

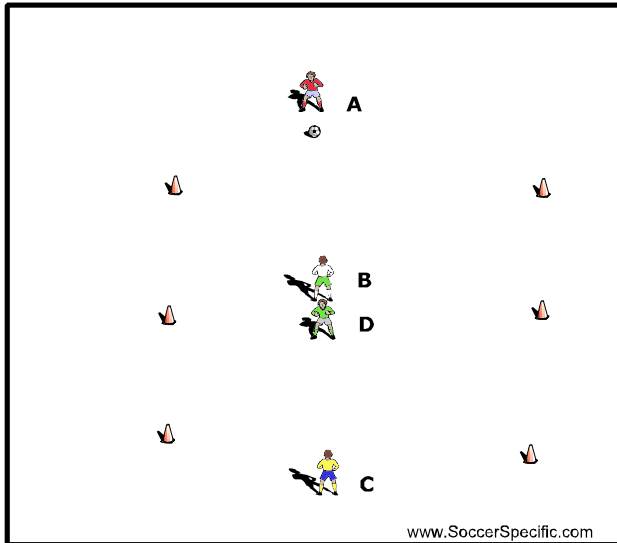
ACTIVITY #1

Set up: Split group into teams of 4. 20yds between end players. One ball per group.

Instructions: Players A passes to player B who performs a turn and then passes to player C. Players C passes to player D who performs a turn and then passes to player A. Repeat from other end (C-B-A; A-D-C). Servers play an accurate pass in at the same time; receivers perform same turn with same foot. After determined period; change servers and receivers.

URNS: 1. come off on angle; 2. inside/outside of foot past pressure; 3. inside of foot on half turn; 4. between legs/inside of foot;

Coaching Points: 1. Check and show; 2. Check shoulder; 3. Move towards ball until ball contact is imminent; 4. Quality/efficient turns; 5. Passing technique on demand; 6. Reload

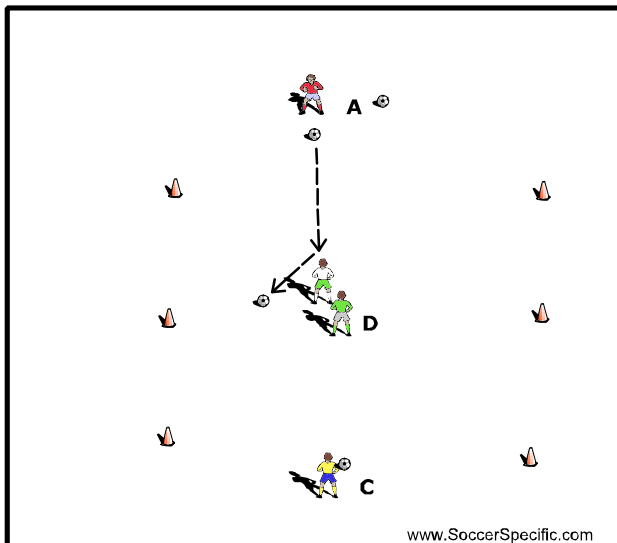


ACTIVITY #2

Set up: Split group 4's. 6 yds wide cones and 20yds between end players. One ball per group.

Instructions: Player A passes to Player B who performs a turn and then tries to play a pass to player C to score a point. Player B can use server to keep possession. If successful, Player B then tries to do the same starting from the other end. If defender (Player D) wins ball and plays back to server, they get a point. After determined period; change servers, receivers and defenders

Coaching Points: 1. Check and show; 2. Check shoulder; 3. Move towards ball until ball contact is imminent; 4. Quality/efficient turns; 5. Screening/shielding techniques; 6. Passing technique on demand; 7. Reload



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); turning; movement with and without the ball; penetration play encouraged.

Coaching Points: 1. Dispersal; 2. Awareness; 3. Possession mentality; 4. Support play (near, far, wide, rear) as the ball travels; 5. Play past pressure; 6. Quality passing and receiving

