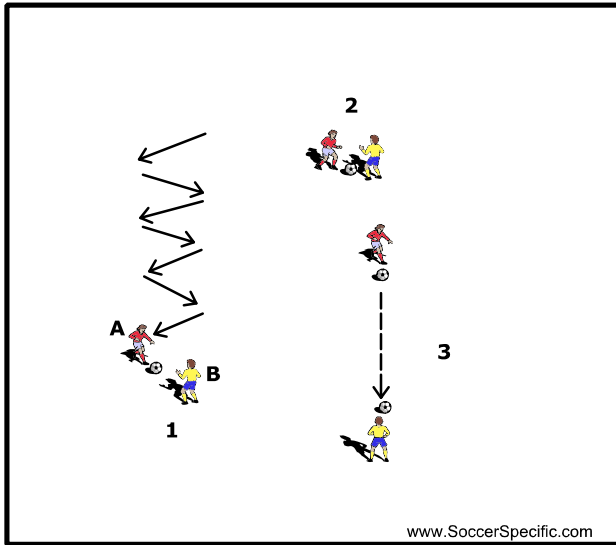


**ACTIVITY #1**

**Set up:** Width of field; Players in pairs; one ball between two.

**Instructions:** (1)-Player A moves ball in 4 yd zig zag fashion. Player B shadows Player A. Player B does not try to win the ball. Switch roles when players get to other side. (2)-Two players; one ball. Players simultaneously strike ball with inside of same foot. (3)-Players front foot 'lunge' pass to one another.

**Coaching Points:** (1)-1. Eye on ball; 2. Touch tight/balls of feet/knees bent; 3. Feet 'gliding' across top of turf; 4. Change direction when Player A changes direction; (2)-1. Eye on ball; 2. Non tackling foot alongside ball/tackling foot stiff/fist clenched/head body over ball; 3. Center of ball. (3)-Eye on ball; 2. Outside of foot/center of ball; 3. Lunge through ball

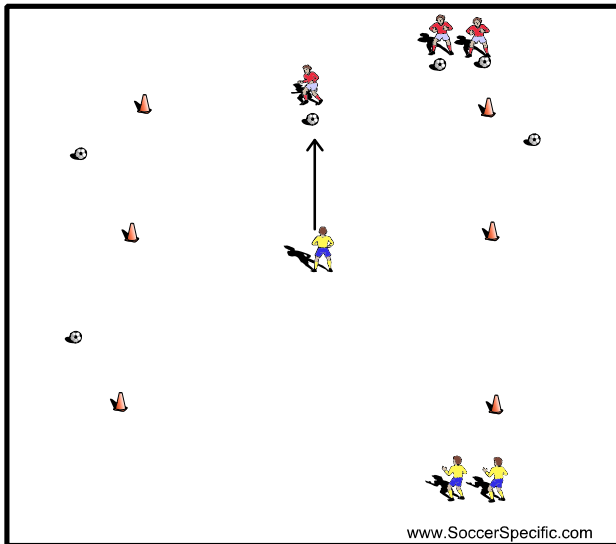


**ACTIVITY #2**

**Set up:** Area: 10yds x 20yds with halfway point marked. 1 v 1. Spare balls near

**Instructions:** Attacker starts with ball on own endline. Defender starts on halfway line. On Attacker's touch, players play 1v1 and the Attacker tries to score by running the ball over the opposite end line. If the defender wins the ball; they run the ball over the Attacker's end line to score a point. Once point is scored, the scoring player must retreat back into their own half before they can defend again. Game is continuous with roles constantly changing. Change players after determined time

**Coaching Points:** 1. Eye on ball/close down the space; 2. Prevent forward play; 3. Make play predictable; 4. Regains; 5. If beaten, angle of pursuit/confrontation; 6. Counter Attack



**ACTIVITY #3**

**Set up:** Directional 4v4 with keepers;

**Instructions:** Teams try to score and prevent goals. Team defending emphasized.

**Coaching Points:** 1. Goalside; 2. Closest defender pressures ball; 3. Other defenders read and react (take away options/space) 4. Individual defending: (pressurizing, support, balance, marking position, recovery runs, delay) 5. Dispossess/tackles/intercept/spoil 6. Counter Attack; 7. Security

