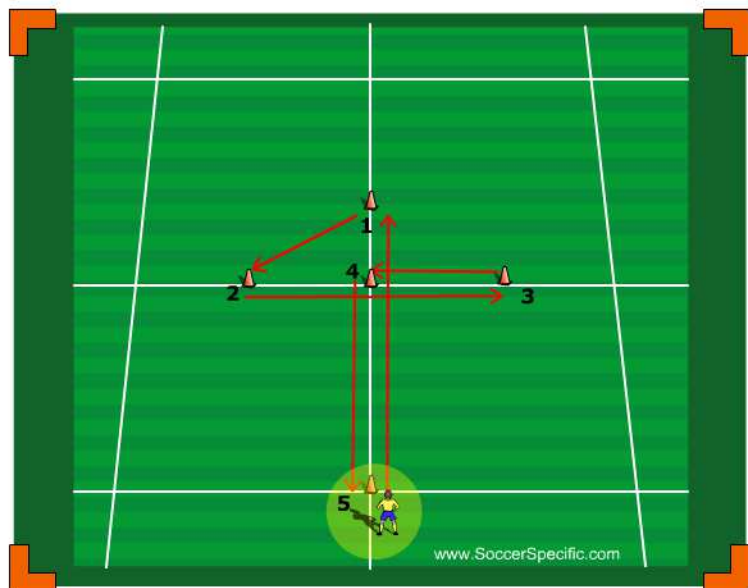


### ACTIVITY #1

**Set up:** Warm Up - Set up as shown in diagram. Cones 5m apart.

**Instructions:** Player sprints to cone 1, side to side to cone 2, backward to cone 3, side to side to cone 4, sprint to cone 5, follow same route past 6 and 7, as the player passes cone 8 straight sprint to cone 9 followed by recovery run back to the start. Players go 4 times, after 2nd time go opposite sprinting to cone 2 first.

**Coaching Points:** 50% effort on first 2 reps, 75% effort on 3rd and 4th reps. This practice can also be progressed to incorporate a ball.

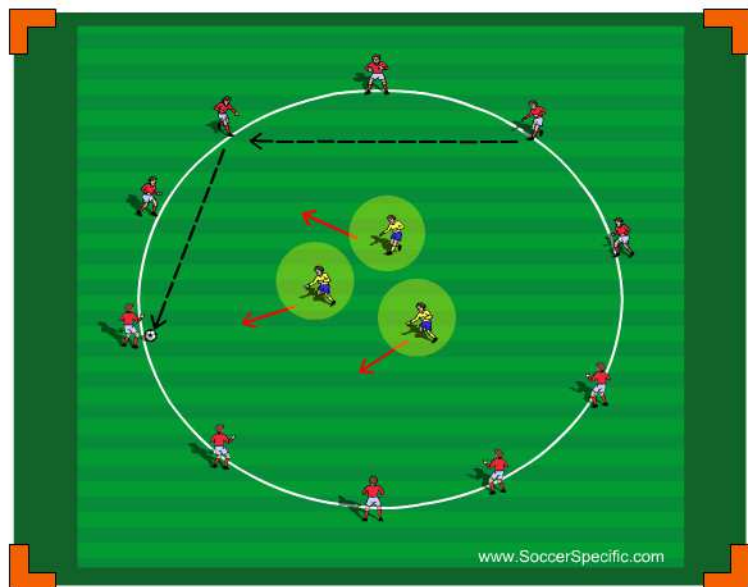


### ACTIVITY #2

**Set up:** T-Test - Set up as shown in diagram. The distance from the start to cone 1 is 10m. The distance from cone 2 to cone 3 is 8m.

**Instructions:** Players sprint to cone 1, jockey backwards to cone 2, side to side to cone 3, sign to side back to cone 4 then run backwards to cone 5. 3 reps each.

**Coaching Points:** 2 runs at 75% and the last run at 100%



### ACTIVITY #3

**Set up:** KEEP BALL : Players set up as in diagram, use the centre circle or similar size area. 3 : 1 Ratio

**Instructions:** Red players around the circle pass the ball around keeping possession. Yellow players work to win the ball. Change the middle players after 1 minute.

**Coaching Points:** Red players to keep the touches to a minimum.

All players must communicate

Do not wait to be pressured before releasing the pass.

