

### ACTIVITY #1

**Set up:** Set up grid and have multiple balls.

**Instructions:** Players will jog around freely in grid and pass and receive ball and they move around. Coach adds more balls to have more success and repetitions on receiving the ball. Have players receive with inside as well as outside surface of the foot.

**Coaching Points:** Body Mechanics, Body position and balance, Get into line of flight of the ball, Select controlling surface to use, Relax and withdraw controlling surface just before contact, important of 1st touch to control and prepare the ball, vision, tactical application to the game as in first touch takes ball away from the pressure.

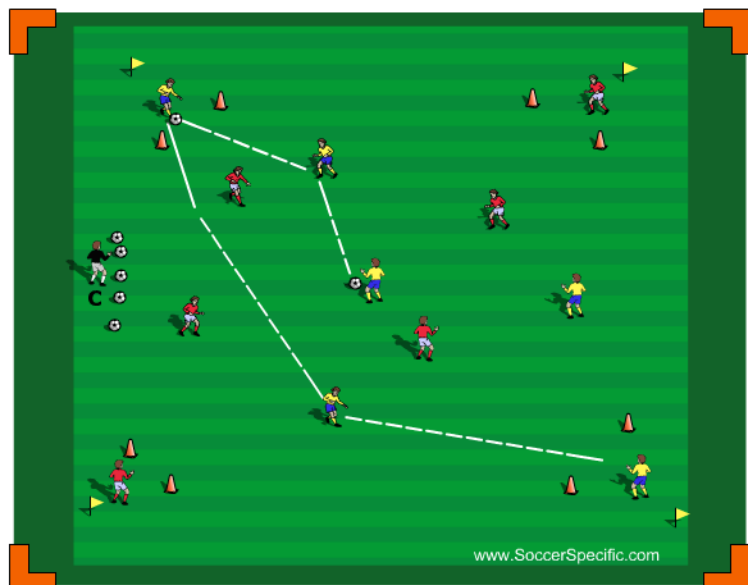


### ACTIVITY #2

**Set up:** Set up grid with 4 mini goals or gates towards outside of grid.

**Instructions:** Put players in two teams as they will play possession. Players will look for teammate on any of the 4 goals to receive the ball under control with a prep touch gets a point. Could use 2 balls if players are more advanced.

**Coaching Points:** Body Mechanics, Body position and balance, Get into line of flight of the ball, Select controlling surface to use, Relax and withdraw controlling surface just before contact, important of 1st touch to control and prepare the ball, vision, tactical application to the game as in first touch takes ball away from the pressure.

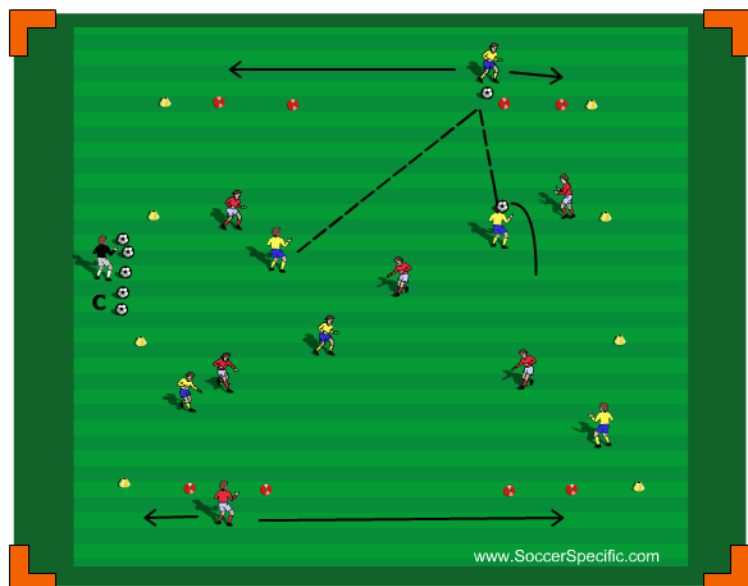


### ACTIVITY #3

**Set up:** Set up grid with 4 gates inside corner.

**Instructions:** Sort group into 2 teams and have 1 player on each end facing each other behind the cones in order to receive the ball on the ground or in the air. When the players in the center are playing possession the object is to give an accurate pass on the ground or in the air and if the player receives the ball under control then the player leaves the grid and the player who passed the ball switches places. Can add multiple balls for more advanced teams.

**Coaching Points:** Body Mechanics, Body position and balance, Get into line of flight of the ball, Select controlling surface to use, Relax and withdraw controlling surface just before contact, important of 1st touch to control and prepare the ball, vision, tactical application to the game as in first touch takes ball away from the pressure.

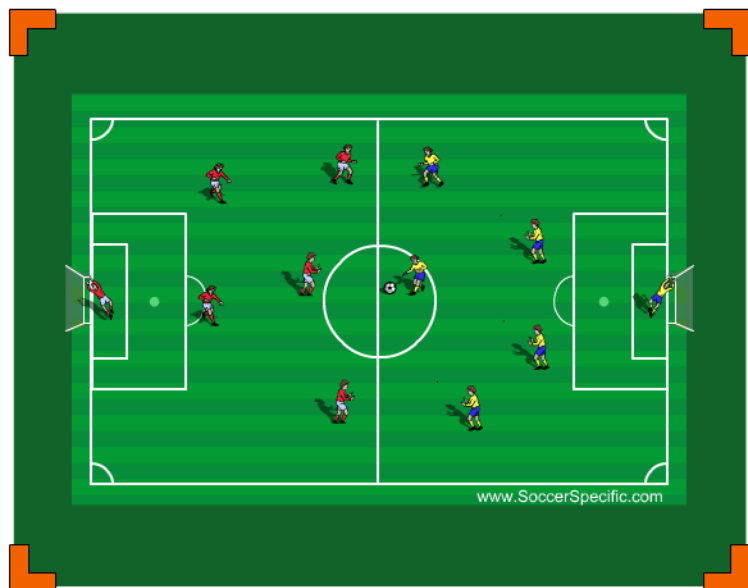


#### ACTIVITY #4

**Set up:** Set up grid with with 2 small goals on each end and split players up accordingly.

**Instructions:** Players will play possession in center of grid and once they find their target player outside they must receive ball and turn to go towards one of the two goals to score. If the opposing teams wins the ball they must find their target and receive the ball to go in other direction to score. The supporting target players have 2 touches to receive and control to give time to find teammates open and must continue to move end to end looking for ball.

**Coaching Points:** Players receiving the ball on the end line who are supporting players must communicate and prepare themselves to get in line of flight of ball and receive under control using the proper surface of foot. Player receiving the ball must look over shoulder, ready, with good balance and fist touch under control and turn when given the opportunity to score..



#### ACTIVITY #5

**Set up:** Field with 2 goals and keepers.

**Instructions:** Game has no restrictions.

**Coaching Points:** Make appropriate coaching points as in line of flight, balance, first touch, eye contact on receiving and also using the freeze method.