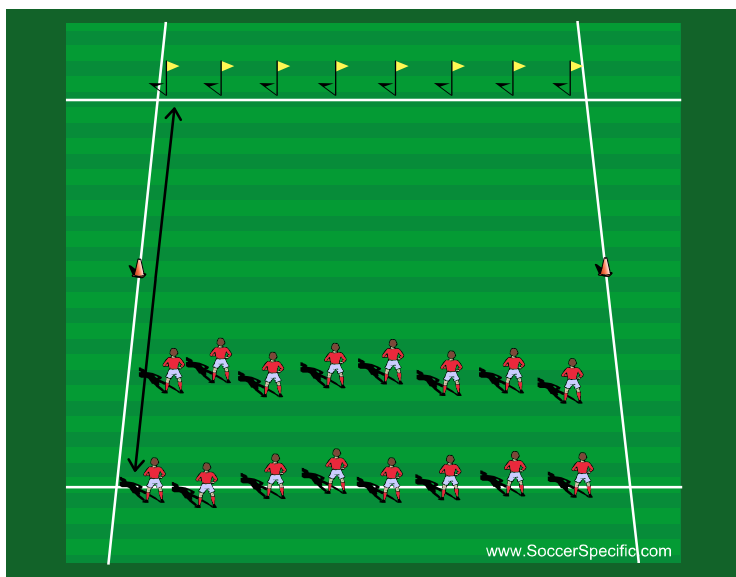


ACTIVITY #1

Set up: Warm Up - In pairs working across a 20x30 yard grid as shown. Pairs numbered 1 and 2. 1 working first and 2 starting when 1 is half way across.

Instructions: Each of the following is performed across the area and back: Easy jog, skip-shaking arms loose, skip-throwing both arms in air and allowing them to fall, skip-as arms are above head-clasp hands, skip-both arms thrown to same side, skip-both arms thrown to sides, skip-both arms thrown wide-clap hands in middle, skip-coordinate right arm thrown high and left knee lifted high then vice versa, skip-right arm high left arm then behind back and vice versa, jog-heels lifted to hands behind back (do 4, jog 2), jog-lift thighs to hands in front (do 4, jog 2), jog-alternate previous 2, jog-hands held wide and flick heels to hands, jog-hands held together in between thighs and flick heels to hands (do 4, jog 2), jog-alternate previous 2, jog-alternate previous 4 with jog in between, jog-same as previous without jog in between.

Coaching Points: Continued in next activity.



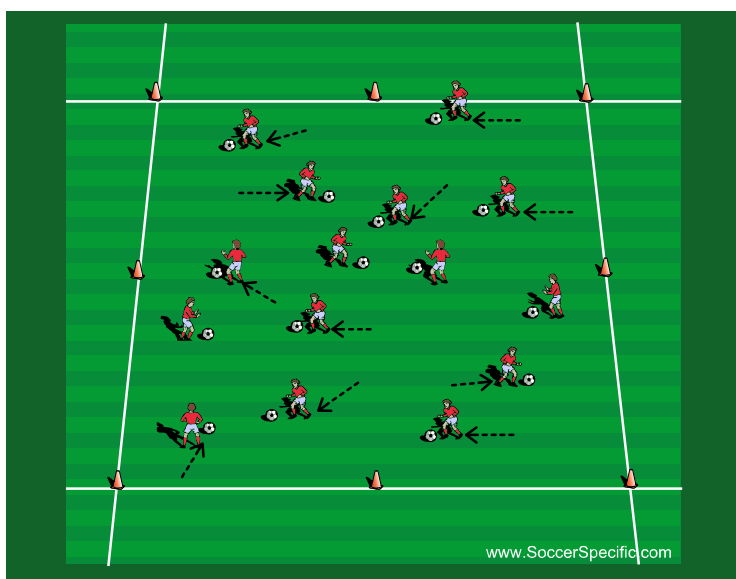
ACTIVITY #2

Set up: Warm Up, CONTINUED - same set up as in previous activity.

