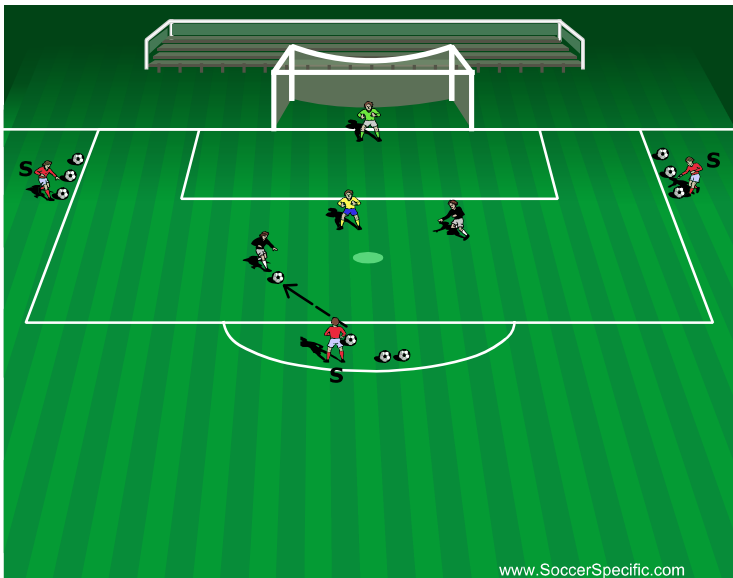


ACTIVITY #1

Set up: Shooting (Basic 1)

Instructions: Two attackers receive balls from the servers (S) and combine to score.

Coaching Points: Dynamic movement to receive the ball, receive on half-turn, first-touch sets up the strike on goal or is the strike on goal, assess position of support player to pass & assess position of the keeper when shooting, second striker goes in for the rebound.



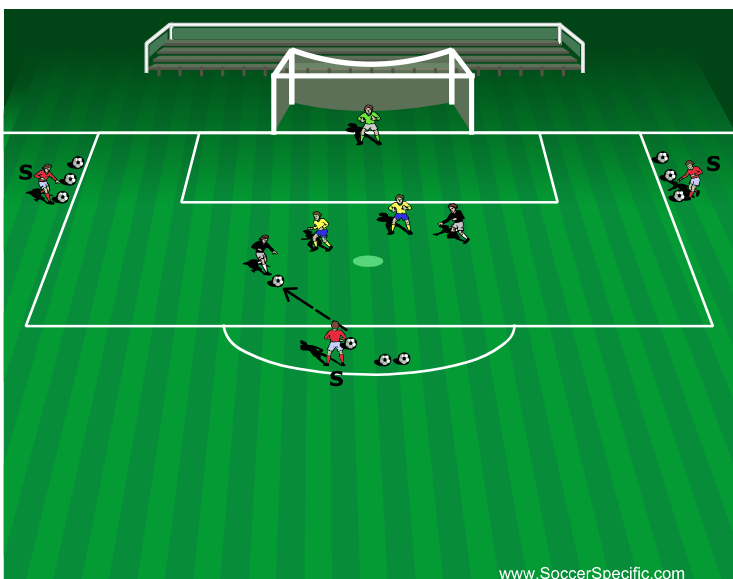
ACTIVITY #2

Set up: Shooting (Basic 1)

Same as previous exercise with 1 defender.

Instructions: Two attackers receive balls from the servers (S) and combine to score. Various movements & combinations used such as: play into 2nd striker (S) & spin to outside, play into 2nd S and support underneath etc.

Coaching Points: Dynamic movement to receive the ball, receive on half-turn, first-touch sets up the strike on combinations used such as: play into 2nd striker (S) & spin to outside, play into 2nd S and support underneath etc. Assess where you striker partner is positioned, where the defender is positioned & where the keeper is positioned when shooting.



