

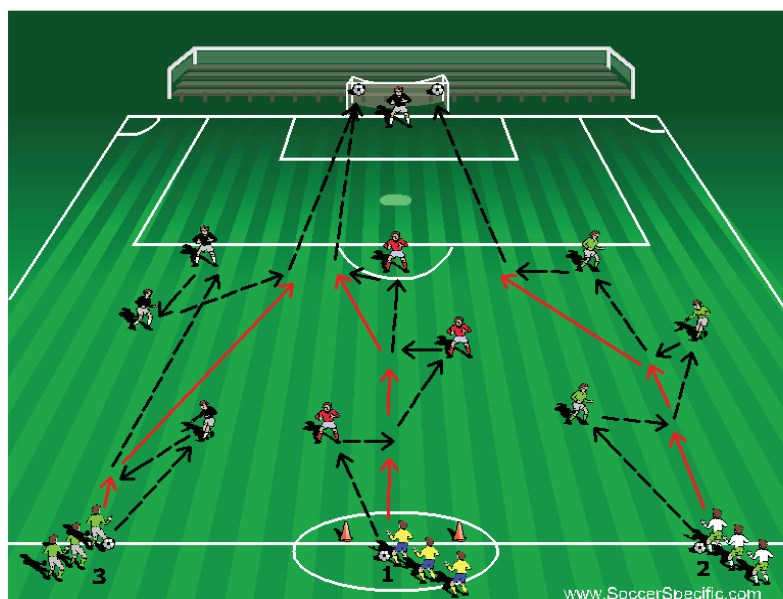
ACTIVITY #1

Set up: Players are split in to 2 teams. A 40 x 40 grid is marked with alternate coloured cones which match bib colour. One ball between 2.

Instructions: When a player passes to a team mate they must do a short sprint to the nearest cone of their colour. Players pass on command from a team mate. Continued practice for 2 mins before adding progressions.