Instructions: Skip sideways on-face one direction pushing off back foot, skip sideways on-go for height, skip sideways on-go for distance, skip sideways on-after 3 skips-turn and face the other direction using a groin stretch to turn, Jog sideways on using step overs-right in front of left and right behind left, facing coach-shuffle 3 steps diagonally right and 3 left, Back to coach-shuffle 3 steps back diagonally right and left (as if defending-encourage a low center of gravity), jog-on command jog on the spot, jog-on command sprint to forward line-on command jump in the air, running-vary speeds, face coach and sprint to him on command-variety of starting positions.

*Eventually the Captain should be able to lead the warm-up while taking part him/herself.

Coaching Points: ***Aim for a 20 minute warm-up without the ball and then 15 minutes with the ball, increasing intensity, timing it so players are ready at kick off time.

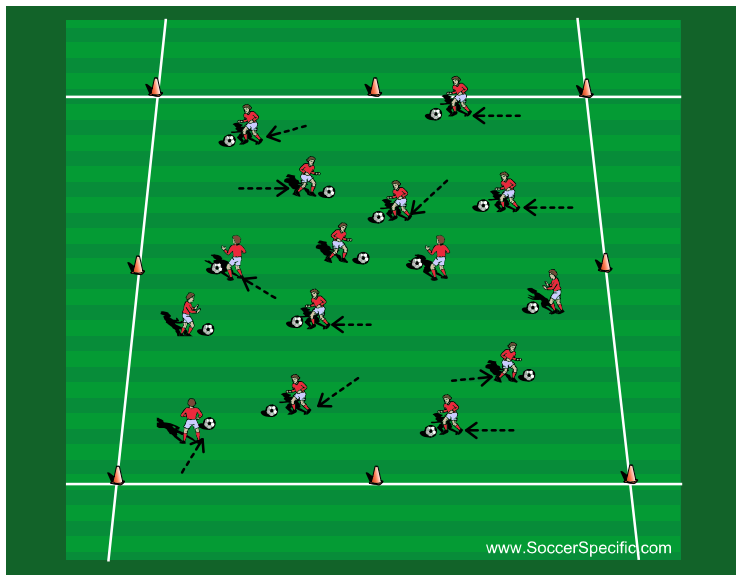


ACTIVITY #3

Set up: Turning with the ball. Same 20x30 yard area used for the warm-up.

Instructions: Each player moves around the area with a ball each. The following movements are performed: (A) Use outside of foot so head can stay up noting where other players are. (B) On command coach asks players to stop and look at him and then without turning round asks a player to name someone behind them. (C) Outside Hook Turn (with right foot) go through following points one at a time: 1. Plant left foot beside ball at comfortable distance from ball. 2. Disguise to pass ball with inside of foot but move foot inside ball and play with outside of right foot. 3. Rotate hips clockwise and take ball with inside of left foot. 4. In slow and out quick should be stressed. (D) Perform turn on command with right or left foot. (E) Inside Hook Turn (with right foot): 1. Approach ball and plant left (non-kicking) foot slightly behind and to right of ball. 2. Disguise as if to pass ball and rotate hips anti-clockwise and play ball with the inside of right foot. 3. Take ball away with outside of left foot-in slow and out quick.

