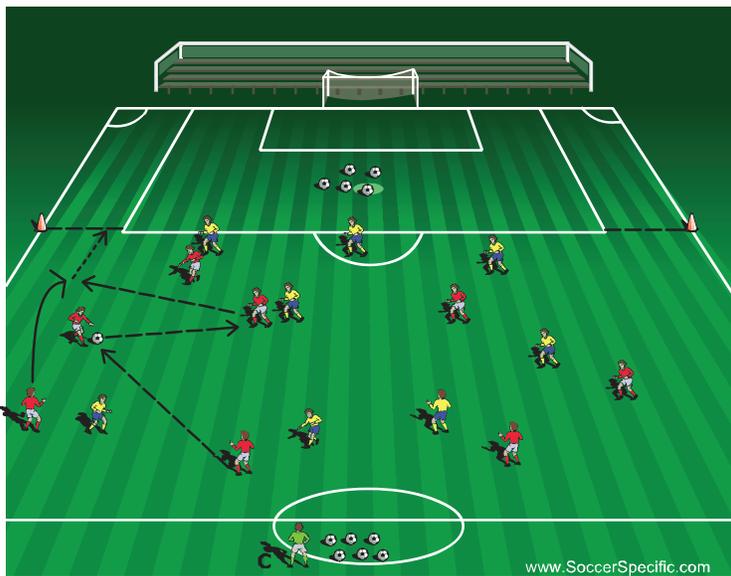


ACTIVITY #1

Set up: Groups of three or four are organized in two 25 X 25 yard grids. One of the grids is illustrated in the diagram. Have plenty of balls ready on the side.

Instructions: Each group of 3-4 are passing and moving around the grid looking to combine with their teammates.

Coaching Points: Possible combinations include; 3 man combo (red team), takeover (yellow team), short-short-long (white team), wall pass, double pass and overlaps. Allow the players to stop and stretch while gradually building up the warm up. Look for movement off the ball, change of pace, and visual cues.



ACTIVITY #2

Set up: A grid the full width of the field and from the 18 yard box to half field is set up. Play 8 V 8 directional possession to a line. Looking to create overlapping opportunities for the outside backs in a traditional 4-4-2 formation.

Instructions: 8 V 8 reds compete against the yellows for possession of the ball. The object is to possess the ball past the opponents end line (top of 18 and half field line) Teams receive 1 point if they successfully dribble past the line through the run of play. They receive an additional point if they utilize an overlap, wall pass, double pass, 3 man combo or takeover to penetrate the opponents line. Third man combo example is illustrated in the diagram.

Coaching Points: Surround the ball with numbers. Good communication while picking up on good visual and physical cues. Exploiting width as well as height while trying to off balance the defenders by speed of play and switching the point of attack quickly. Gradually incorporate stretching during natural stoppages.



ACTIVITY #3

Set up: A full-half field is used with marked channels the width of the 18 and run the length of the field. Both goalkeepers alternate reps in goal and eight field players for each team are organized on the field. Two counter goals are placed at midfield on either side of the center circle or wider.

Instructions: Restricted 8 V 8 and the channels are free; ONLY the outside backs from each team are allowed to enter the channels.

Coaching Points: Outside backs can enter the channel when the outside midfielder has good possession and penetrates centrally. Focus on the timing of the runs, look for visual cues, and engaging the defender before distributing to the overlapping outside back.

