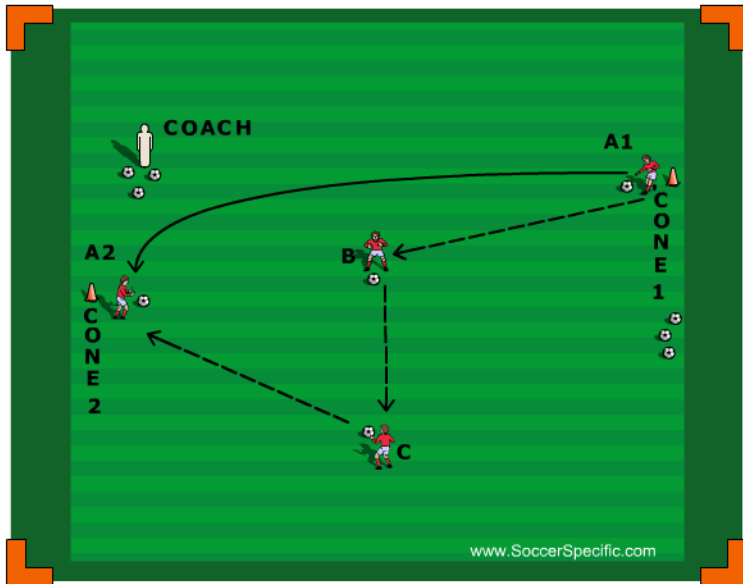


ACTIVITY #1

Set up: Two lines of players five yards apart. Distance from cone A to cone C = 25 yards.

Instructions: A player from line 1 passes the ball to a player from line 2 and makes a clockwise run to receive the ball back up 20 yards. Player from line 2 takes a first touch to the inside to open up space on the flank and then passes the ball into the path of player 1. Player 1 passes the ball toward cone 4 and jogs to his cone C. Player 2 runs to receive the ball close to cone D. Players jog back and change lines. Exercise for five minutes and then do dynamic stretching.

- Coaching Points:**
1. Communication
 2. Angle and weight of the passes
 3. Good first touch
 4. Proper speed

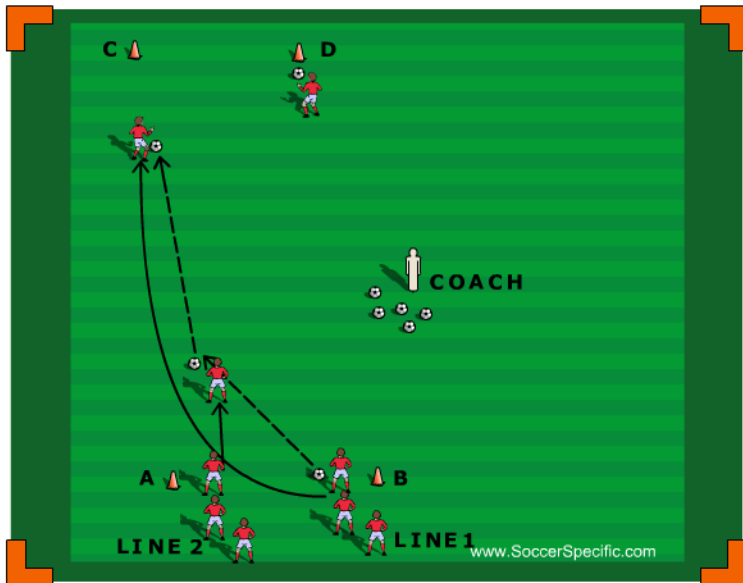


ACTIVITY #2

Set up: Groups of three players with one ball in a 20 by 20 yard space.

Instructions: Player A passes the ball to player B and makes an outside run toward cone 2. In one touch, player B passes the ball to player C. Then player C passes the ball diagonally toward cone 2 for player A to receive it. Then the above sequence of passes is repeated in reverse. Change players roles every three minutes.