Coaching Points:

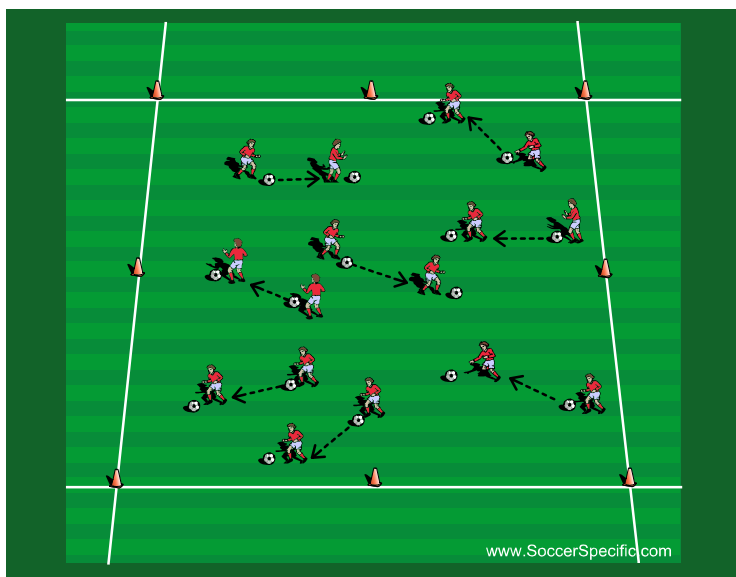


ACTIVITY #4

Set up: Turning with the ball, CONTINUED.

Instructions: (F) Perform turn on command with right or left foot. (G) Number everyone 1-4 so there are 3 of each: 1. On command whichever number is called has 30 seconds to tag as many people as possible. Everyone must keep possession of ball and stay in area. Make it competitive and establish a winner. (H) Step-over (with R foot): 1. Approach ball and plant left foot behind and to the right of ball. 2. Pretend to play the ball with inside of R foot but miss ball by taking R foot around outside of ball. 3. As R foot is then planted on ground, rotate hips clockwise and take ball away with inside of L foot - in slow and out quick. 4. Instead of using L foot to take ball away, use outside of R foot and ask players to identify which is more comfortable for them. (I) Number the turns: Inside hook (1), Outside Hook (2), Step-over (3). *Ask players to perform them on command. Inside hook with left (1), Inside hook with right (2), Outside hook with right (3), etc.

Coaching Points:

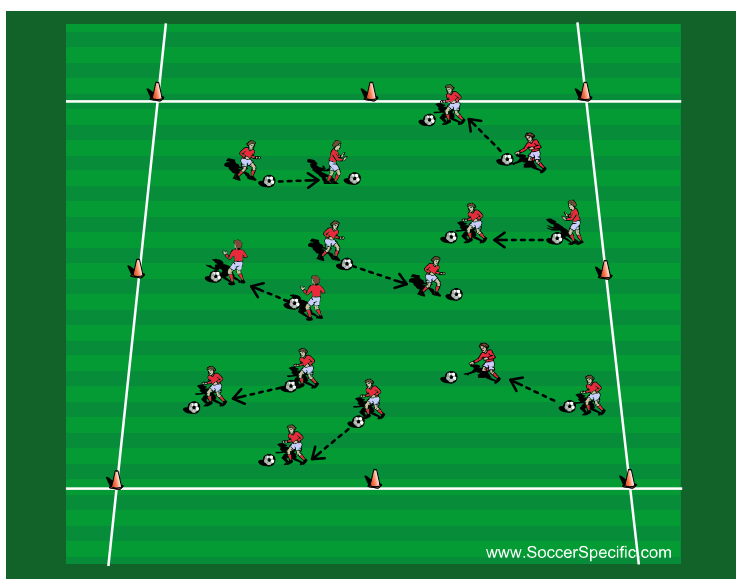


ACTIVITY #5

Set up: Same 30x20m grid as shown. Players are in pairs with a ball each numbered 1 and 2.

Instructions: (A) 2 follows 1 (approx 2m behind) while 1 uses different moves (except 180 turn). 1.) Change leader regularly. 2.) On a given signal, leader tries to get away from follower using various moves - after 10 seconds call "STOP" and see how far 1 can get away from 2. (B) 1 ball between 2. 1.) Explain start position of 1 using body sideways on to protect ball from 2 with ball on outside of foot. (C) Passive defending where 2 pretends to move around 1 to see how 1 can use his/her outside or inside hook to keep her body between 2 and the ball. 1.) Alternate possession. (D) Semi-passive defending where 2 places more emphasis on trying to get ball and 1 has to try to keep possession for 15 seconds. 1.) Alternate possession. (E) Active defending where 2 tries to gain possession of ball and kick it out of area. 1.) Alternate possession.