Coaching Points: - Accuracy of pass
- Communication
- Short sharp sprint

Progression - Player must change direction before sprinting around cone

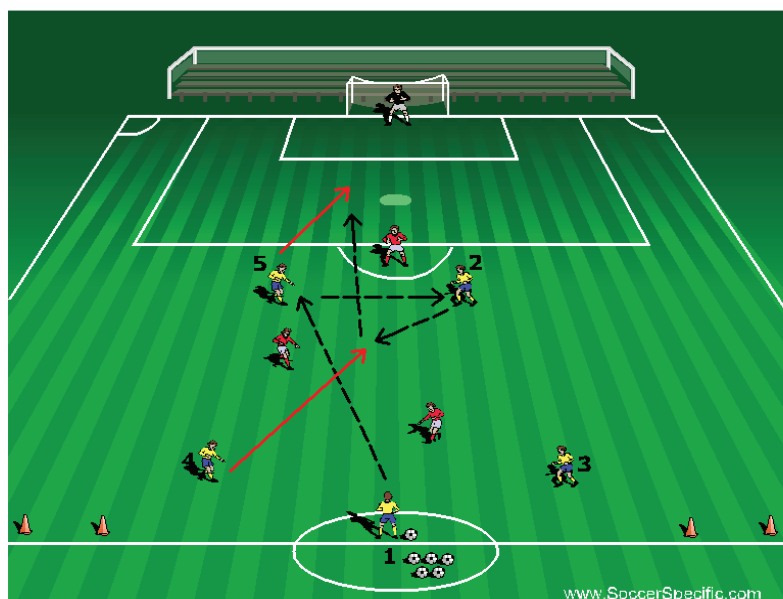


ACTIVITY #2

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

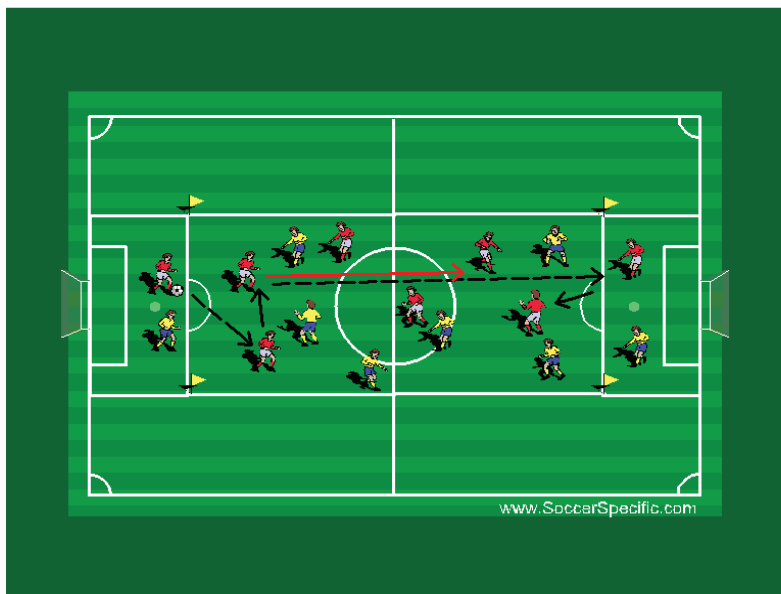


ACTIVITY #3

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 #4

Set up: Pitch and players set up as shown in diagram shown, 8 v 8.

Instructions: Possession game, end to end, play can only pass the half way line by hitting a striker in the end zones. Players to follow each pass they make to support and cover position left by previous player. Striker on two touch. Four passes maximum before pass must hit striker.

Coaching Points: - Awareness of other players positions - Communication - Quality of final pass - Angle of pass - Creating Space - Vision - Awareness

Progressions :

- Touches - Tempo - Players can go in to Centre Circle - Go To man can go anywhere



ACTIVITY #5

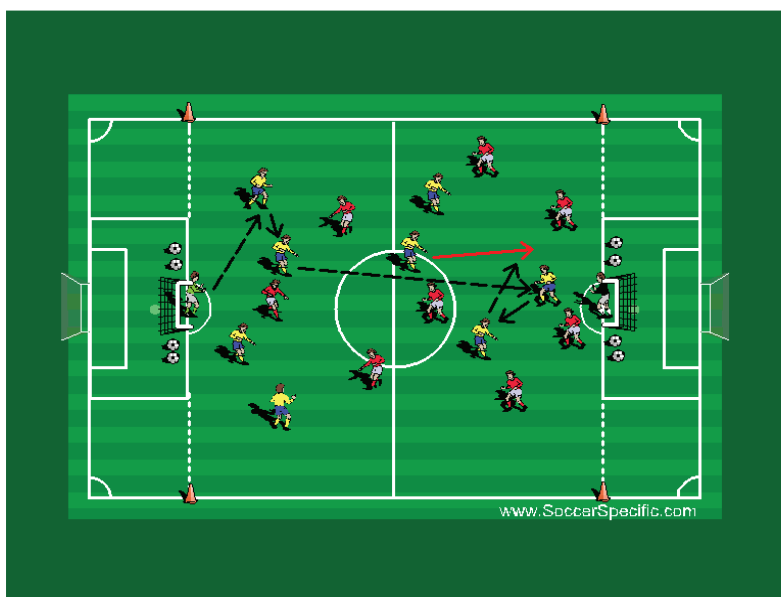
Set up: Pitch and players set up as shown in diagram shown, 8 v 8.

Instructions: Continuation / Progression from last activity. Players are encouraged to use the width of the pitch before making advanced runs. Encourage players to keep the tempo high and communicate.

Coaching Points: - Awareness of other players positions - Communication - Quality of final pass - Angle of pass - Creating Space - Vision - Awareness

Progressions :

- Touches - Tempo - Players can go in to Centre Circle - Go To man can go anywhere



ACTIVITY #6

Set up: Box to Box pitch, 8 v 8 + 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.

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