- Coaching Points:**
1. Communication
 2. Kick, touch and go motions
 3. Speed
 4. Angle & weight of the passes

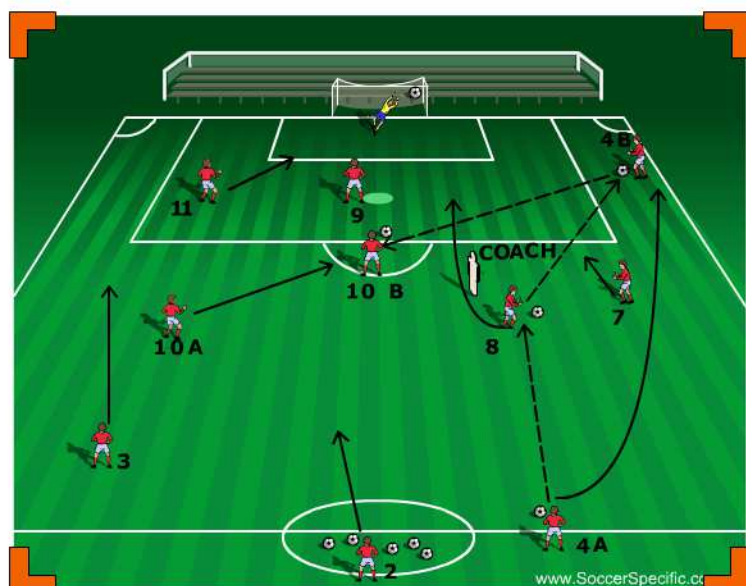


ACTIVITY #3

Set up: Two lines of players five yards apart. Distance from cone A to cone C = 25 yards

Instructions: A player from line 1 passes the ball to a player from line 2 and makes a clockwise run to receive the ball back up 20 yards. Player from line 2 takes a first touch to the inside to open up space on the flank and then passes the ball into the path of player 1. Player 1 passes the ball toward cone 4 and jogs to his cone C. Player 2 runs to receive the ball close to cone D. Players jog back and change lines. Exercise for five minutes and then do dynamic stretching.

- Coaching Points:**
1. Communication
 2. Angle and weight of the passes
 3. Good first touch
 4. Proper speed

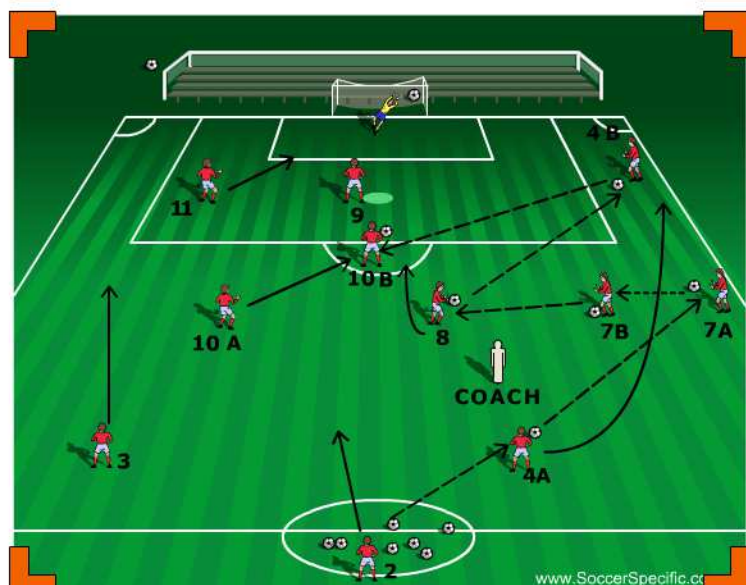


ACTIVITY #4

Set up: Half of the field. Shadow play scenario 1. Eight players: three back players, three midfielders and two forwards. They attack a full goal with a keeper.

Instructions: Simple outside overlapping: Player # 2 passes the ball to player #4 who passes the ball to player #8 and make a long outside run toward the penalty area to receive the ball back. Then player # 4 turns and connect with player # 10 in zone 14. Player # 10 shoots on goal. Rotate sides for the overlap and alternate players # 8 or # 10 getting into zone 14.

