

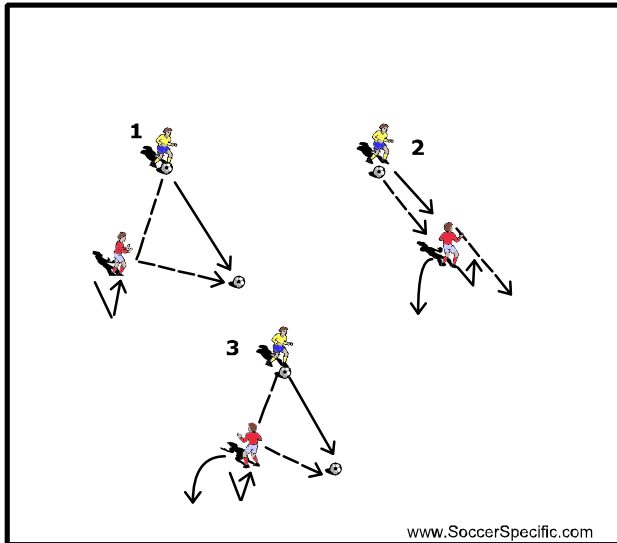
ACTIVITY #1

Set up: Area: 1/2 field. Group of players split evenly into teams and 'pinned'. One ball for every two players.

Instructions: One team with a ball. All players moving. Player with ball combines with player who does not have a ball.

Combinations: 1. wall pass; 2. set; 3. side of foot wall pass and spin. After determined time, players change roles.

Coaching Points: 1. Eye contact; 2. Check and show; 3. Quality passing; 4. When possible, one touch play; 5. Accelerate on exchange; 6. Avoid breaking runners stride

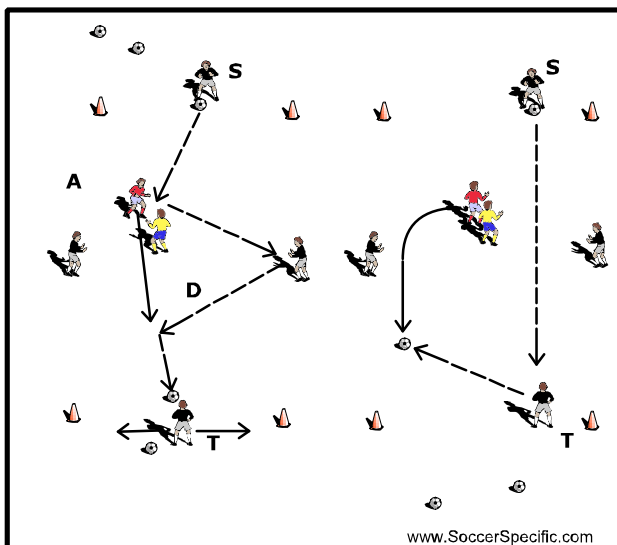


ACTIVITY #2

Set up: Area 8yds x 18yds. 1 Attacker; 1 Defender; 1 Server; 2 Support players, Balls near.

Instructions: In order to score a point, the Attacker tries to play past or receive past pressure. Three ways to score, the Attacker can do something individual (pass/dribble); the Attacker can use the support players to get past pressure and play the target or the Attacker can receive the ball from the Target after a pass from the server. The Attacker can use the Server to maintain possession. Support players restricted to 1 touch. If Defender gains possession they become the Attacker. Encourage 'tight' defending. Rotate after determined time.

Coaching Points: 1. 'Good' distance between Attacker/Server; 2. Check shoulders; 3. Movement to create space in front of or behind the defender (Work hard to get on the ball); 4. Timing of movement/pass; 5. Decision (keep possession, combine with support/server/target or individual); 6. Recognize when you can get/play past pressure; 7. Body shape open when possible; 8. Screening/Shielding/Passing/Receiving techniques



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

