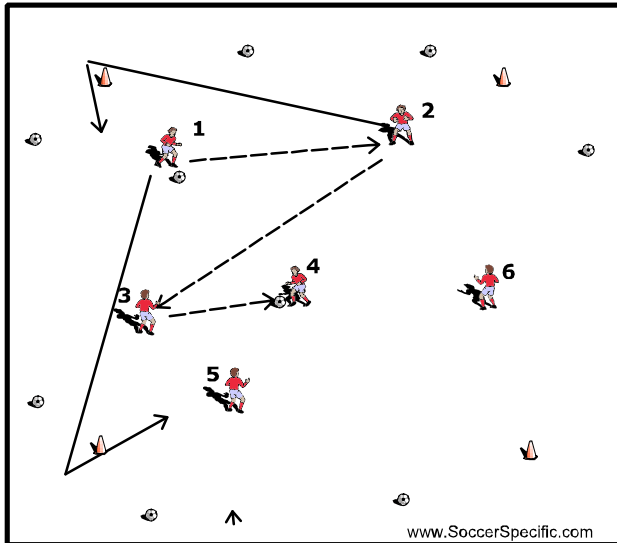


ACTIVITY #1

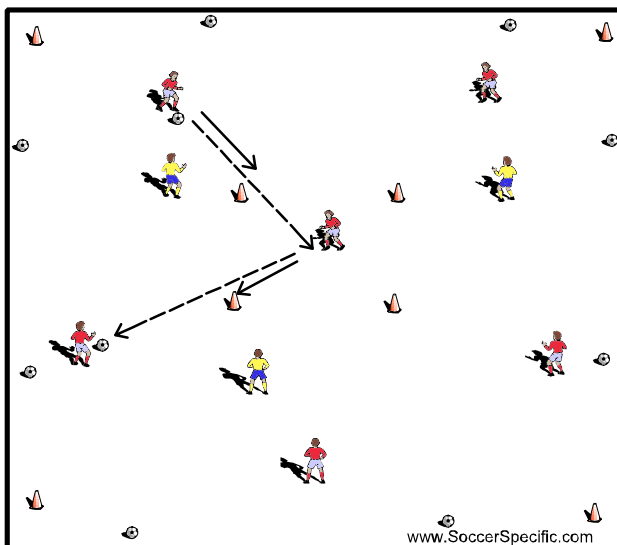


Set up: Area to suit the number of players. 6-9 players per area. Spare balls near.

Instructions: Players number themselves in sequence. Players then pass in sequence. After a player makes a pass they run around a cone (other than the closest) and rejoins the sequence. Players play two touch to start and then progress to one touch. the ball should always be in motion. PROGRESSION: Run around additional cones

Coaching Points: 1. Awareness of ball/player you are getting the ball from/player you are giving the ball to; 2. Frontal support; 3. Pace/timing/weight of pass; 4. See ball/cone when running outside of grid; 5. May have to let the ball run if support player has not arrived

ACTIVITY #2

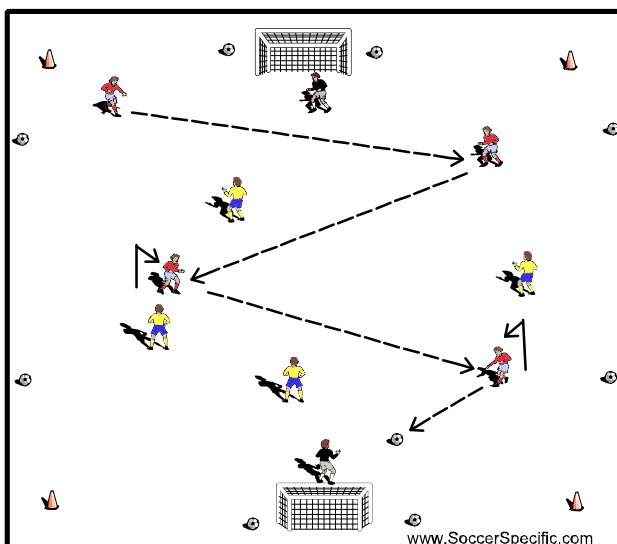


Set up: Area: 20yds x 20yds. 5yd square box in the center of the area. Can play: 5v3/5v4/6v4/6v3 Spare balls near.

Instructions: The objective for the players is to play the ball into the player standing in the center square to score a point. After the pass into the center; the receiver exits the square and whomever passed the ball into the center player enters the center square. The players can also score by completing 5 successive passes. If the defenders win the ball; in order to score a point; they must run or pass the ball to a team mate outside of the 20yd x 20yd square. PROGRESSION: Center player must play out in one touch. Touch restriction for players.

Coaching Points: 1. Dispersal; 2. Awareness of space/pressure/support/ball; 3. Angles/distances of support as the ball travels; 4. Passing/receiving techniques; 5. Recognizing/timing to pass into center square

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. Penetrating runs/passes; 6. Quality passing and receiving