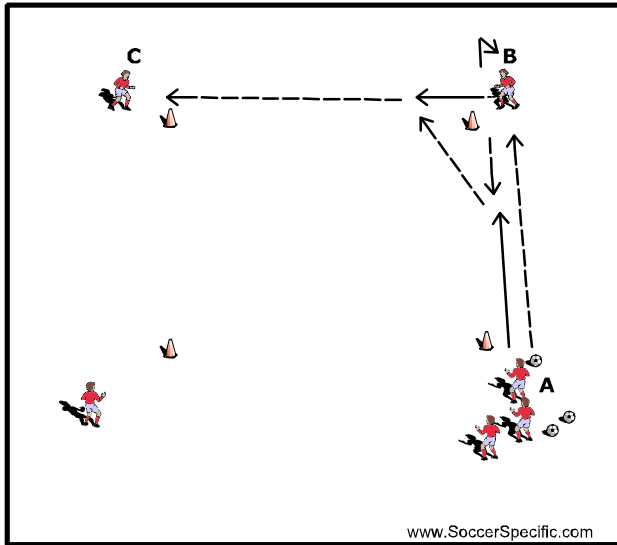


### ACTIVITY #1

**Set up:** Area: 10x10yds. 6-8 players/area. Spare balls near  
**Instructions:** Player A passes ball to Player B and follows his/her pass. Player B sets the ball for Player A who then returns the ball on the other side of the cone for Player B.....

**Coaching Points:** 1. Eye contact with receiver; 2. Eye on ball; 3. Pace/timing/weight; 3. Non kicking foot pointed 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

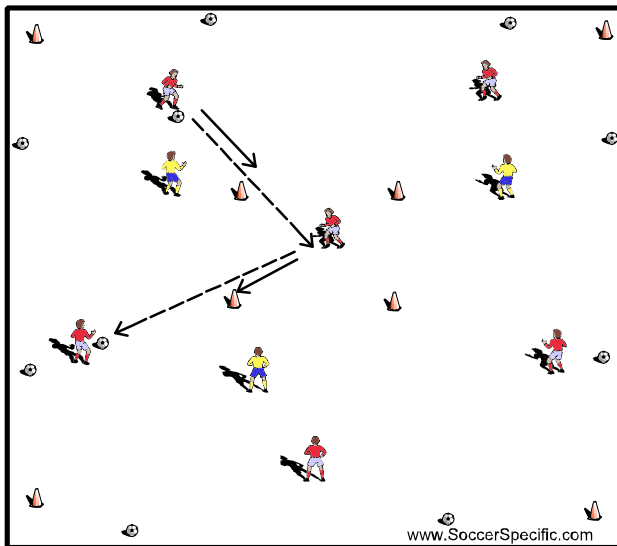


### ACTIVITY #2

**Set up:** 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. Movement towards/away from the ball; 6. Recognize when you can play (pass/run/touch) past pressure; 7. When to pass to feet/space

