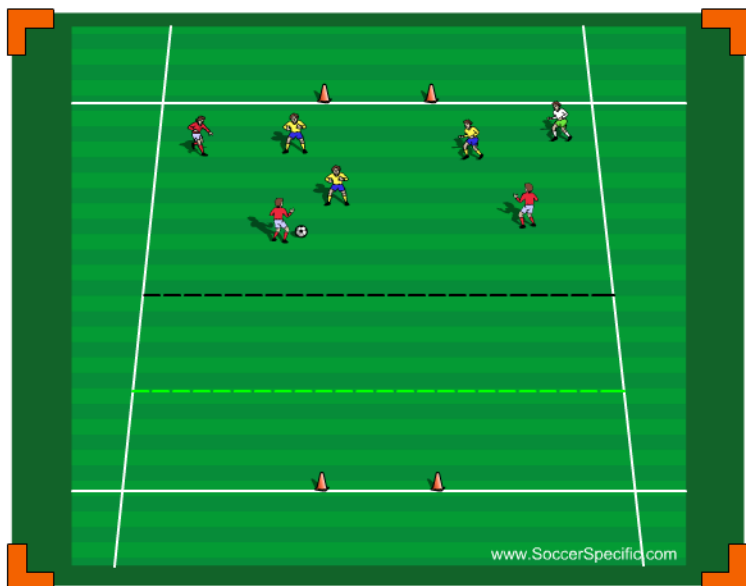


ACTIVITY #1

Set up: 3v2 Possession (Warm-up)

Instructions: In a 20x20 yard grid, the players play 3v2 possession with one player on the outside of the grid waiting to enter. If the two yellow players win the ball, the outside yellow player can enter the grid and one of the red players must exit so there is always 3v2 inside the grid. Play 1 minute games and tabulate the scores. After 2-3 minutes, stop the exercise and have the players perform dynamic stretches within the grid.

Coaching Points: Not too many coaching points since this is a warm-up. However, I would ask the player entering the grid when his side goes up to 3 players, to think about their supporting run and the angle and distance they take up to support the player on the ball. I would also ask them to move around the grid so they can immediately take up a good supporting position as well as try to anticipate when their team is going to win the ball.



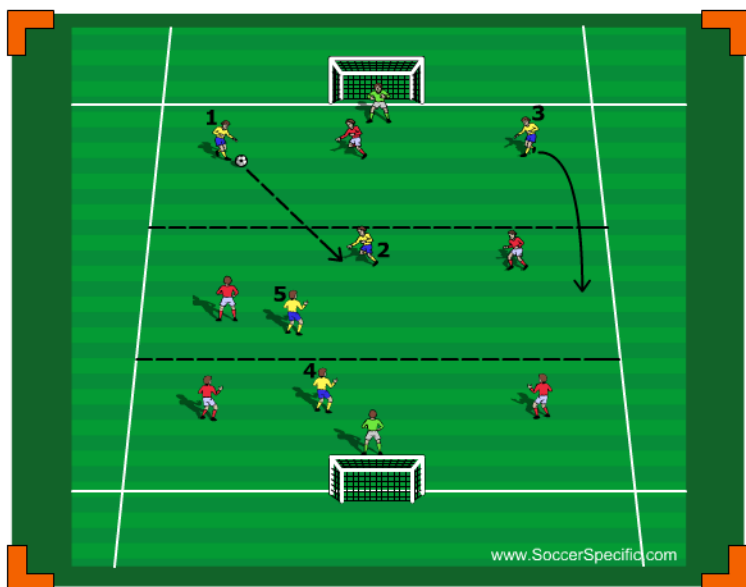
ACTIVITY #2

Set up: 3v3 +1 (Small Group Activity)

You can use an off-side line if needed. The black dotted line in the diagram is shown as a half-way line, but the off-side line or markers can be placed closer to the goals as shown by the green dashed line.

Instructions: The floater/neutral plays for the team in possession of the ball so there is always a 4v3 situation. The objective is to exploit a numbers up situation as quickly as possible as well as take up quick and effective defending positions when the ball is lost. The players must be aware that transitioning from attacking to defending and vice versa happens in a matter of seconds. Play 3 minute games to keep up the intensity and then tabulate the scores and rotate players and teams.

Coaching Points: Attacking: attacking mindset, running with ball, supporting angles and distance, diagonal runs, dropping short, timing of runs and choice of runs. Defending: tracking runs and defending positions, covering angles and distances, body shape and communication. Immediately defend the danger areas (i.e where the ball is).

