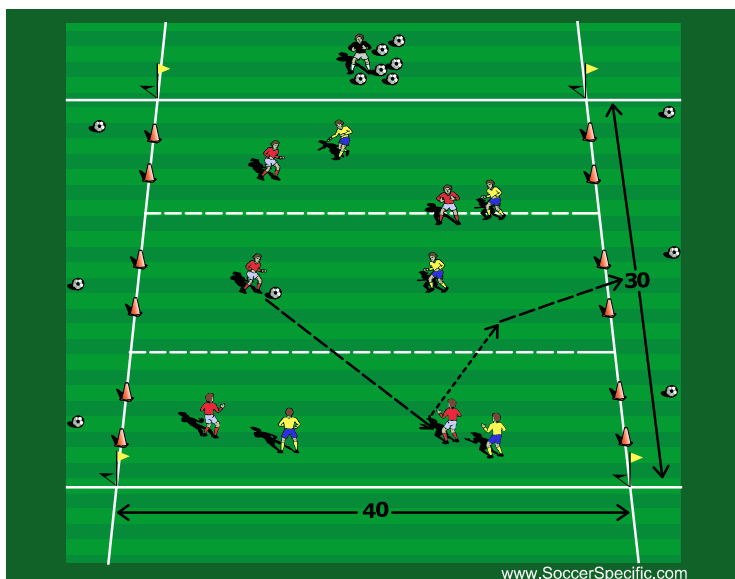


### ACTIVITY #1

**Set up:** A 5 v 5 is organized inside a 40 x 30 yard grid as shown. A supply of balls is placed with the coach to maintain the tempo of the activity. Note: Two groups can be organized to accommodate the entire team.

**Instructions:** Both teams compete for possession of the ball and attempt to score points by dribbling or stopping the ball on their opponent's goal line. 2-touch restriction in the defensive half: Unlimited touch in the attacking half. \*12-15 minute game.

**Coaching Points:** Sharp passing and movement. Move the ball quickly - especially in the defensive half - take no chances!

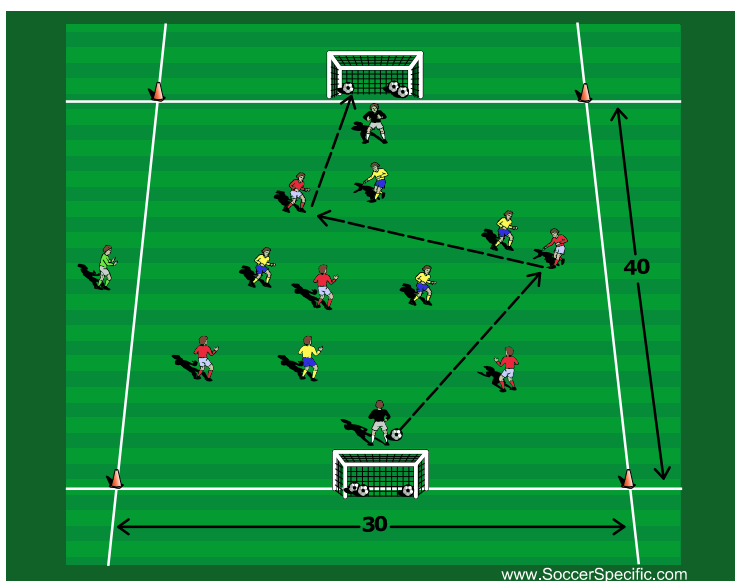


### ACTIVITY #2

**Set up:** A 5v5 is organized as shown - the playing area is divided into 3 zones. 3 mini-goals are placed at each end of the playing area.

**Instructions:** Both teams compete for possession of the ball and attempt to score in any of their opponent's 3 mini-goals. 2-touch in the middle zone: Unlimited touch in wide zones of the field. \*12-15 minute game.

**Coaching Points:** Sharp passing and movement at all times. Move the ball quickly in central areas of the pitch - 1 and 2 touch. Take more chances - be creative in attack in wide areas. Maintain a high tempo throughout the activity.

