

### ACTIVITY #1

**Set up:** Players in groups of three with one ball.

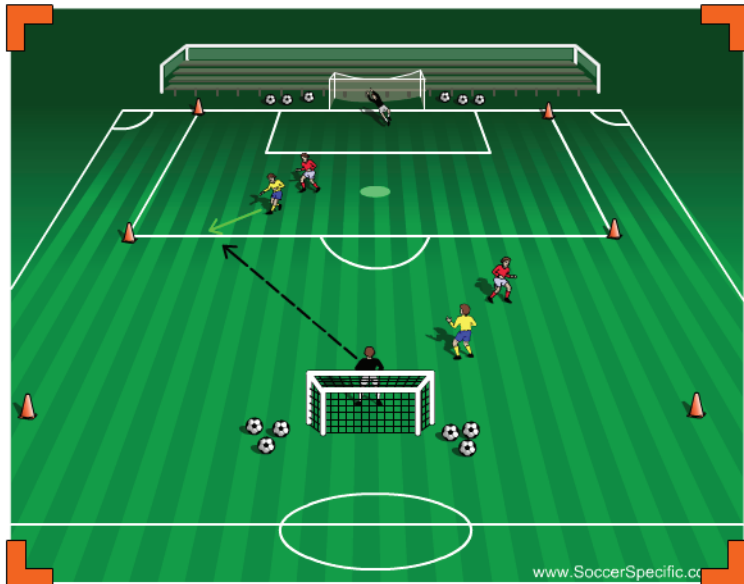
**Instructions:** Player with the ball serves to team mate who is marked by a defender. Forward looks to hold up the ball, lay off or turn the defender.

**Coaching Points:** Create space, check away at an angle from the defender.

Engage defender.

Relax, lean back to allow the ball into your playing zone – make a decision on what to do.

Look - can you turn to create a 1v1 or combine with your partner.



### ACTIVITY #2

**Set up:** Two penalty areas, with goalkeepers and balls. Play 1v1 to goal.

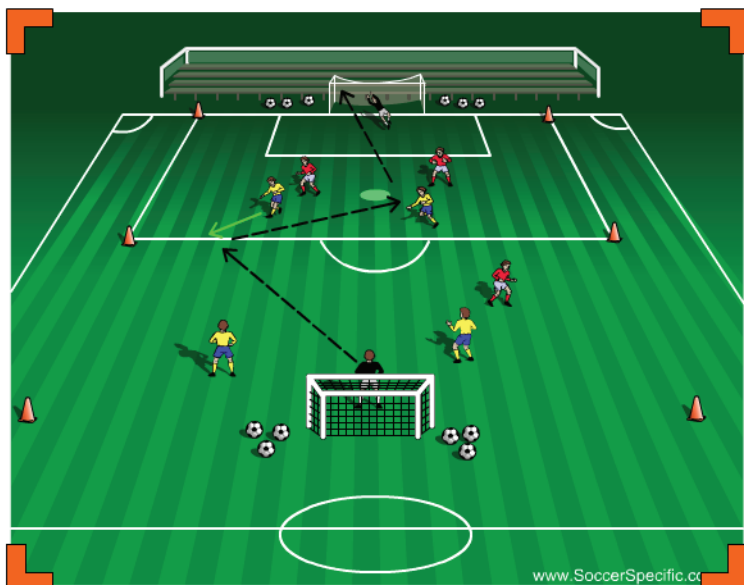
**Instructions:** Goalkeepers start the play with a ball into one of the two forwards who looks to turn and finish 1v1.

**Coaching Points:** Forward must touch the ball before defender looks to win it.

Timing of run.

Control and ability to turn and play 1v1.

Make it a competition – How many attempts at goal in 1 minute; How many goals in 1 minute.



### ACTIVITY #3

**Set up:** Two penalty areas, with goalkeepers and balls. Play 2v1 and 2v2 to goal.

**Instructions:** Goalkeepers start the play with a ball into one of the two forwards who looks to turn and finish or combine with partner for a shot on goal.

**Coaching Points:** Forward must touch the ball before defender looks to win it.

Timing and angle of run for the initial ball.

Control and ability to turn and play 1v1.

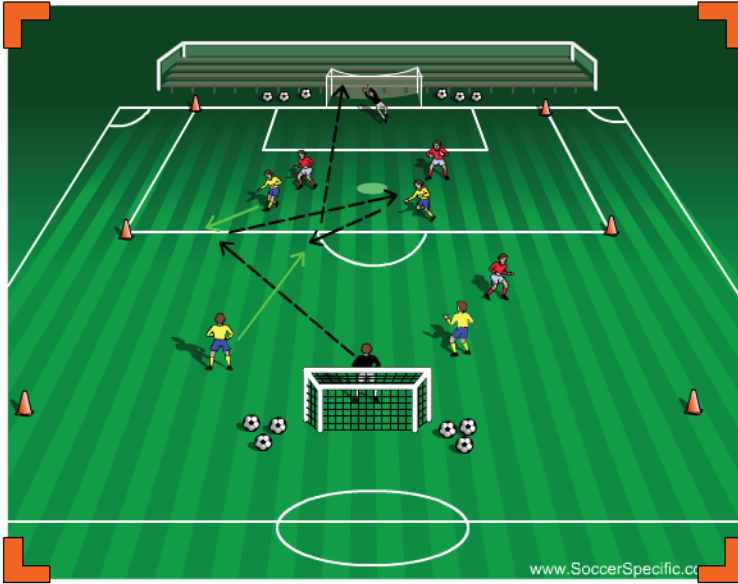
2nd Attacker follows in for rebounds.

