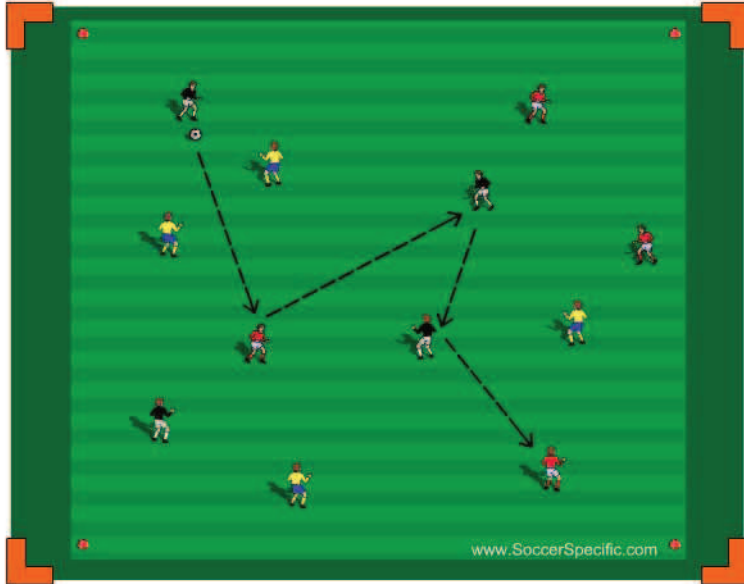


ACTIVITY #1

Set up: Players in 3 groups of 4 each with a different color bib (Black, Yellow, Red). 1 or 2 balls per group - depending on ability of the players. Area 25x25 - modify as needed.

Instructions: Each group of 4 passes and moves around the grid. Work on different type of combination plays - give and go, overtake, third man running. Add a defender from one of the other groups to make 3 games of 3v1. Rotate defender.

Coaching Points: First touch.
Body position.
Vision.
Speed of the pass.
Attitude of the defender to win the ball.



ACTIVITY #2

Set up: 3 groups of 4 players. Each group in a colored bibs - Red, Black and Yellow. Grid 30x25 - modify as needed.

Instructions: 2 groups try to keep possession of the ball against the third group - 4v4v4 or 8v4. The group that wins the ball becomes part of the group keeping possession. The group that loses the ball transitions to defending.

Coaching Points: The defending group try to get pressure on the ball.
Defending team tries to deny penetrating passes.
First touch.
Body position.
Vision.
Speed of the pass.
Penetrating passes.
Attitude to win the ball back.
Organization of the four defenders when they lose possession of the ball.



ACTIVITY #3

Set up: Half-field with full goal and two small counter goals on half-way line. 2 teams of five (5) plus a keeper in goal. Play 5v5+K.

Instructions: Attacking team looks to attack and score in the full size goal. The defending team attacks the two small counter goals. If the defending team scores they then attack the full size goal.

Coaching Points: Same points as previous activities.
When the attacking team loses the ball they look to put pressure on the ball right away.
Defending team must get good cover and balance to prevent the opposition from going forward.



ACTIVITY #4

Set up: Half-field with full goals - Play 6v6+Ks (7v7) or 7v7+Ks (8v8).

Instructions: Organize the two teams into a formation that mirrors the formation they play or will play in an upcoming game. Play a regular game with throw-ins, goals kicks, offside, etc.

Coaching Points: Same coaching points as previous activities.