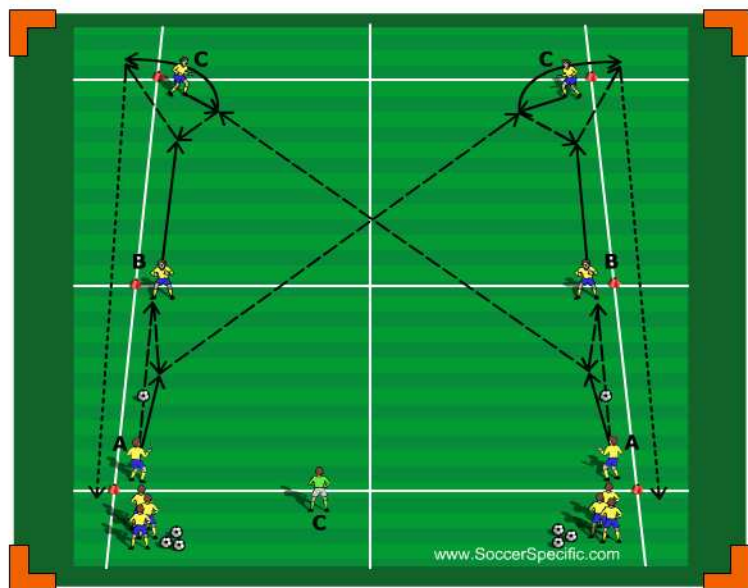


ACTIVITY #3

Set up: Four cones are position in a large 20 x 20 square. Three players are positioned at each cone. Two balls are needed and begin with player (A) on each side.

Instructions: Player (A) starts with the ball. Play begin in a counter-clockwise direction. Player (A) begins with a pass to player (B) who checks to the ball. Player (B) one-touches the ball back to player (A) and then spins and runs around the cone for a return pass from player (A). Play continues counter-clockwise to the next player at the next cone. Each player advances to the next cone. Rotate directions (clock-wise).

Coaching Points: Body mechanics and technique. Accuracy and weight of the pass. Body shape and technique receiving the ball. Sharp, accurate lay-offs. Movement off of the ball. Develop timing, rhythm, and tempo. Communication.

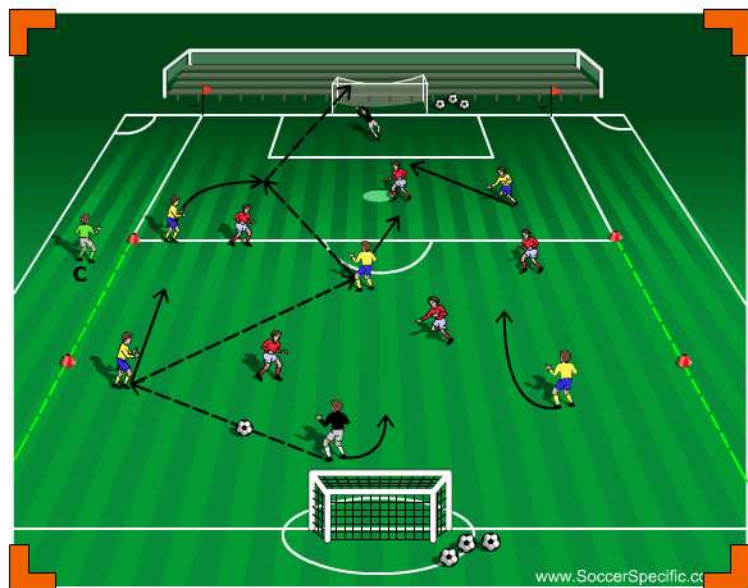


ACTIVITY #4

Set up: Area is approximately 40 x 30 with six cones positioned as starting points. Divide players into two groups positioned at (A), with one player from each line positioned at (B) and (C) as shown.

Instructions: Play starts with a pass from player (A) to player (B). Player (B) lays the ball off to oncoming player (A). Player (A) then passes a diagonal ball to player (C). Player (C) checks to the ball and lays the ball off to oncoming player (B). Player (C) spins around the cone and receives a one-touch pass behind the cone from player (B). Player (C) then dribbles the ball back to the end of the line. Each player advances forward one cone after each pass. Rotates sides after time.

Coaching Points: Body mechanics and technique. Accuracy and weight of the pass. Body shape and technique receiving the ball. Sharp, accurate lay-offs. Movement off of the ball. Develop timing, rhythm, and tempo. Communication.



ACTIVITY #5

Set up: 6 v 6 game with goalkeepers to two large goals.

Instructions: Final game, regular rules of soccer apply.

Coaching Points: All of the above. Brief review of session. Reinforce objectives and coaching points.