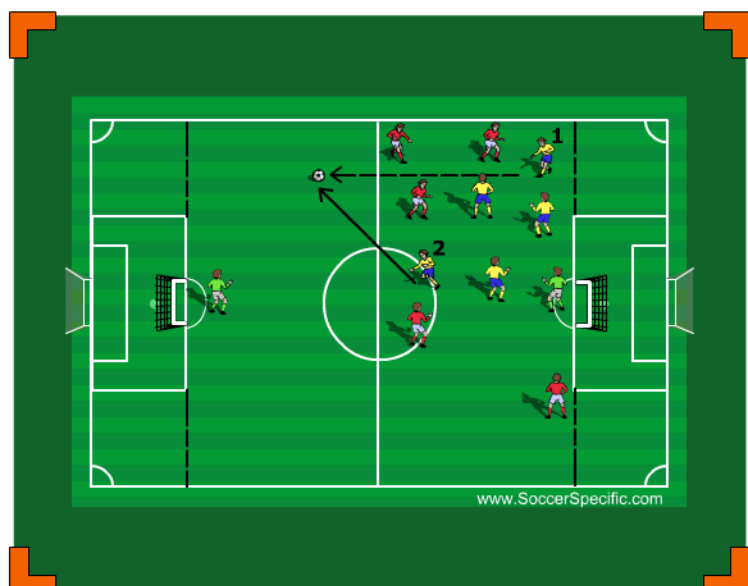


ACTIVITY #3

Set up: 5v5 with GKs - in thirds of the field (expanded small group activity)

Instructions: 2v1 in the attacking and defending thirds and 2v2 in the middle third. You can use a floater/neutral in the middle third to gain more success. Any player can join the next third of the field when the ball is played into that area. As shown, player 3 moves into a supporting position into the middle third when player 1 plays into player 2. The ball can also be played from player 1 to 4, which is the best option if available and then player 5 or 2 can enter the attacking third to support the striker.

Coaching Points: Attacking: speed of attack, exploit the numbers up situation, timing and choice of supporting runs, don't kill your space by getting there too early, pace of pass and choice of pass, must be zipped in with pace if playing straight to the front man or possibly dropped short to allow the striker to get off his marker. Defending: immediate pressure on the ball, take up effective defending positions to cut off passing lanes, get compact and tight.

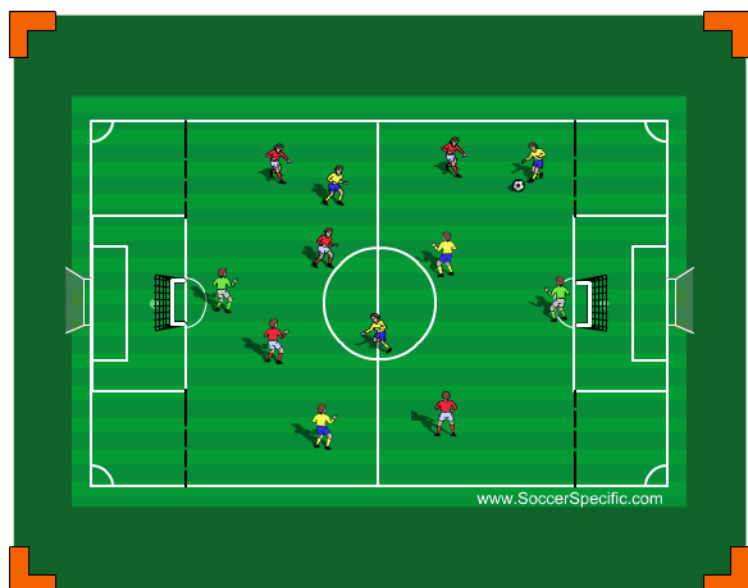


ACTIVITY #4

Set up: 6v6 with GKs (expanded group activity)

Instructions: All players must play in one half of field and try to score. When ball turns over, attacking team must transition as quickly as possible into the attacking half. All runs must be on-side runs. Once ball is played into the attacking half, as shown, with player 1 passing to player 2, all players from both teams must transfer into other half of field. All players must remain in the other half until defending team wins the ball and is able to get into attacking half of field. Depending upon the available size of the field, there is a lot of running involved in this transition exercise, so games should be no longer than 4 minutes to maintain intensity.

Coaching Points: Attacking: anticipating, speed of player, speed of action, diagonal & bent runs, timing of runs (don't get caught off-side), precise weighted passes, read situation. Defending: pressure on ball, tracking runs, delay, organizing as a unit behind ball and taking up good defending positions and correct body shape such as sideways on when ball is in wide areas, winning the ball, good attacking positions and mentality.



ACTIVITY #5

Set up: 6v6 with GKs (final game)

Instructions: No restrictions. Must use off-side lines or markers or play regular off-sides. Play 5 minute games and tabulate the scores.

Coaching Points: Observe the transition from attacking to defending. Are the players taking up the correct attacking and defending positions and is this done at speed? Are they reading the game and able to understand the best options available?