

ACTIVITY #1

Set up: 16 players are split into 4 groups of 4 with 1 ball as shown.

Instructions: Players pass and move freely - all passes must be "the way you face" - NO TURNING!

The following progressions / passing sequences are performed -

Pass and switch places with the receiving player.

All short passes 5-10m

Short - Short - Long

Short - Long - Short

Long - Short - Long

Coaching Points:

Sharp, accurate passes

Weight of pass

Eye contact

Body-shape to receive passes

Various techniques - inside of foot, outside, instep

Opposite movement - check "away" before moving to the ball.

ACTIVITY #2

Set up: Players are positioned inside a 15x15 yard grid as shown. A 2v2 + 2 perimeter players is organised. 16 field players performed the activity (2 groups of 8 players were working at the same time - for illustration purposes only 1 group of 8 is shown)

Instructions: The 2 players inside the grid attempt to maintain possession of the ball and score points by playing a wall-pass with their perimeter support players. Perimeter players are limited to 1-touch play. Inside players must pass to their teammate inside the grid prior to scoring a point with the perimeter players.

*Switch perimeter players often to avoid fatigue.

Coaching Points:

Sharp, accurate passes. Movement to receive passes - angles, distance. Visual cues, eye contact, body movements.

Communication at all times. Awareness, know where the support players are before receiving the pass. Technique under pressure.



ACTIVITY #3

Set up: A 7v7 + 2 "neutral players" (green) is organised as shown. A 5v5 is organised inside the grid: 2 players from each team are positioned at the ends of the playing area and act as targets.

Instructions: Players attempt to maintain possession through quick ball movement. Points are scored for successfully playing to a target player and receiving the return pass. The next point must be scored by working the ball to the target player at the opposite end of the grid. Players are limited to 3-touch restriction and are encouraged to only 'play the way they face'.

Coaching Points:

Play the way you face - support the player in possession with correct angles / distance etc

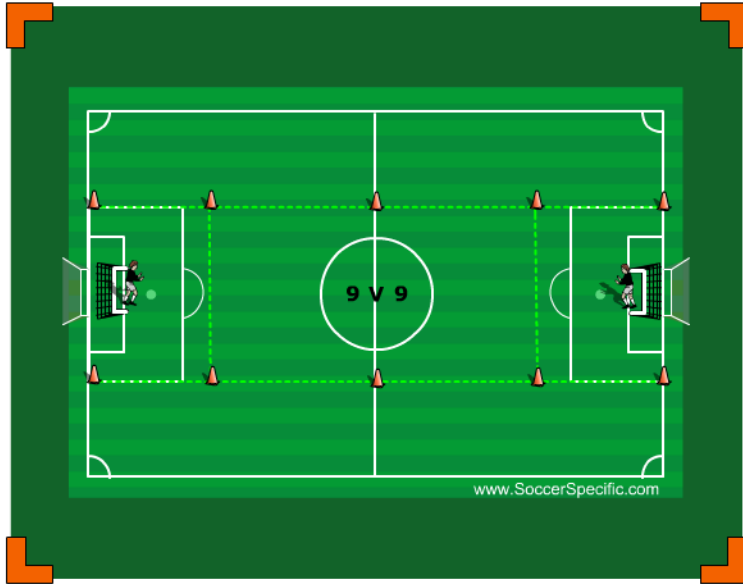
Movement 'off' the ball must be good.

Awareness - know where the support / teammates are at all times. Technique under pressure.

Sharp, accurate passing - high tempo.

Visual cues - eye contact, body language.





ACTIVITY #4

Set up: A 9v9 is organised as shown. Playing area is 44 yards wide (width of 18 yd box) and length is from 6-yard box to 6-yard box. An 'end-zone' is created at each end of the pitch as shown - area is to the top of the 'D'

Instructions: Both teams compete for possession of the ball and attempt to score in their opponents goal. 3-touch restriction is in place. Narrow pitch attempts to encourage a 'high tempo' and 'vertical' passing.

Coaching Points:

Play the way you face - support the player in possession with correct angles / distance etc
Movement 'off' the ball must be good.
Awareness - know where the support / teammates are at all times.
Technique under pressure.
Sharp, accurate passing.
Visual cues - eye contact, body language.
High tempo at all times.