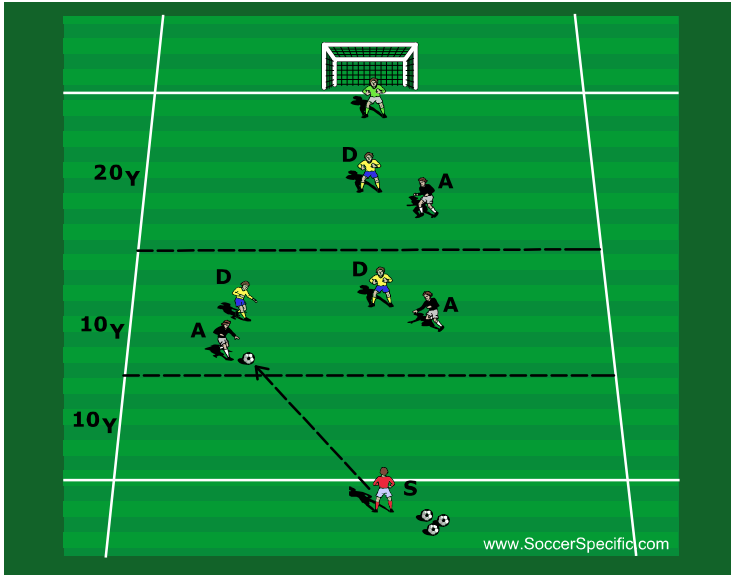
ACTIVITY #3

Set up: Shooting (Basic 2 Opposed)

Same as previous exercise with 2 defenders.

Instructions: Play off-side. Combine to score. May use the support players

Coaching Points: Dynamic movement to receive the ball, receive on half-turn, first-touch sets up the strike on combinations used such as: play into 2nd striker (S) & spin to outside, play into 2nd S and support underneath etc. Assess where you striker partner is positioned, where the defenders are positioned & where the keeper is positioned when shooting.

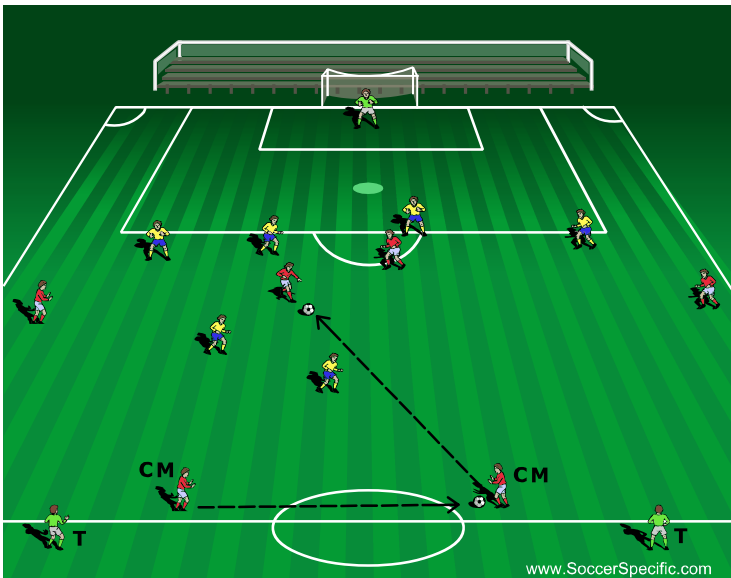


ACTIVITY #4

Set up: Shooting (3v2 & 2v1)

Instructions: Server (S) plays ball into one of the attackers in the second (10 yd) zone. Server can become a support player in the first (10yd) zone only. Both attackers combine to get the ball into the attacker in the third (20yd) zone. One attacker can enter the third (20yd) zone to combine to shoot. Off-side applied in third zone.

Coaching Points: Timing & choice of runs, supporting angles & distances, quality & choice of pass, good movement to open up passing opportunities, combination play to get a shot on goal, recognise early opportunities



ACTIVITY #5

Set up: Attacking (6v6) to Goal

Instructions: Play starts with a pass from one center-mid to another. Strikers make their runs and combine with the rest of the team to score. The defenders score by getting the ball into the target (T) players at the half-way mark.

Coaching Points: Encourage attacking play. Can overload by removing one of the defending midfielders