



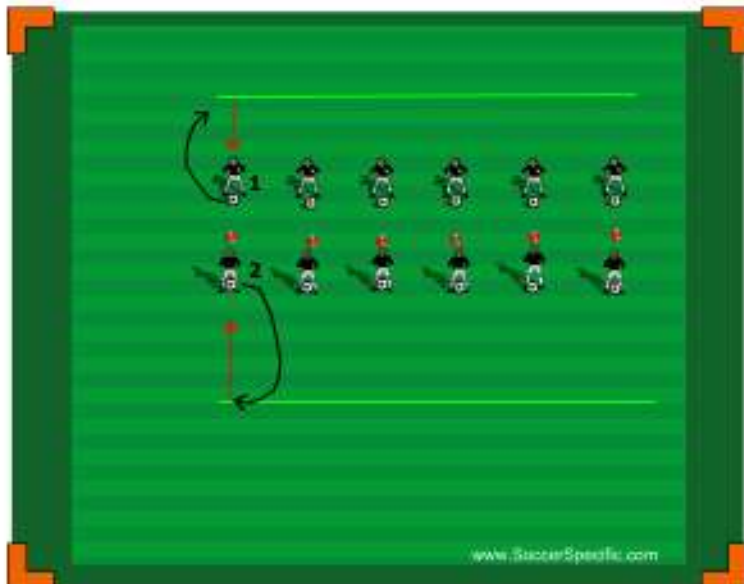
ACTIVITY #1

Set up: 12 Players, each behind a cone with a ball. 5 yards separating each cone.

Instructions: The session is based on ball mastery, allowing each player maximum touches on the ball. The coach commands each player different touches on the ball, using different parts of the feet.

1. Inside touches
2. Toe Taps
3. Pull Pushes (using sole of the foot to pull the ball back, and push it forward using the laces)
4. 'L' shapes (creating an 'L' shape behind the standing foot, and quickly alternating)
5. Squeeze and Push (start with foot on top on the ball and push down on the ball to the inside of the foot. alternate quickly)

Coaching Points: Ball mastery is all about quick feet, and on your toes, have the players compete by doing each one to 10/20, encourage not always looking at the ball, and get a rhythm, 'feel the ball, don't see the ball'



ACTIVITY #2

Set up: 12 Players, each behind a cone with a ball. 5 yards separating each cone. A line at either end equal distance apart from each player.

Instructions: On the coaches command of 'turn', each player has to do a change of direction moves, speed dribble to the green line, and do the same move again with the opposite foot, and back behind the cone before the opposite player comes back.

Coaching Points: Encourage getting down low as you turn, allowing you to push off and accelerate, make sure that the ball is out of your feet in order to attack the space. The players should be taking 2 or 3 touches between the cone and green line. when they return back to the cone, they should do inside touches to indicate that they are finished and have the ball under control.



ACTIVITY #3

Set up: 2 goals are set up either end, 10 yards apart and 30 yards opposite each other. Teams are split into two groups of 6.

Instructions: The Red 1 and 2 have to run around their own goal and try and touch the opposite goal without being tagged. At the same time Yellow and Red 1 and 2 run around their own goal and Yellow 1 and 2 try and tag red 1 and 2, whilst red 1 and 2 try and avoid yellow and touch yellows goals. Both red players can touch either goal. Alternate after each attempt of tagging goals.

- Coaching Points:**
1. Emphasize creative runs
 2. Overlaps
 3. Communication between players
 4. Speed of Attack
 5. Attack the space



ACTIVITY #4

Set up: 2 goals are set up either end, 10 yards apart and 30 yards opposite each other. Teams are split into two groups of 6. Balls are at both ends

Instructions: 2v2 to pugg goals on a 30x30 goal. New players come in with a ball when ball crosses own end line or goal. (if red score, they both stay on, next yellow two players come on with a ball. Progress once the players get used to rotation:

1. Players who shoot leave the field, leaving a 2v1- Emphasize new players with the ball drawing in one defender and laying ball off.
2. Last attacker to touch the ball has to sprint back and touch own goal before supporting their own player - New players take advantage of one defender, and recovering defending tracking back

- Coaching Points:**
1. Emphasize creative runs
 2. Overlaps
 3. Communication between players
 4. Speed of Attack
 5. Attack the space



ACTIVITY #5

Set up: 3v3 to one goal with GK on a 40 x 40 field. 3 Players from each team

Instructions: Reds start with the ball and play 3v3 to opposite goal. If red team score, yellow leave the field and next 3 yellows quickly attack with the ball.

- Coaching Points:** Emphasize :
- Fast break attack, taking advantage of numbers up
 - For teams coming on, take first touch past first defender to get numbers up
 - Isolate 1v1, and use moves to take players on
 - Enter game from different points of the end line to make attacking play unpredictable