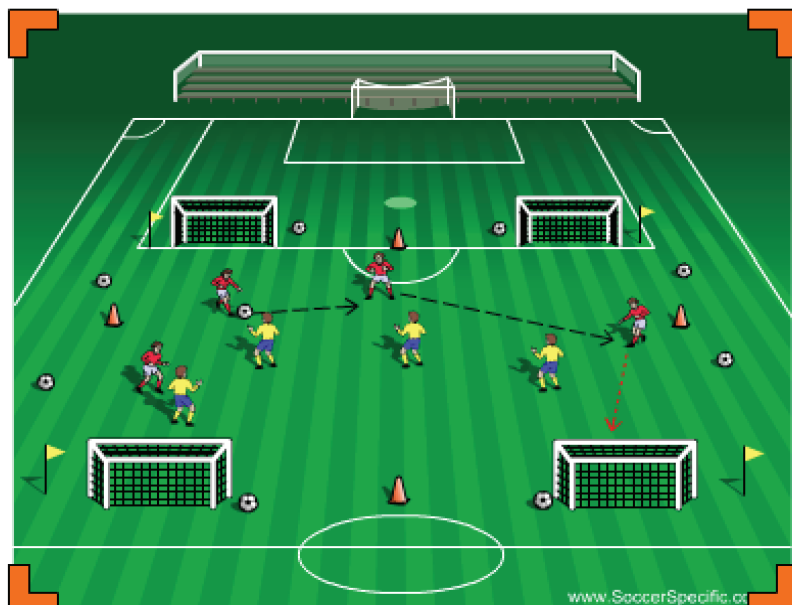


ACTIVITY #1

Set up: Pass and dribble in three groups of 4+ 2 goalkeepers.

Instructions: Play one / two touch and incorporate dribbling into space. Goalkeepers start with feet only then use hands. Goalkeepers can call for the ball from any group. Yellow team are highlighted dribbling and passing the ball.

Coaching Points: First touch - Accuracy and weight of pass - Body shape of receiver - Explosive dribble into space to create pass lane.

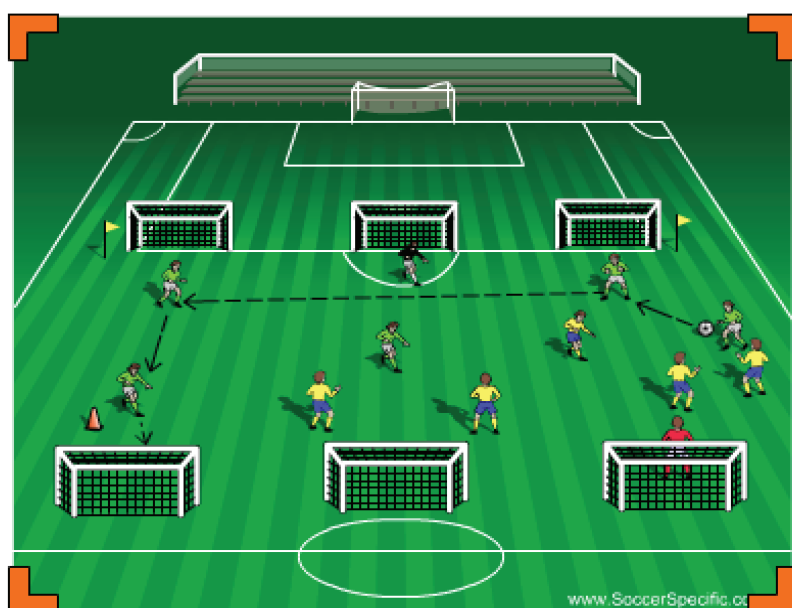


ACTIVITY #2

Set up: Set up two fields with 4 v 4 in a 40 x 20yd area playing to 4 goals

Instructions: Normal game of 4 v 4 Incorporating goalkeepers as field players, Attacking two goals encourages the players to use the full width of the field they are given in order to be successful.

Coaching Points: Quality of pass / dribble, are they utilizing the full width and depth of the field. Can they play out of pressure to release a player wide to attack the open goal.

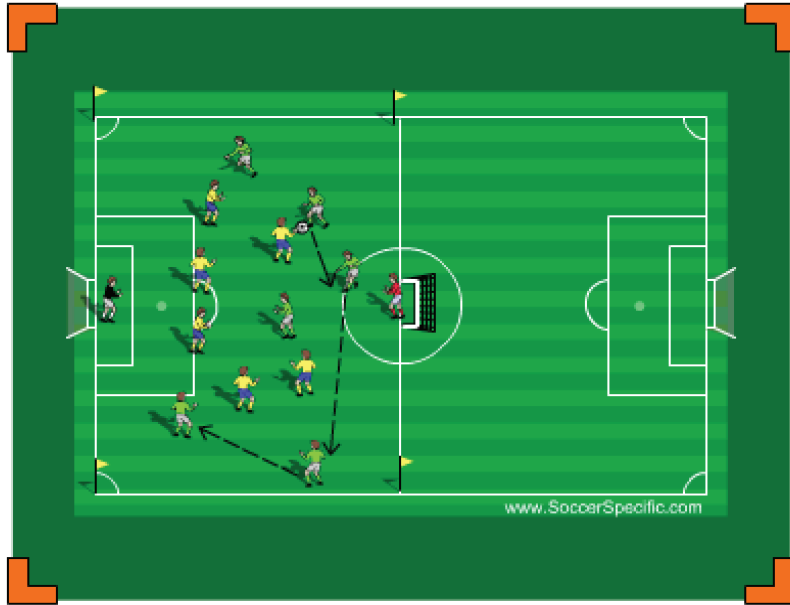


ACTIVITY #3

Set up: 5 v 5 to 6 goals on a 50 by 35 yd field. Goalkeepers cover the three goals

Instructions: 5 v 5 + goalkeepers attacking three goals

Coaching Points: Can the players recognize when and how to attack the open goal. Using full width of the field to unbalance the defense. High tempo - Keep the touches down



ACTIVITY #4

Set up: Make the field wider than it is long to encourage space on the wings. Play 6 v 6 plus goalkeepers

Instructions: Let them play and see if the shape of the field will encourage them to play out wide

Coaching Points: What you see in the game, are they exploiting the width to open up the defense