Yellow players to work together to press the ball and anticipate pass

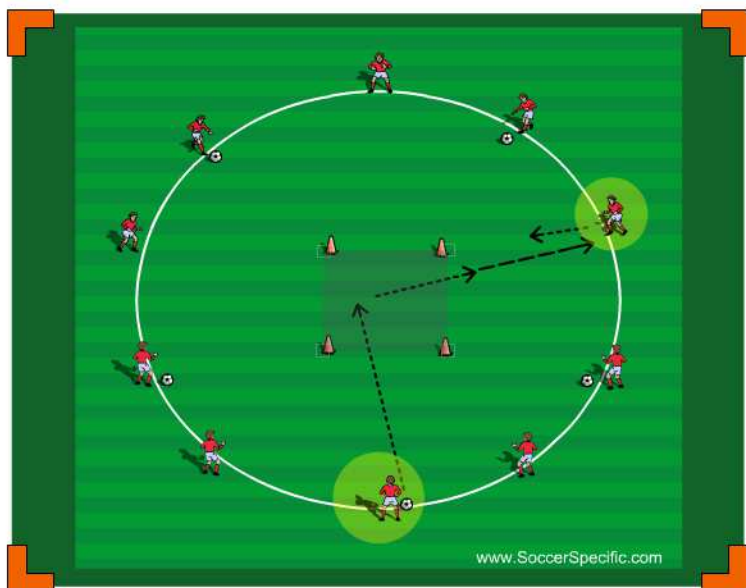
High tempo

#### ACTIVITY #4

**Set up:** Players set up as shown in diagram. Use centre circle if available with a coned area 2m x 2m in the middle. 1 ball for every 2 players.

**Instructions:** Players with a ball dribble towards central area (shaded), change direction dribble out of the central area and pass to a player who does not have a ball. The player receiving the ball takes the ball in to play with his first touch and dribbles towards central area. The player who passes the ball replaces the player on the outside.

**Coaching Points:** Accuracy and weight of pass - 1st touch - sharp turn - all players to communicate - High tempo



#### ACTIVITY #5

**Set up:** The players set up as shown in diagram, one ball between 2 on outside, the 2 highlighted players were working the middle.

**Instructions:** One player commanded the ball from outside, had a quick look to see where his partner was and played the ball off with 1 touch, the other player controlled the ball and passed to a player on the edge of circle without a ball. Player 1 continued to command a ball from the outside. The middle players work for 1 minute then swap with 2 players from the outside. Middle players to stay central as shown by the shaded area.

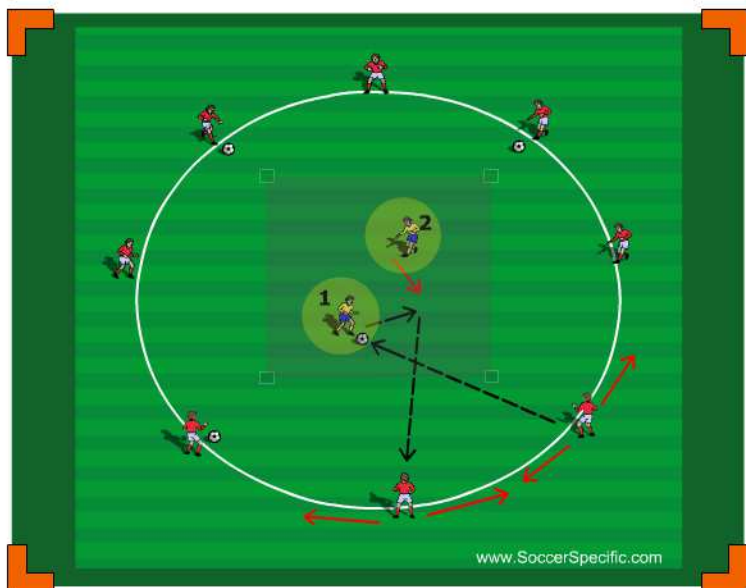
**Coaching Points:** Player 1 - communication, awareness, vision, weight of pass, quality of touch.

Player 2 - communication, positioning, quality of pass, awareness. The coach encouraged high tempo and loud communication.