Forwards look to combine - take over, drop and spin.

One-touch play.

Visual cues.

Make it a competition – how many attempts at goal in 1 minute; how many goals in 1 minute.



#### ACTIVITY #4

**Set up:** Two penalty areas, with goalkeepers and balls. 3v2 to goal.

**Instructions:** Goalkeepers start the play with a ball into one of the two forwards who looks to turn and finish or combine with partner for a shot on goal or lay off to trailing player.

**Coaching Points:** Forward must touch the ball before defender looks to win it.

Timing and angle of run for the initial ball.

Control and ability to turn and play 1v1 or lay off.

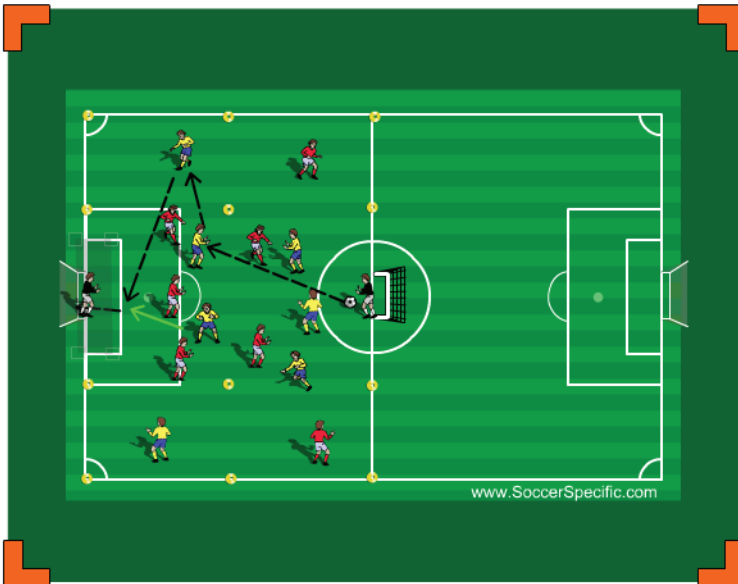
2nd Attacker follows in for rebounds.

Forwards look to combine - take over, drop and spin.

One-touch play.

Visual cues.

Keep the ball alive.



#### ACTIVITY #5

**Set up:** Set up on half a field with 4v3 plus keepers in two zones and flank players unopposed in wide channels.

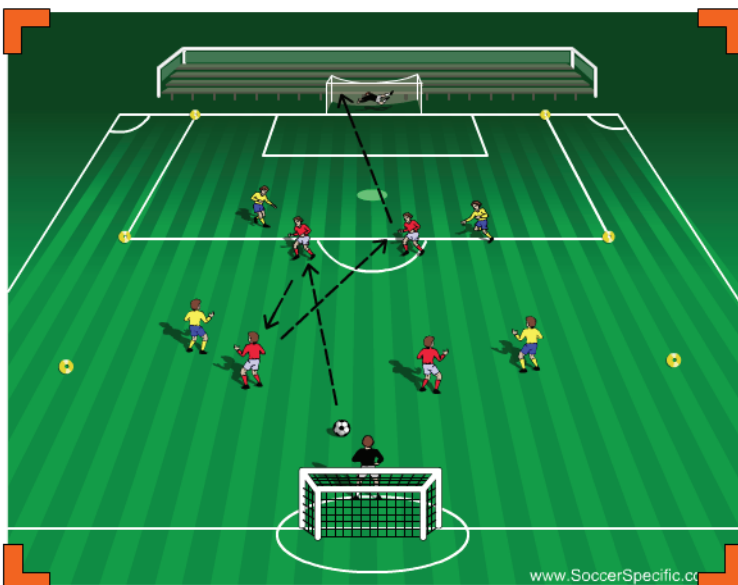
**Instructions:** Keepers serve the ball into one of the two forwards who looks to turn and finish, combine with strike partner for shot at goal or play ball wide for flank player to cross into the penalty area.

**Coaching Points:** Flank players deliver ball to second 6 yard box (shaded area).

Defenders push up to mid line when ball clears their half of the field.

Central strikers frame goal when ball is served in from the flank players.

Primary option is still for central strikers to play off each other.



#### ACTIVITY #6

**Set up:** 5v5 game on half field.

**Instructions:** Let them play!

**Coaching Points:** Let them play!