



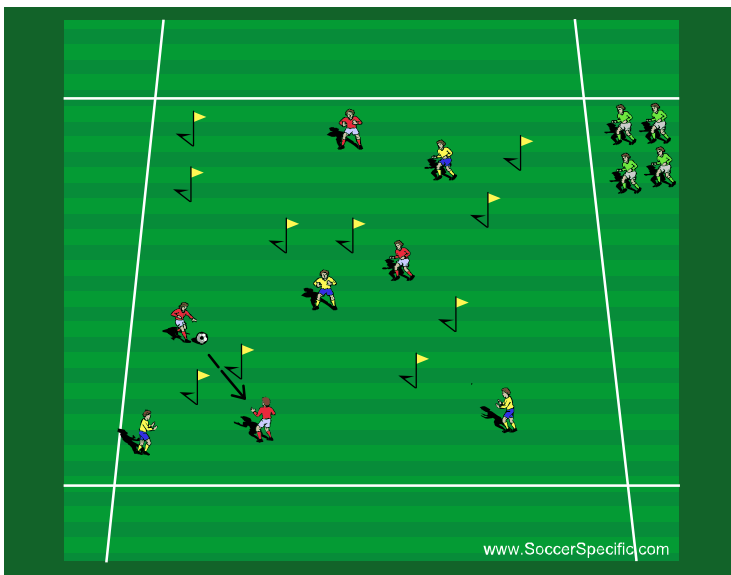
ACTIVITY #1

Set up: Technical Warm-up: 12 Players; Unrestricted space.
Instructions: Part 1- All players have a ball. Dribbling. Show players a couple of moves to change direction and shift area of play with the dribble.

Part 2 - Passing. 3 groups of 4. Each group has a ball. Start with passing and moving. Vary touch restrictions. Add sequential passing. End with a 3 v 1 exercise.

Coaching Points:

1. Vision - Creativity.
2. Eye Contact.
3. Sharp, accurate passes.
4. Support play - angle, options.



ACTIVITY #2

Set up: Small - Sided Activity: 12 players; 3 teams of 4; Area: 25 yards x 30 yards.

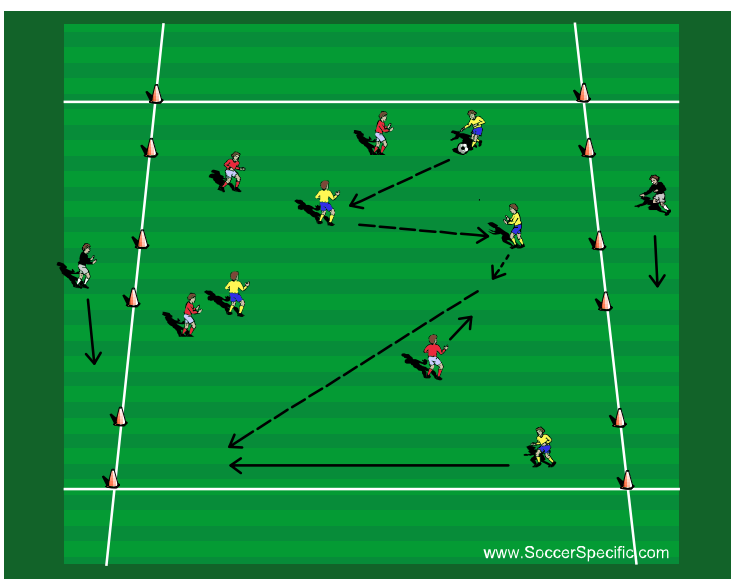
Instructions: Two teams of 4 play against each other. 5 gates are set up within the area and players score points in a variety of ways. Play 3 minute games and rotate teams.

1. Point is scored by passing through gate to a teammate
2. Point is scored by dribbling through gate

* Cannot score back to back goals in the same gate.

Coaching Points:

1. Quality of first touch.
2. Crisp passing.
3. Support in relation to the ball.
4. Don't force through gate. Can we keep possession and switch point of attack?
5. All Above Points.



ACTIVITY #3

Set up: Expanded Small-Sided Activity: Directional. Two teams of 6; Area 35 yards x 50 yards. 5 reds play against 5 yellows. There are 6 goals, three yards wide. Behind the goals is a goalkeeper who can be played back to relieve pressure (if applicable). The GK may also 'step' in front of the gate to make a save against opposing team.

Instructions: Teams maintain possession, looking for moments to switch the area of play and find numerical advantages. A goal is scored by ball passing through one of the three gates. 1 point for central goal, 2 points for wide goals.

Coaching Points:

1. Choice of pass.
2. Open body shape.
3. First touch aggressive to get behind defender.
4. Can we change the point of attack early?
5. All above points.

ACTIVITY #4

Set up: Final Activity: The Game; 6 v 6; Area: 44 yards x 60 yards.

Instructions: Play the game, no restrictions. Organize teams into 1:2:3 and 1:3:2. Look for quick switches and encourage team to take chances once accomplished.

Coaching Points:

1. See all points above.

