

ACTIVITY #1

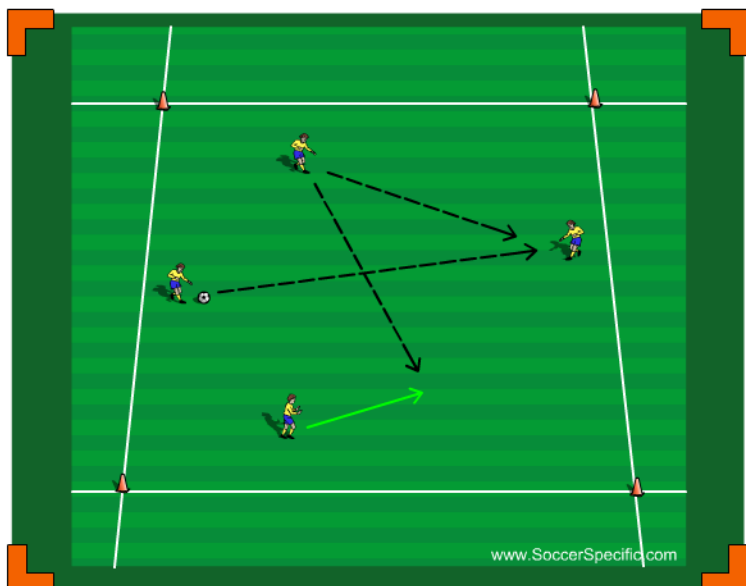
Set up: Players in groups of 4 wearing pinnies (4 blue, 4 red, 4 green, etc.). Each group has one ball. 10 minutes.

Instructions: Each group passes and moves in free space, playing through the other groups.

Coaching Points: Focus on the mechanics of passing and receiving.

Focus on the players' technical speed.

Focus on individual and small group shape.



ACTIVITY #2

Set up: 30 x 40 yard grid. Groups of 4 with one ball per group. 15 minutes.

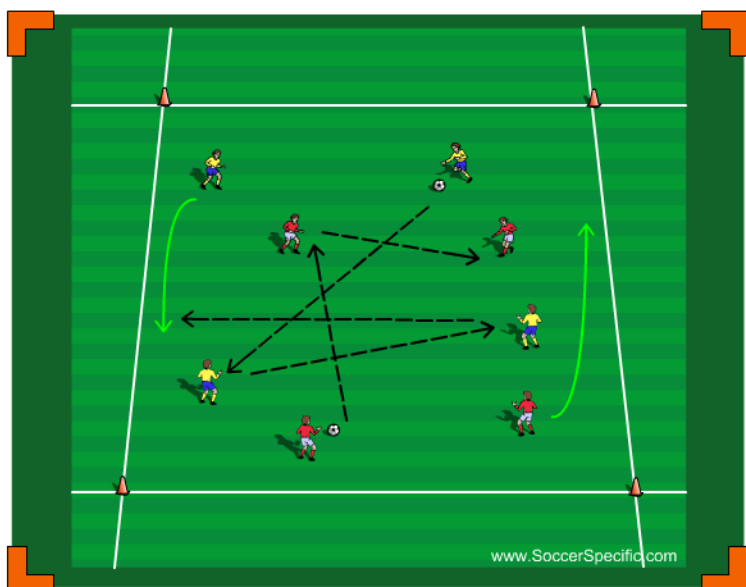
Instructions: Move the ball from one end of the grid to the other. Players maintain their positions and a "kite-type" shape. The idea is to have 2 wide players supporting the player with the ball and one high player for a long pass option. The players in the area around the ball make 4-5 passes before looking long to the high option. Once the ball is played to the high option, the 2 wide players move to support the ball at the other end of the grid.

Coaching Points: Survey the playing area at all times so that you can anticipate what to do next with and without the ball.

Keep body open to as much of the field as possible based on where you are on the field.

Take first touch toward a passing option.

Strike ball with proper weight and proper surface.



ACTIVITY #3

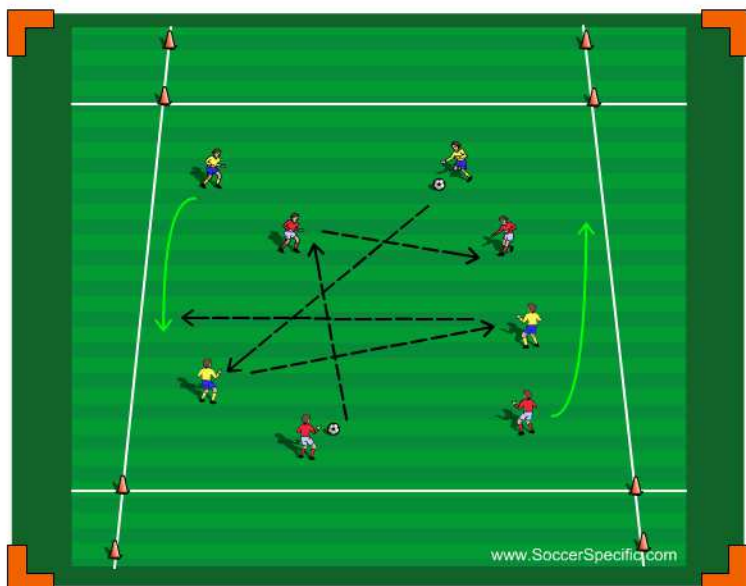
Set up: 30 x 40 yard grid with two groups of 4 players with 1 ball per group. 15 minutes.

Instructions: Play through each other. Each group simply focuses on their ball, their individual & small group shape and their speed of play. Neither group attempts to disrupt the other.

Coaching Points: Develop and keep individual and group shape. Develop rhythm of play in traffic.

Increase speed of play in traffic.

Recognize visual cues such as body shape of teammates, supporting positions and high option with the added pressure of more players on the field.



ACTIVITY #4

Set up: 30 x 40 yard grid with 5 yard end zones marked out at each end. Two teams play 4v4. 15 minutes.

Instructions: Each team defends one end zone and attacks the other end zone. If a team successfully plays a ball into the end zone opposite them to a teammate, they receive one point (the player must arrive in the end zone as the ball arrives. NO attacking player is allowed to “hang out” in the end zone. The defending team can only defend in front of their end zone and cannot enter the end zone that they are defending.

Coaching Points: Develop & keep individual and group shape under the pressures of a game .

Develop rhythm of play based on what the game presents.

Increase speed of play at the right time.



ACTIVITY #5

Set up: Play 6v6 or 8v8. If playing 6v6 the field size should be approximately 45 x 60 yards. If playing 8v8 the field size should be approximately 55 x 80 yards. 25 minutes.

Instructions: Play a game with throw ins and offside and proper restarts.

Coaching Points: Encourage your goalkeeper to communicate to the team regarding team shape.

Emphasize the coaching considerations made throughout the training session.

Stay on topic.