- Coaching Points:**
1. Communication
 2. Commitment to overlap.
 3. Timing, weight & angle of the passes.
 4. Ball reception, body and hip turns for the cross
 5. Off the ball movements to get into zone 14

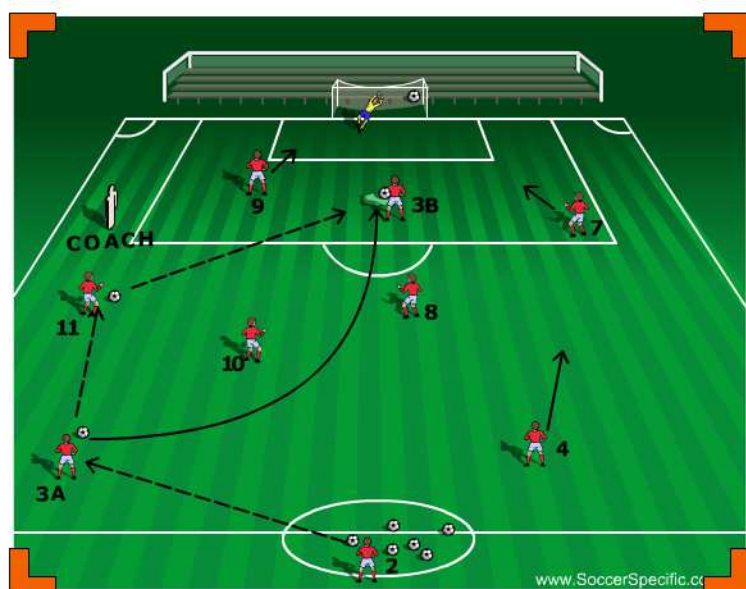


ACTIVITY #5

Set up: Half of the field. Shadow play scenario 2. Eight players: three back players, three midfielders and two forwards. They attack a full goal with a keeper.

Instructions: Double outside overlapping: Player # 2 passes the ball to player #4 who passes in one touch to player #7 and starts the long outside overlap run. Player #7 passes the ball to player # 8 who kicks the ball toward the penalty area for player #7 to receive it. Player #7 turns and crosses to player #10 who goes into zone 14 and shoots on goal.

- Coaching Points:**
1. Communication
 2. Commitment to overlap.
 3. Speed and decisiveness of the overlap run
 4. Timing, weight and angle of the overlapping pass
 4. Ball reception, body and hip turning for the cross
 5. Off the ball movements to get into zone 14
 6. Coordinated attacking movements by all players to keep the team compact & uncompressed

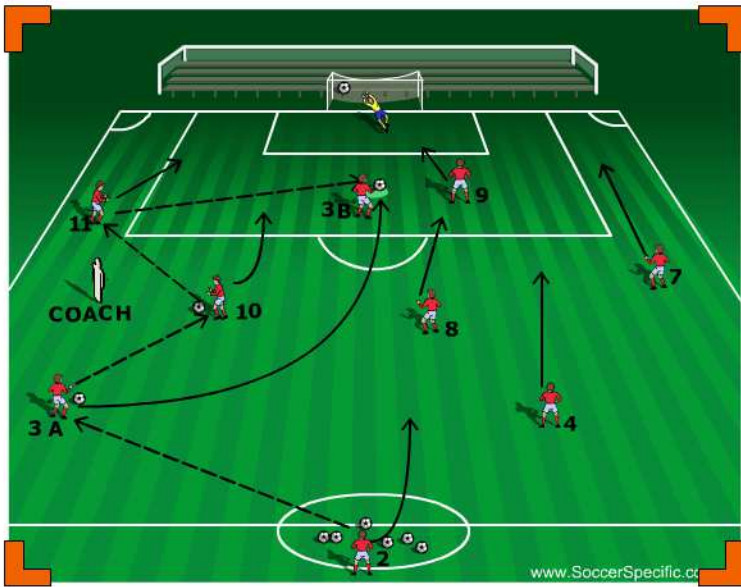


ACTIVITY #6

Set up: Half of the field. Shadow play scenario 3. Eight players: three back players, three midfielders and two forwards. They attack a full goal with a keeper.

