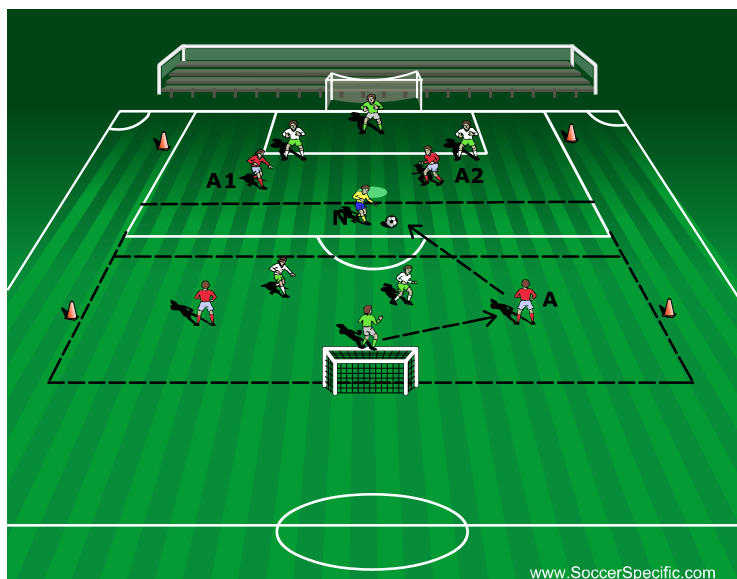


ACTIVITY #1

Set up: Shooting & Finishing

Instructions: S1 passes to S2 which provides the cue for attackers 1 or 2 to check & receive the ball. Once the ball is played from a server (S) both the attackers & defenders can move from their starting positions to join the play. Alternate the ball being served from S1 to S2 & the runs from A1 & A2. The tall cones to the side act as an off-side line.

Coaching Points: Choice of run, timing of runs, body position, finding the 1st opportunity to shoot, awareness of where the 2nd attacker is placed, combining with the 2nd attacker to get a shot on goal, follow up the shot.

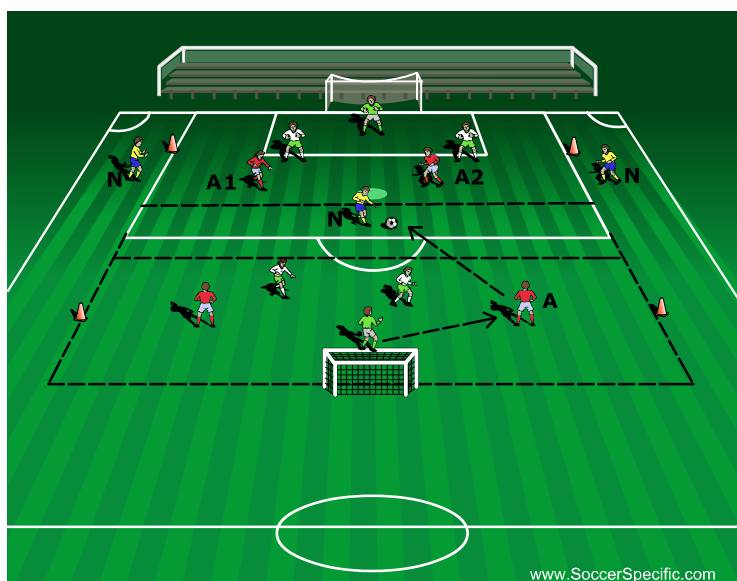


ACTIVITY #2

Set up: 2v2 +N Shooting & Finishing

Instructions: Keeper plays the ball into the attacker (A). Attacker A looks to get the ball into the neutral (N) player in the middle free zone. Only the N can play in the middle zone. The N player receives the ball & looks to combine with attackers A1 & A2. The N player can support the attack from the middle free zone.

Coaching Points: Choice of run, timing of runs from the attackers (A1 & A2). Choice & timing of pass from the neutral (N) player. Supporting positions from all three attacking players (A1, A2, N). Combination play from two attackers and neutral.



ACTIVITY #3

Set up: 2v2 +3 N Shooting & Finishing

Instructions: Addition of two neutral (N) flank players that work both ends of the grid for both teams.

Coaching Points: Combining with wide players looking to receive balls from the flanks. Receiving crosses on the ground & in the air.