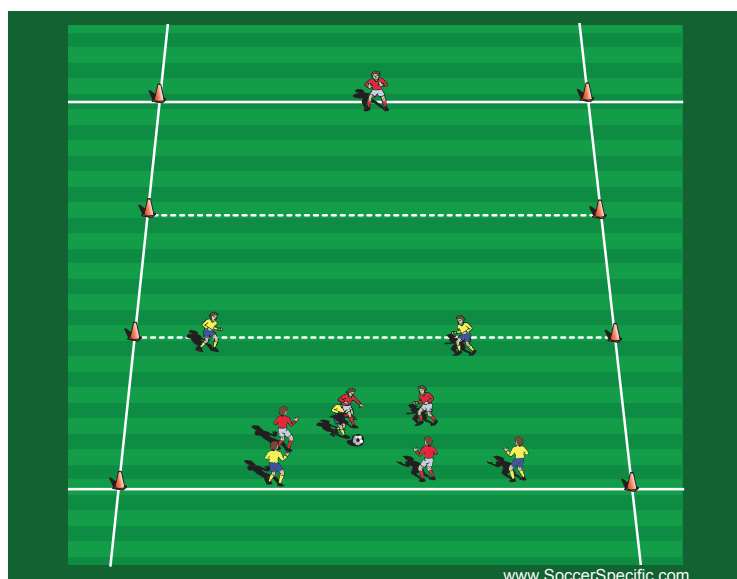


### ACTIVITY #1

**Set up:** Players are split up into small groups of three teams as shown below. Each team plays 2 vs. 2 +2 in a 10 x 10 yard grid. Total time: ~20 minutes.

**Instructions:** This exercise is continuous possession play. Emphasis is on transitioning from defense to offense. Players are encouraged to work hard and defend. Upon winning the ball, players are to find the plus players in support as quickly as possible. The goal of the exercise is to begin the process as transitioning from defending to quickly recognizing a countering situation. Switch the players every minute early on in the warm-up.

**Coaching Points:** Communicate and encourage one another to defend together, win the ball quickly. Instantaneous transition from defense to attack. Upon winning the ball, get the head up quickly and try to find release pass out of pressure ASAP, keeping possession of the ball! Crisp, accurate passing critical. Don't expose the ball.

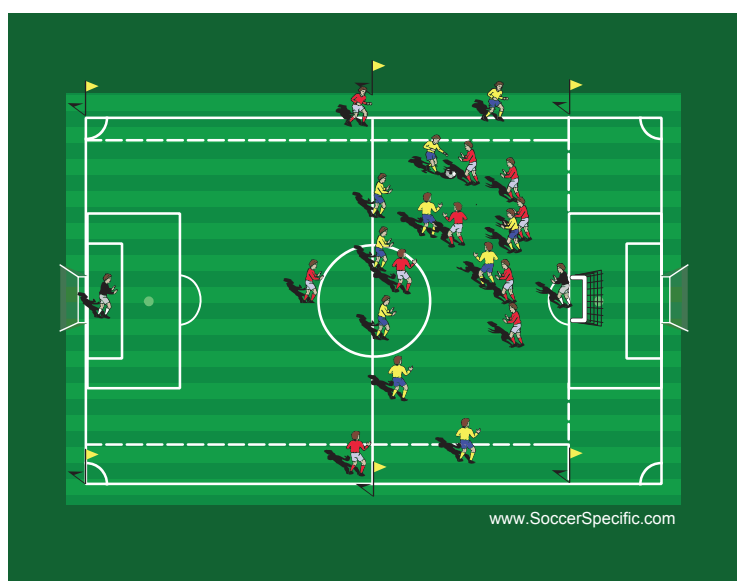


### ACTIVITY #2

**Set up:** Players are organized in a 15 x 20 yard grid space. The yellow team is playing 5 vs. 4. Total Time: ~20 minutes.

**Instructions:** Players must work together to win back the ball as quickly as possible. Upon Red winning the ball, they are to quickly counter-attack and play the ball to their teammate in the opposite grid. All four of the Red team players will join their teammate in the opposite grid and try and maintain possession of the ball. One player from the yellow team will remain in the current grid while the other 4 yellow players will try and win the ball back in the opposite grid.

**Coaching Points:** Communicate and encourage one another to defend together and win the ball quickly. Get the head up and quickly find the open "target" player-teammates must join quickly to take advantage of attacking opportunity. Must have sharp movements off the ball in order to maintain possession.



### ACTIVITY #3

**Set up:** The Red team is defending on their half of the field with only 8 players; a goalkeeper and 3 central midfielders. Total time: ~30 minutes.

**Instructions:** Defending team must "lock down" the game even though they are out numbered. Upon winning the ball counter-attack quickly and effectively to the opponent's goal. Their 3 attackers must stay on the opposite side of the midfield line and can not defend. When the defenders win the ball, they must find one of the 3 attackers who must possess the ball and connect with a supporting player before going to goal. The wide players may move out of the channels only after a ball has been played forward to a target.

**Coaching Points:** Instantaneous transition from defense to attack. Get head up, quickly find the open plus player upon winning the ball. Support of the forward pass is critical. Squeeze space and don't allow seams to develop. Goalkeeper integral part in initiating counter attacks upon collecting a cross or making a save.

**ACTIVITY #4**

**Set up:** Teams play 11 vs 11 with no restrictions. Total time: ~20 minutes

**Instructions:** 11 vs. 11 Full Field Game; no restrictions. Players are encouraged to look for the quick counter-attack from any intercepted ball, or 50/50 ball won. A bonus point is given for each counter-attack ending with a strike on goal.

**Coaching Points:** Communicate and encourage one another to defend together winning the ball quickly. Get the head up and quickly find the deepest open player upon winning the ball. Work off of the targets with sharp movements and look to combine.