Progression - Players on the outside can move 2 to 3 metres either way

- Make circle bigger or smaller depending on

success



#### ACTIVITY #6

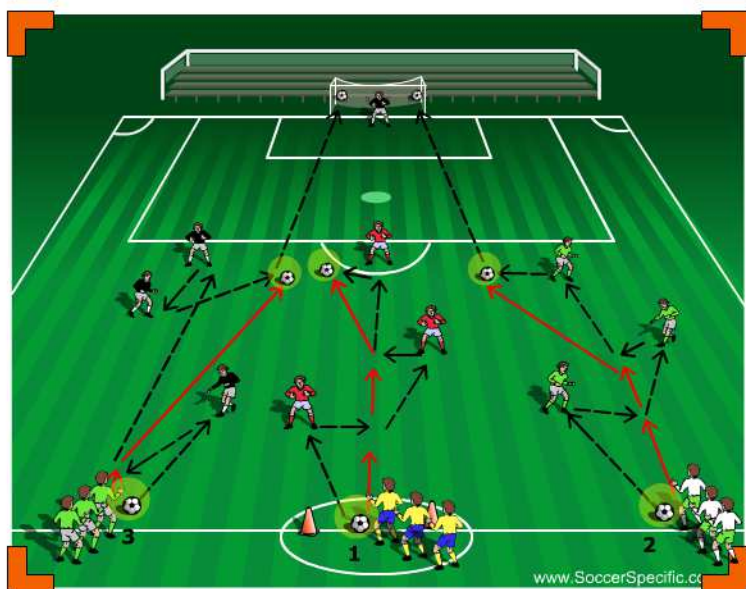
**Set up:** Set up as shown in diagram.

**Instructions:** 1. Players pass and move, quick one/two's, one touch and first time shot.

2. The same as activity 1 but from an angle.

3. Short one/two, then hit the striker and continue run, striker and midfielder exchange passes and plays the ball in to the path of the other midfielder.

**Coaching Points:** - Communication - Accuracy of pass - Angle of pass - high tempo - 1st touch

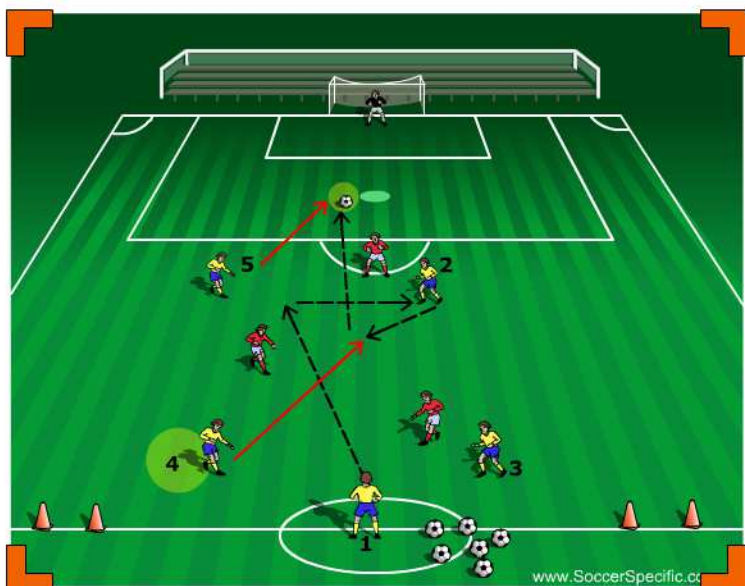


### ACTIVITY #7

**Set up:** Set up as shown in diagram. 4 v 3 + GK

**Instructions:** Player 1 is the starting point but remains inactive after initial pass. Good communication between midfielders and the strikers. Player 1 starts the build up by playing the ball to players 2 or 5. Players 3 or 4 will support the strikers and will create a 2 v 1 situation to create a goal scoring opportunity. If the defenders win the ball back they can either pass towards the cones or Player 1.

**Coaching Points:** Attacking skills: passing, receiving, dribbling, protecting the ball, shooting, communication between 1, 2, 3, 4 and 5. One touch football, timing of the run, angle and weight of the pass.



### ACTIVITY #8

**Set up:** Box to Box pitch, 7 v 7 2 GK's.

**Instructions:** Goalkeeper is the starting point, players to altering positions at all times specific to a competitive match. High tempo. The objective is to hit the striker, support him and get another midfielder making a run through the middle. The highlighted players should all be supporting the man on the ball.

**Coaching Points:** - Awareness of other players positions -  
- Communication - Players to use full width of pitch  
- Quality of final pass - Angle of Runs - Timing of the final pass  
- Creating Space - Vision - Awareness

**Progressions:** - Red players to pressure the ball - Red players can tackle

