

ACTIVITY #1

Set up: Players form circle around the marked center square. Radius of circle to be determined

Instructions: Player from the outside goes into the center square with the ball and performs an activity as determined by the coach; then passes/shoots the ball to another waiting player on the opposite side. Passer/shooter changes places with target player. At Coach's discretion; add more attackers/balls. 1. Attack square with pace and upon entering square, pass/shoot to player on opposite side using the right foot; 2. Then use left foot; 3. Attack square with pace and before entering the square fake left then go right enter square and pass/shoot to player on opposite side; 4. Then fake right go left

Coaching Points: 1. All players aware and bright; 2. When to attack square; 3. See square/target; 4. Attack with pace; 4. Quality pass/shoot/receive

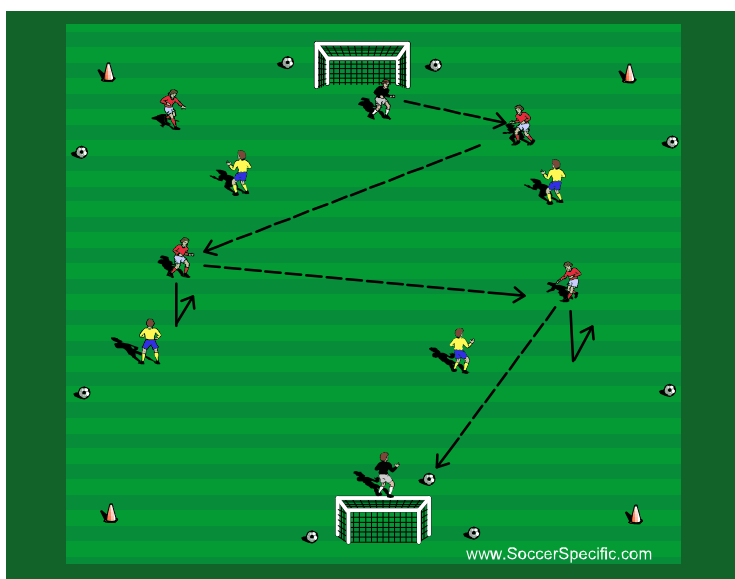


ACTIVITY #2

Set up: Area: 15yds x length of field. Players waiting on each corner. Spare balls near.

Instructions: Two Attackers versus one Defender. The two Attackers go at Defender and goal and attempt to score on the goal. The shot must be taken before the 'final' cone. After the shot has been taken; two new Attackers from opposite end attack the new Defender and goal; (whomever took the shot becomes the new Defender); and attempt to score. If the defender wins the ball, they can attack the opposite goal. PROGRESSION: Limit time for Attackers to get shot away.

Coaching Points: 1. Attack at pace; 2. Look to commit the defender; 3. Angle and distance of support of 2nd Attacker; 4. Decision/Timing (pass/dribble/shoot); 5. Attack the space beyond the Defender/Create shooting lane; 6. Finishing techniques; 7. Transition from Attacking-Defending



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. 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. When/where to pass/dribble; 7. Look to create shooting opportunities