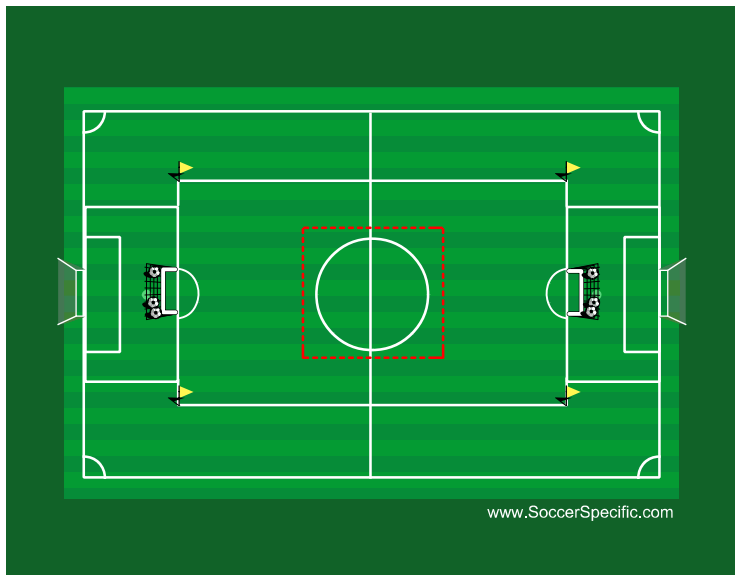


### ACTIVITY #3

**Set up:** A 5v5 + GKs is organized as shown. Grid size - 44x40. Note: Can also be played 4v4 + 2 "Floaters".

**Instructions:** Both teams compete for possession of the ball and attempt to score in their opponent's goal. Note: May add touch restrictions ... to increase the speed of play/ball movement.

**Coaching Points:** Tempo must remain high throughout. Sharp passing and movement. Limit the number of touches in tight spaces. Communication is vital.

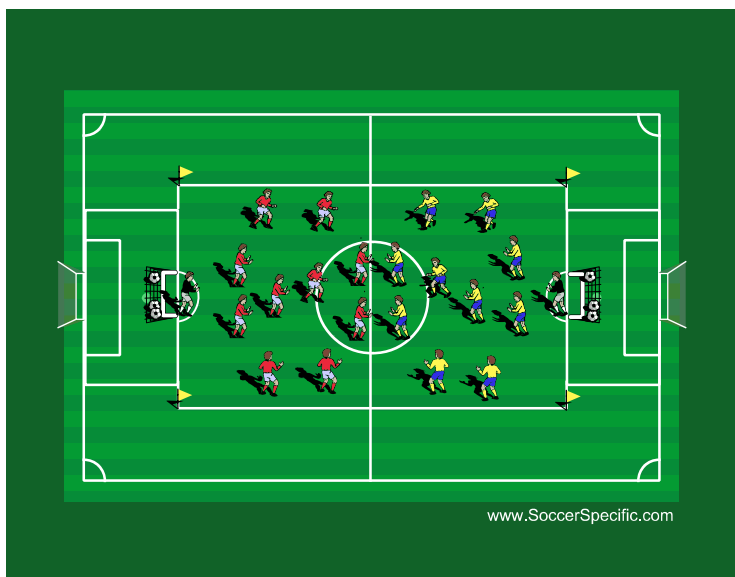


#### ACTIVITY #4

**Set up:** A 9v9 is organized on a 55 yard wide pitch - length of pitch is 18 to 18 yard box. Note: Can be set up penalty spot to penalty spot depending on age/ability. A central "box" is created / marked with cones as highlighted with the red lines in the diagram.

**Instructions:** Both teams compete for possession of the ball and attempt to score in their opponent's goal. 2-touch restriction is in place while inside the central "box". In wide positions or in front of goal NO touch restriction applies. \*12-15 minute game.

**Coaching Points:** Players must understand that the central areas of the pitch are often congested - quick play essential! Sharp passing and movement. High tempo at all times.



#### ACTIVITY #5

**Set up:** An 11v11 is organized on a 55 yard wide pitch as shown. Length of pitch is 18 to 18 yard box.

**Instructions:** Both teams compete for possession of the ball and attempt to score in their opponent's goal. Restrictions: 1-touch if ball is on the ground : multiple touches can be used to settle flighted balls. \*12-15 minute game.

**Coaching Points:** Tight spaces require quick play! Quality of passing must be high - timing, weight, accuracy, etc. "Play the way you're facing". Movement "off" the ball must be of high quality. Communication is vital.

5 minute cool down/ static stretch.