

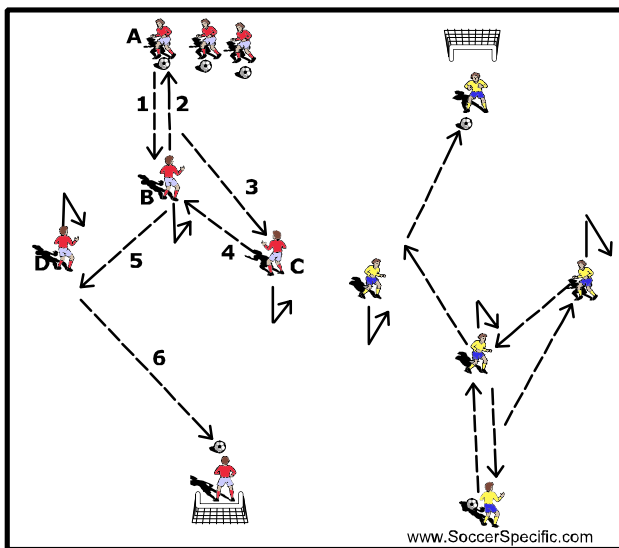
ACTIVITY #1

Set up: Area 15yds long. 2 4yd wide cone goals at each end. Spare balls near

Instructions: Player A passes to Player B and follows his pass. Player B passes to Player A and then, if necessary, drops off. Player A passes back to Player B and then goes to starting point of Player B. Player B then passes to Player C.....At first play 2 touch.

PROGRESSION: 1 touch

Coaching Points: 1. Eye contact with receiver; 2. Eye on ball; 3. Pace/timing/weight; 3. Non kicking foot poited towards target; 4. With ankle STIFF, strike ball with inside of the foot at the center point of the ball; 5. head steady/follow through; 6. First touch out of feet

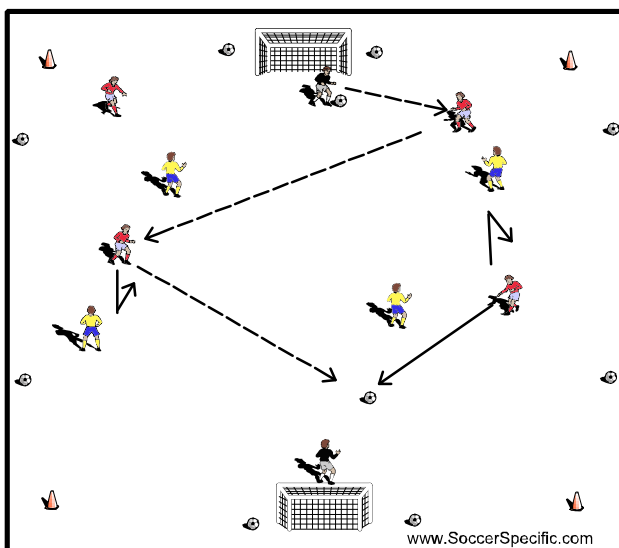


ACTIVITY #2

Set up: Area: 12yds x 30yds. Four players form 'Y' pattern. GK in goal.

Instructions: Player B checks and shows. Player A plays straight pass to Player B (1) and follows pass. Player B lays ball into Player A path (2) then 'disappears'. Player C checks and shows and then receives angled pass from Player A (3). Player C then plays a 'reappearing' Player A (4). Player D then checks and shows; Player A plays ball into path of Player D(5) who then has a shot on goal (6). Rotate. Passing sequence should be done one touch at all stations

Coaching Points: 1. Awareness/body shape; 2. Timing/quality of movement (eye contact/proper technique); 3. Timing/quality of pass (as soon as player stops/accuracy and firm); 4. Shooting techniques (1st time shot or prep touch)



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 towards/away from the ball; 6. Recognize when you can play (pass/run/touch) past pressure; 7. When to pass to feet/space