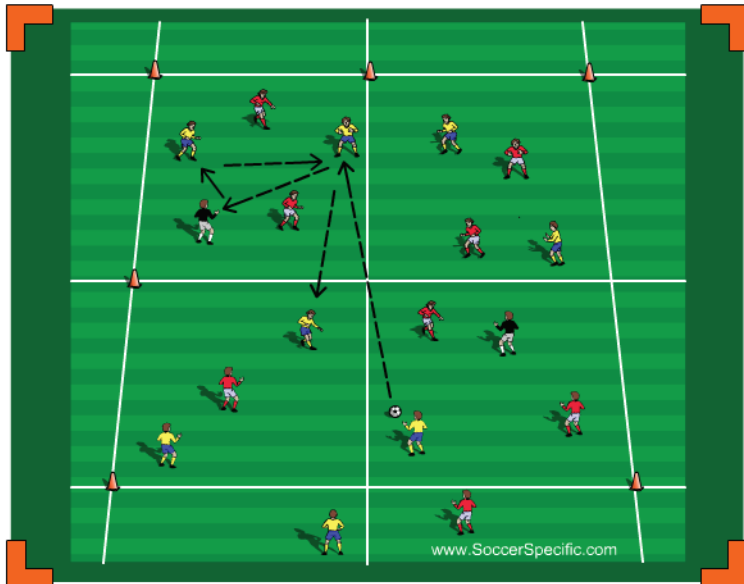


ACTIVITY #1

Set up: 16 players with 2 groups of 8 in center circle. 4 players of each color, staggered at the edge of the circle and 4 players of each color inside the circle.

Instructions: The ball is played in sequence, 1 to 2, 2 to 3, 3 to 4 and 4 to a player in the outside of the circle and the process begins again. 2 touch restriction. Rotate players after 1 minute.

Coaching Points: Work on movement and creating space. Timing, angles and distance of support. Technical application of the pass.



ACTIVITY #2

Set up: Two teams of 8. Field size is a grid of 60 x 40 divided into 6 equal grids.

Instructions: Play 8v8+2 keep away.

Points are scored if 3 consecutive passes are made inside one of the small grids.

Coaching Points: Open up to receive the ball, first touch forward.

Weight and shape of pass.

Distance, angles of support.

Establish a rhythm of play.

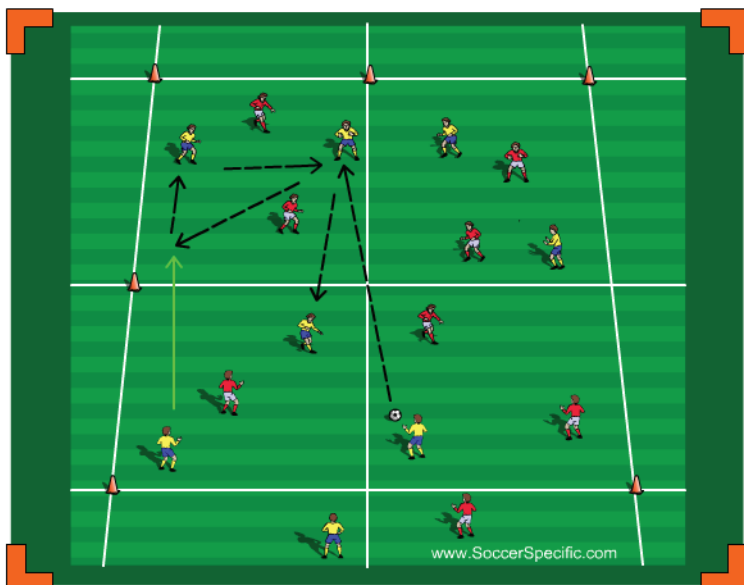
Movement off the ball, support as the ball travels.

Timing of when and where to check.

Switch point of attack.

Numbers up and numbers down situations.

Use of 2 neutral players to maintain possession.



ACTIVITY #3

Set up: Same as Activity 2.

Instructions: Remove the neutral players and play 8v8 with same objective as Activity 2.

Coaching Points: Open up to receive the ball, first touch forward.

Weight and shape of pass.

Distance, angles of support.

Establish a rhythm of play.

Movement off the ball, support as the ball travels.

Same as Activity 2.

When to play short and quick vs when to play long ball out of a tight space.

Reorganizing when things breakdown.

Pressing up as a unit to recover the ball.

Verbal and visual communication, reading the visual cues.

ACTIVITY #4

Set up: Full size field. Play 11v11.

Instructions: Regular game except that every other player that receives the ball has only one touch. If a player takes two touches the ball goes to the opposing team.

Coaching Points: Reinforce the points already mentioned in Activities 2 & 3.

Maintain width and depth.

Midfielders roles.

Maintaining possession.

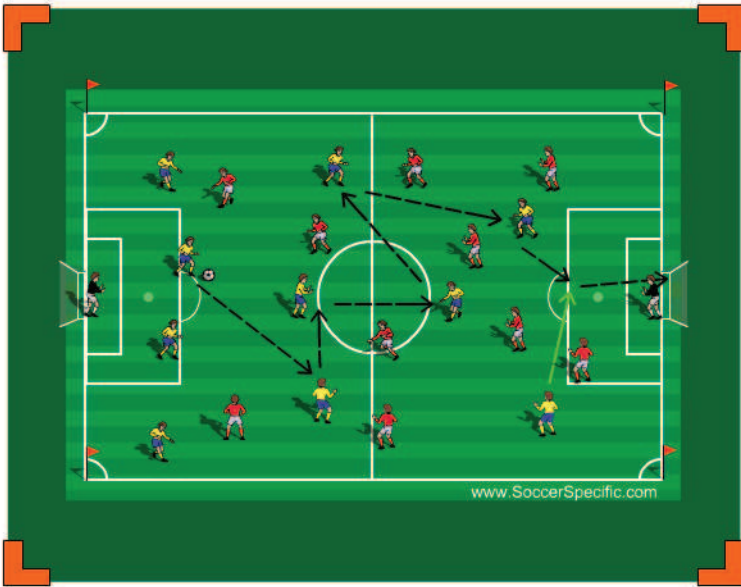
Playing the ball to the forward in the pocket.

Playing the ball back quickly.

Exploit gaps in the opponent's defensive line at the right moment.

Maintain good defensive shape while in possession.

Reading the opponents defensive cues.



ACTIVITY #5

Set up: Full field. Play 11v11 game with offside and proper restarts.

Instructions: Pick systems to bring out the topic.

Shown is 4-4-2 Vs 3-5-2.

Coaching Points: Coach and reinforce the principles and coaching points mentioned in previous activities.

Relationship between the movement and decisions of the midfielders and defenders when deciding to penetrate forward vs keeping the ball.

When to play fast and when to slow things down.

