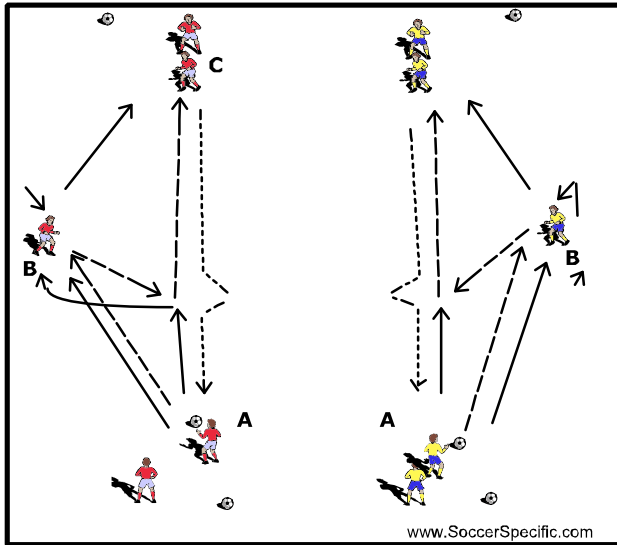


ACTIVITY #1

Set up: Area: width of field; 5-7 players per group; spare balls near

Instructions: Player A passes to Player B and gets a return pass. Player A then passes to Player C then spins out and takes the place of Player B. Player B after passing to oncoming Player A, spins out and then goes to the back of the line. Player C receives and RWTB and performs a 1v1 move before getting to the other side. Repeat. After determined time, start with ball from other end in order to work the other foot

Coaching Points: 1. See target, eye contact, see ball; 2. Timing/quality of movement; 3. Quality passing (correct foot, part of foot/ball; pass to back foot; pace/weight) and Receiving (when necessary); 4. Body shape open; 5. Check shoulders; 6. Game like RWTB/dribbling

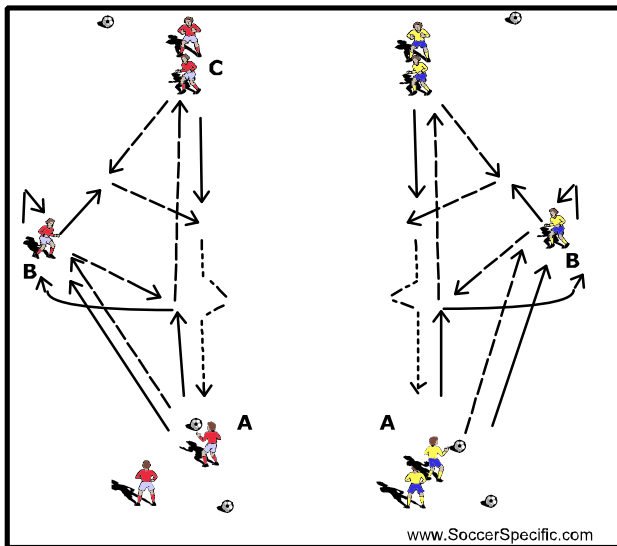


ACTIVITY #2

Set up: width of field; 5-7 players per group; spare balls near

Instructions: Player A passes to Player B and gets a return pass. Player A then passes to Player C then spins out and takes the place of Player B. Player B after passing to oncoming Player A, spins out and then shows for Player C. Player B and Player C exchange passes. Player B goes to the back of the line. Player C receives and RWTB and performs a 1v1 move before getting to the other side. Repeat. After determined time, start with ball from other end in order to work the other foot

Coaching Points: 1. See target, eye contact, see ball; 2. Timing/quality of movement; 3. Quality passing (correct foot, part of foot/ball; pass to back/front foot; pace/weight) and Receiving (when necessary); 4. Body shape open; 5. Check shoulders; 6. Game like RWTB/dribbling



ACTIVITY #3

Set up: Area is approximately 1/2 field. Two teams. 3 v 3 or 4 v 4 in middle. Rest of players alternately placed in each 2 yd wide goal (no more than 8 goals total) placed equidistantly around the perimeter of the area.

Instructions: Teams in the center play against each other and try to pass the ball to their own colour standing between the cones. Once ball is passed to team mate on the outside, player who passed the ball changes places with the outside player. The outside player brings the ball into the middle and continues to play. The team must then attack a different goal. Be conscious of players standing in a goal for too long. PROGRESSION: set number of passes in central area before passing to outside player.

Coaching Points: 1. On gaining possession; while keeping your eye on the ball; make the field 'big'; 2. Awareness of pressure, support, space; 3. Angles and distances of support as the ball is traveling; 4. Quality passing, receiving, shielding and screening techniques; 5. Movement to create space for yourself/others; 6. Play away from pressure