Instructions: Simple overlap inside overlap: Player # 2 passes the ball to player #3 . Player # 3 then passes the ball in one touch to player #11 and makes long inside overlap run toward the edge of the penalty area. Player # 11 makes long pass toward the penalty area to connect with player # 3 He receives the ball and shoots on goal from inside the penalty area.

- Coaching Points:**
1. Communication
 2. Commitment to overlap.
 3. Speed and decisiveness of the overlap run
 4. Timing, weight and angle of the long pass
 4. Ball reception, body and hip turning for the cross
 5. Off the ball movements to get to zone 14
 6. Coordinated attacking movements by all players to keep team compact & uncompressed.

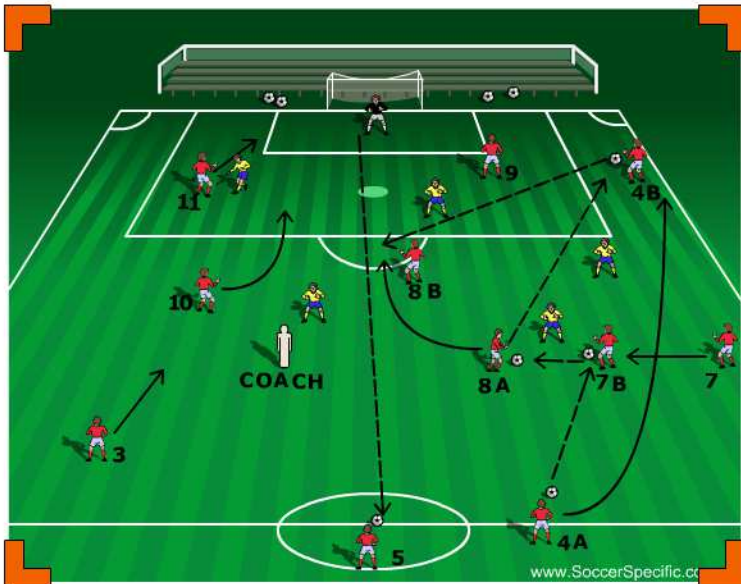


ACTIVITY #7

Set up: Half of the field. Shadow play scenario 4. Eight players: three back players, three midfielders and two forwards. They attack a full goal with a keeper.

Instructions: Double inside overlapping: Player # 2 passes the ball to player #3. Player #3 in one touch passes to player #10, and makes a long inside run toward the penalty area to receive the overlap pass back in front of zone 14. Player # 10 passes to player 11, who turns and crosses the ball in front of zone 14 for player #3 to connect and shoot on goal.

- Coaching Points:**
1. Communication
 2. Commitment to overlap.
 3. Timing, weight and angle of the overlapping pass
 4. Ball reception, body and hip turning for the cross
 5. Off the ball movements to maintain the team compact but wide

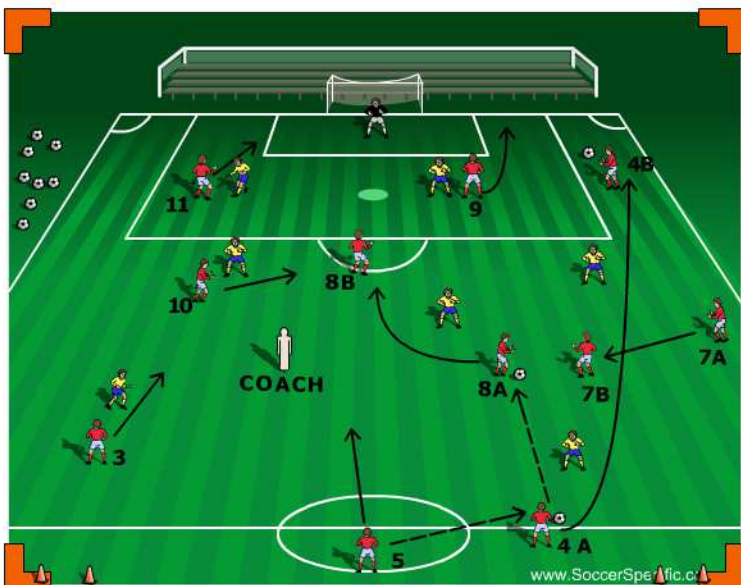


ACTIVITY #8

Set up: Half of the field. Small sided game with limited opposition. Eight v six game. Eight players as three back players, three midfielders and two forwards (3-3-2). Playing against a GK and five field players (1-2-3)

