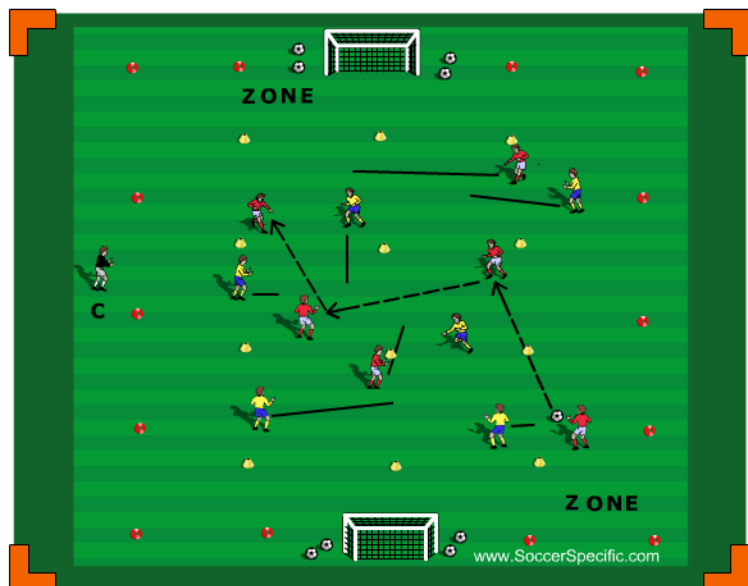


### ACTIVITY #1

**Set up:** Set up a big enough grid that players are able to move around freely and multiple balls to use.

**Instructions:** Players will pass and move within their own color. After getting them going on knocking the ball around have them do a take over and pass to other player immediately. Then after takeover have them do a wall pass after the take over. Allow an opportunity to combine and be creative. Introduce to spin away on receiving the pass to find 3rd teammate as well as a double pass. Could pass to either on a double pass. In final minute have groups do whatever they would like to and do it faster.

**Coaching Points:** Players should be reminded to not stay in one area and to use entire space. Eye Contact, Visual cues, communication, taking space, show for pass, body angle, surface of foot and timing of runs.

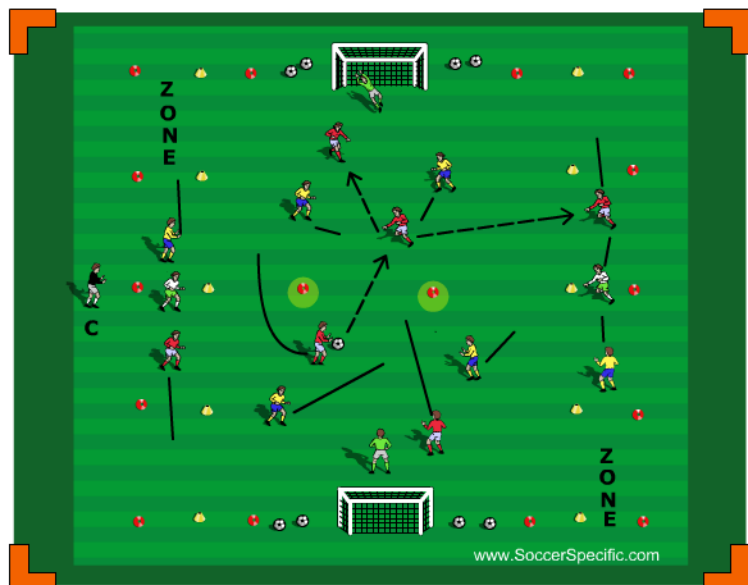


### ACTIVITY #2

**Set up:** Sort players in two teams of 6. Use 1/2 of field and set cones to make 3 grids to put players and leave enough space for zone in front of goal.

**Instructions:** Two players from each team in each grid. Game will be directional and if a pass is made to zone to your teammate you can join and make it 3v2 and continue throughout the zones. Players need to be creative and use combination sequences when possible to quickly penetrate up the field. Once the team has penetrated into the zone they can take a shot on goal. If keepers are available they can join and be part of the game.

**Coaching Points:** How do we combine with your teammates to get up field. Weight of pass and foot surface. Players need to move around and make themselves available and not stand square with teammate.

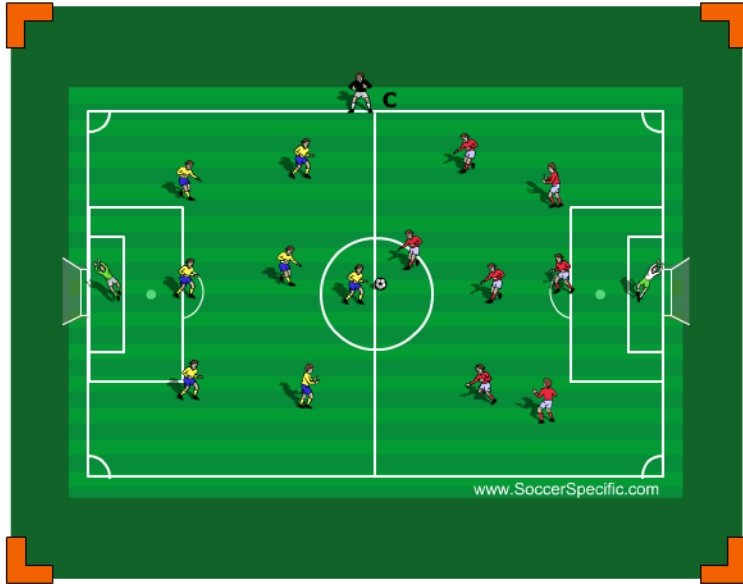


### ACTIVITY #3

**Set up:** Using 1/2 of field and 2 goals. Make a zone on the outside of the field and make a center field line. Set up multiple balls by goals to keep the game going.

**Instructions:** Players will play 2v2 in zones in center and outside zones will play 1v1 with Neutral player to make it 2v1 in zone. Team that has possession utilizes Neutral player as well as their own teammate. If the team in center zone passes to other one player can pass to other side to combine to create opportunities to score and would be 3v2. Players will play possession and play directional and score goals.

**Coaching Points:** Do players take advantage of numbers up and develop a rhythm of play and build up by using supporting players with accurate passing and verbal and visual cues. Are players being creative and using combinations and what was presented in Warm up and Small Sided activities.



#### ACTIVITY #4

**Set up:** Set up game with No Restrictions playing 7 v 7 or 9 v 9 depending on numbers. Recommend to play a 3 1 3 or 3 1 2.

**Instructions:** Players will play as they would a normal game with throw ins and offsides.

**Coaching Points:** Freeze as necessary to point out options if they have ball and attacking and not using options to penetrate i.e. using Wall Pass or Penetration Pass in an area where an opportunity has taken place. Using discovery and ask players where they should go or pass the ball to in order to get out of pressure.