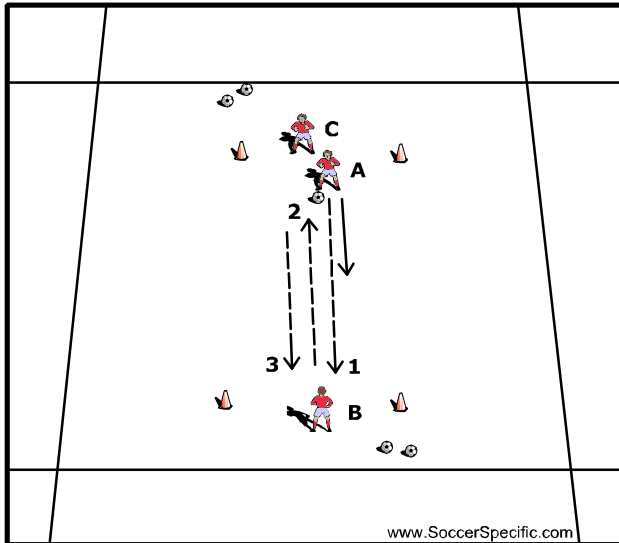


ACTIVITY #1



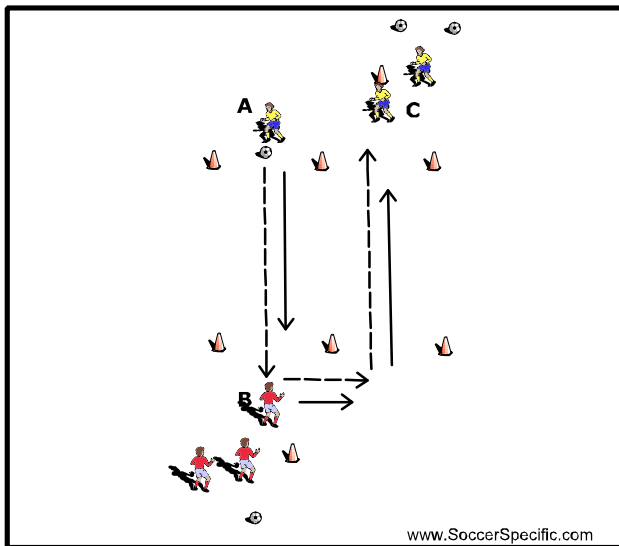
Set up: Area 15yds long. 2 4yd wide cone goals at each end. Spare balls near

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

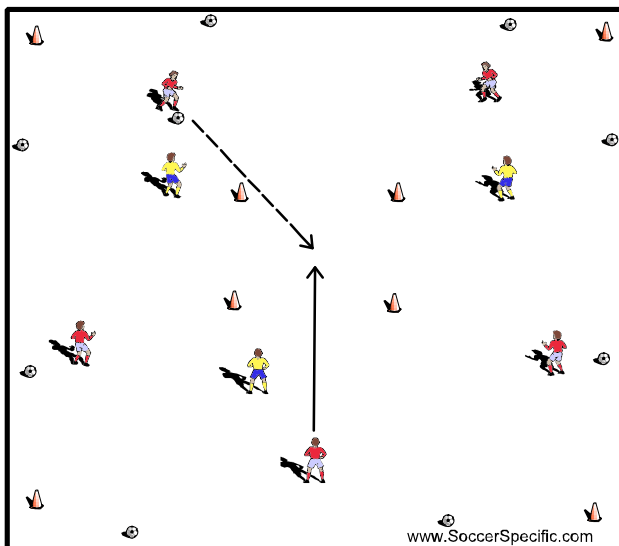


Set up: Distance between discs determined by age and ability of players. No more than 3 players at each end. Supply of balls.

Instructions: Player A passes to Player B and follows his pass. Player B takes the ball across, to the next channel, on his/her first touch. Player B then passes to Player C who repeats actions

Coaching Points: 1. See target/ball; 2. Passing/receiving techniques; 3. Support pass

ACTIVITY #3



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

Instructions: The 5 players try to maintain possession of the ball. Every 5 passes equals a goal or if the ball is passed into the middle and another attacking player meets the ball in the center square also equals a goal. If the defenders win the ball; in order to score a goal; they must run or pass the ball to a team mate outside of the 20yd x 20yd square. **PROGRESSION:** Touch restriction

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 enter center square