

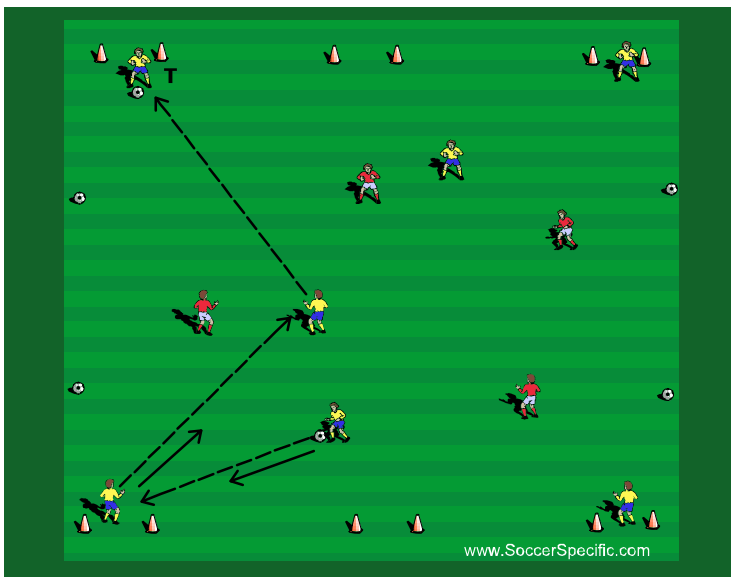
ACTIVITY #1

Set up: Players in groups of 3. One ball per group 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. Receiving technique on demand (1. Receive with the inside of one foot and pass with the inside of the other foot; 2. Receive with the outside of one foot and pass with the inside of the same foot; . 3. Receive with the inside of one foot and pass with the outside of the same foot; 4. Or other)

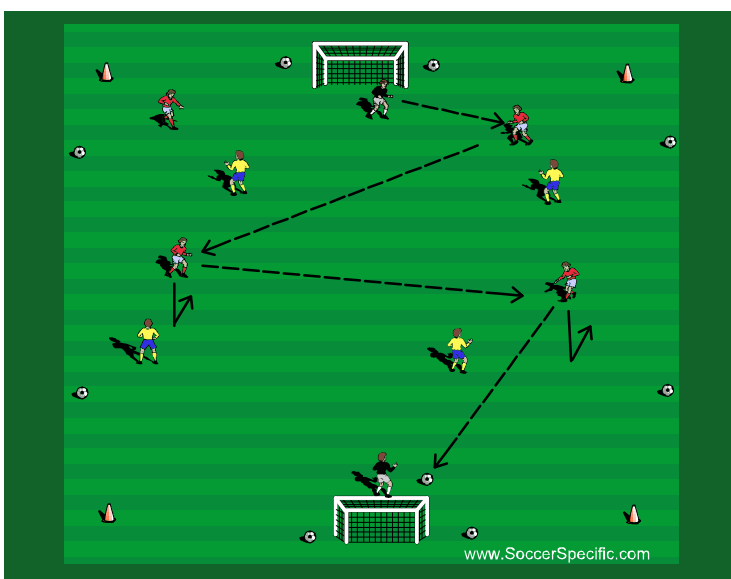
Coaching Points: 1. 'Get big'; 2. See the ball/see the space; 3. Check and show for ball; 4. Check shoulder/see 'next' pass; 5. Meet the ball/Early touch; 6. Touch in the direction of next pass; 7. Pace/timing/weight of pass; 8. Movement after pass



ACTIVITY #2

Set up: Area: 20yds x 30yds. 4v3+4. Spare balls near
Instructions: 4v3 in the middle with 4 support players who play for the 3. The 4 players try to maintain possession of the ball. Every 5 consecutive passes equals a goal. The 4 players are limited to two touch. If the 3 players win the ball then their job is to pass the ball to the targets on the end to score a goal. Whomever passes the ball to the target must change places/roles with the target. After the 3 have scored, in order to score again they must score on the opposite end. They can use the end players for support but each pass does not count as a goal. PROGRESSION: Impose touch restriction for one or both of the groups.

Coaching Points: 1. Dispersal; 2. Awareness ball/space/pressure/support; 3. Angles and distances of support; 4. Movement to create space for yourself/others; 5. When to pass to feet/space?; 6. When to play short/long?; 7. Regains



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