Instructions: Start the exercise with the keeper serving a long ball for team A to have possession. Team A plays and tries to score after overlaps followed by a late cross back toward zone 14. Opponents cast points by intercepting overlap passes. Go from simple to complex by starting with 6 opponents & low pressure to 8 opponents with full pressure.

- Coaching Points:**
1. Decision making when to overlap
 2. Commitment to overlap.
 3. Timing, weight and angle of the overlapping pass
 4. Communication
 5. Anticipation and evaluation of open spaces behind the defenders
 6. Ball reception, body and hip turning for the cross
 7. Off the ball movements to get to zone 14 unmarked and to keep the team compact & uncompress.

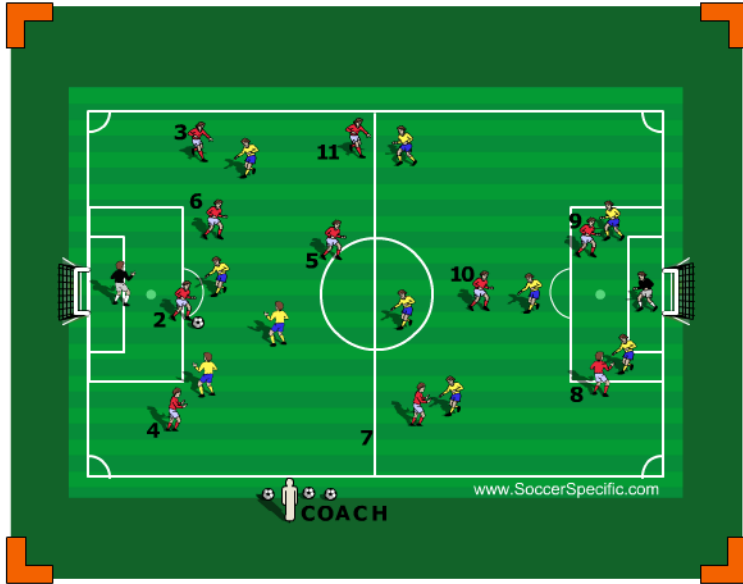


ACTIVITY #9

Set up: 3/4 of the field. Game with conditions. Eight v eight game. Eight players: three back players, three midfielders and two forwards (3-3-2). Playing against a GK and seven field players (1-2-3-2) who counter attack to two small goals.

Instructions: Team A score on a regular goal defended by a keeper. Every goal scored after an overlap followed by a late cross back toward zone 14 counts as three points. Every goal scored after a successful overlap but no cross counts as two points. All other goals count as one point. Opponents goals count as one point but if the goal is the result of an interception of a long pass for overlap the goal counts as two points. Any type of overlap is valid: outside simple, outside double, inside simple, inside double.

- Coaching Points:**
1. Decision making when to overlap
 2. Commitment to overlap.
 3. Timing, weight and angle of the overlapping pass
 4. Communication
 5. Anticipation and vision of open space behind the defenders
 6. Ball reception, body and hip turning for the crosses
 7. Off the ball movements to get to zone 14 unmarked and to keep the team compact but wide.



ACTIVITY #10

Set up: (1) 4-4-2 (diamond shape) v (1)- 3-4-3.

Instructions: Regular game with emphasis on outside (players #3 and #4) and inside overlaps (players #3, #4 & #5).

Coaching Points: 1. Commitment to the overlapping maneuver by back players

2. Timing, weight and angle of the overlapping pass

3. Communication

4. Anticipation and vision of open space behind the defenders

5. Decision making for inside vs outside overlap

6. Decision making for early vs late cross

7. Off the ball coordinated movements by the team to keep it compact wide when attacking