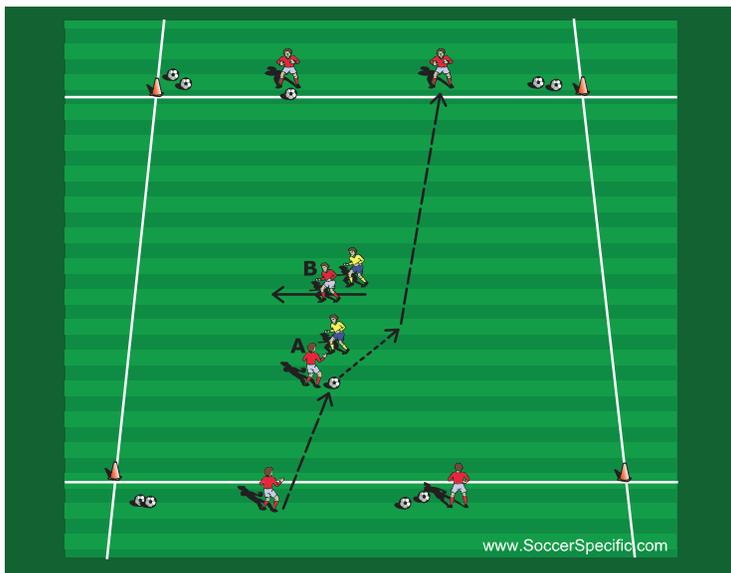


### ACTIVITY #1

**Set up:** Players are organized as shown. Twin strikers (A) and (B) are positioned inside the grid. Four support players (2 at each end) are positioned on the ends of the grid. A supply of balls is placed on each end-line.

**Instructions:** The ball begins with any perimeter player. Twin strikers must attempt to receive a pass from the end player, combine with each other before passing the ball to the opposite end-line. The sequence is repeated in the opposite direction for the designated time period. In this diagram, Striker (A) has received a pass from the end player. Striker (B) has checked off at an angle to receive the lay-off from (A). (B) is now faced up and can play the ball to opposite end of grid. Variations: 1. Pass to first striker; Striker turns and plays a 1-2 with second striker. 2. Striker turns, second striker runs across the line to open up space for first striker. 3. First striker dummies to let pass go to second striker. First striker immediately spins to get lay-off from second striker.

**Coaching Points:**



### ACTIVITY #2

**Set up:** Players are arranged in same area as Activity #1. 2 defensive players are added to the central playing area.

**Instructions:** Twin strikers must attempt to receive passes from the end players; combine and pass the ball to the opposite end of the grid. Points are awarded for successfully passing to the opposite end-line. Defenders are awarded points for gaining possession of the ball. In this diagram, the ball has been passed to the first checking striker (A). Striker (B) has run directly across the pitch to clear the space for (A) to drive into. (A) has turned and now has the option to successfully beat the defender before playing the ball to the opposite end for 1 point. Play is continuous for the designated period of time. Rotate defenders and strikers to avoid fatigue.

**Coaching Points:** Check away and to the ball to lose defenders and gain vital space. Angles and distance of support. Communication - visual and verbal. Sharp movement and passing - game must be realistic.

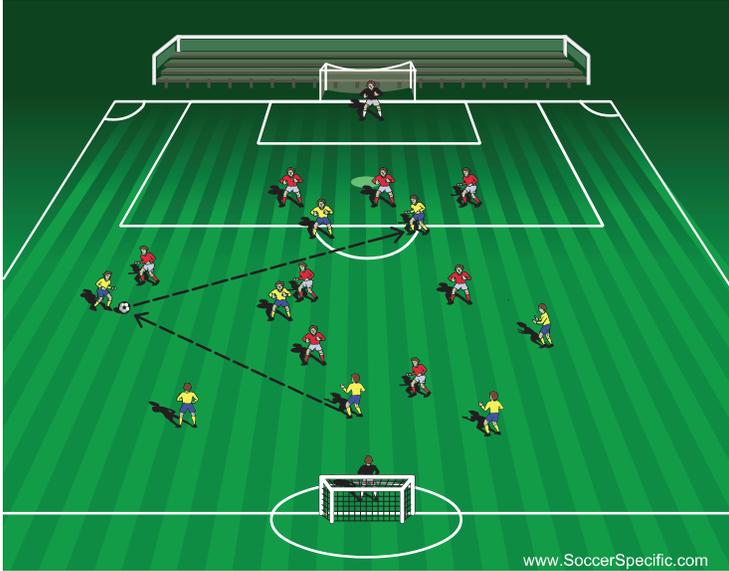


### ACTIVITY #3

**Set up:** Players are arranged as shown. Two strikers (A, B) and two defenders (C, D) are positioned at each end zone. A 3v3 +1 is organized inside the middle area as shown. Goalkeepers are positioned in each goal.

**Instructions:** Both teams compete for possession of the ball and attempt to score in their opponent's goal. The strikers and defenders must stay in their assigned zones. Strikers are encouraged to work as a "unit" to gain possession and create goal-scoring opportunities. The midfield area is set up with a "plus" player who plays for the team in possession. This creates a 4v3 situation in favor of the attacking team. Progression: Midfield players may support the play in the attacking zone.

**Coaching Points:** Creating space for each other - checking away as well as to the ball. Angles of distance and support. Communication - visual and verbal. Sharp movement and passing - must be game realistic. Finishing.



#### ACTIVITY #4

**Set up:** An 8v8 plus goalkeepers is organized as shown. Both teams are organized in a 3:3:2 formation.

**Instructions:** Both teams compete for possession of the ball and attempt to score in their opponent's goal.

**Coaching Points:** Timing and coordination of runs. Sharp, crisp passing and movement. Communication. Support play by midfield players. Finishing. Emphasize all of these coaching points in all this entire session.