

ACTIVITY #1

Set up: Players in groups of 3 or 4. Use entire area available.

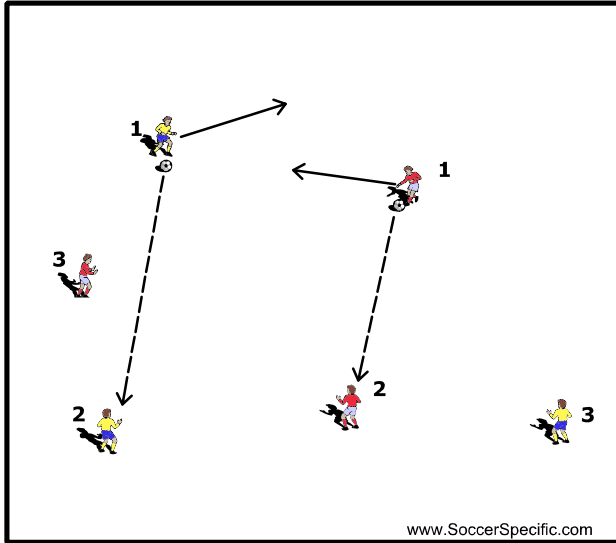
Instructions:

Players pass in sequence. After a pass, the passer finds another space. All groups use the same area and 'play through' one another.

PASSES: Push, instep,

RECEIVING: 1. Come off on angle and open up; 2. Get 'in line' with pass and take ball off line;

3. 'BIG' touch; pass to ones self; 4. Receive with one foot and pass with the other foot



Coaching Points: 1. 'Get big'; 2. See the ball/see the space; 3. Check and show for ball; 4. Check shoulder; 5. Meet the ball; 6. Touch in the direction of next target; 7. Passing/receiving techniques

ACTIVITY #2

Set up: Area is approximately 1/2 field. Two teams. 3 v 3 or 4 v 4 in middle. Rest of players alternately placed in each 2 yd wide goal (no more than 8 goals total) placed equidistantly around the perimeter of the area.

Instructions: Teams in the center play against each other and try to pass the ball to their own colour standing between the cones. Once ball is passed to team mate on the outside, player who passed the ball changes places with the outside player. The outside player brings the ball into the middle and continues to play. The team must then attack a different goal. Be conscious of players standing in a goal for too long. **PROGRESSION:** set number of passes in central area before passing to outside player.

Coaching Points: 1. On gaining possession; while keeping your eye on the ball; make the field 'big'; 2. Awareness of pressure, support, space; 3. Angles and distances of support as the ball is traveling; 4. Quality passing, receiving, shielding and screening techniques; 5. Movement to create space for yourself/others; 6. Play away from pressure

ACTIVITY #3

Set up: Directional 4 v 4 with keepers. Spare balls near.

Instructions: Teams try to score and prevent goals. Players may work individually or in combination with others to score goals. Possession (short; long; forward and backwards passing); movement with and without the ball; penetration play encouraged.

Coaching Points: 1. Dispersal; 2. Awareness/Check shoulders; 3. Possession mentality; 4. Support play (near, far, wide, rear) as the ball travels; 5. Movement to create space for yourself/others; 6. Penetrating runs/passes; 7. Quality passing and receiving