Coaching Points:

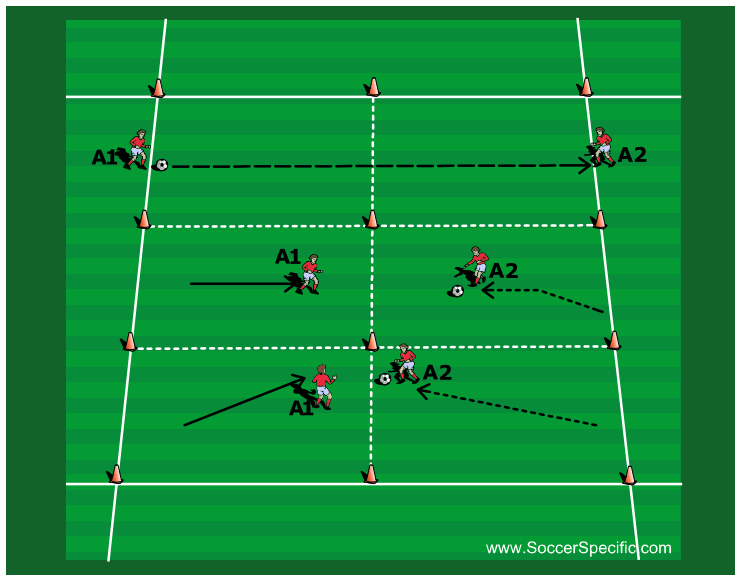


ACTIVITY #6

Set up: Progressions for previous activity. Same setup.

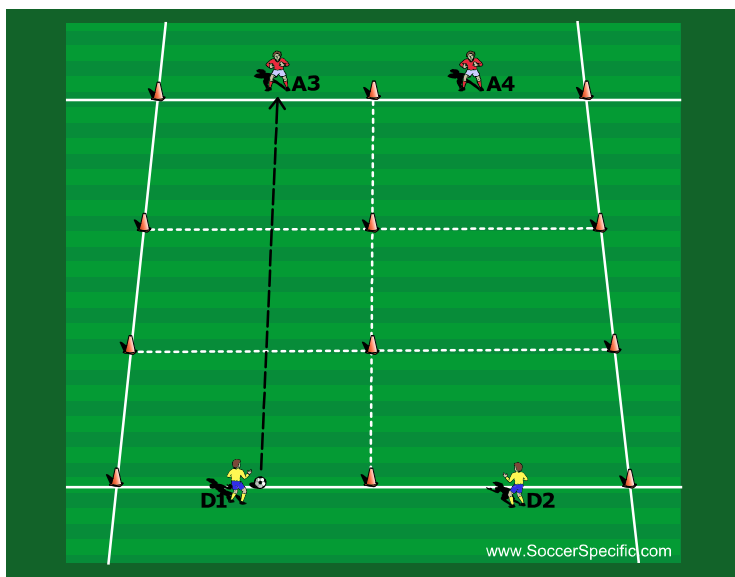
Instructions: (1) 1 has to protect ball from 2 for 30 seconds while 2 is trying to kick ball out of area - alternate possession. (2) 1 has to protect ball from 2 for 30 seconds while 2 tries to gain possession and if successful, keep it for the rest of the 30 seconds while 1 tries to regain possession - alternate. (3) Same as previous, but 1 can now try to gain possession from any other player if he/she loses the ball. (4) 6 players start with a ball each in the center while 6 players start without and they try to get possession from anyone and then keep it for 30 seconds while if a player loses the ball, he/she must try and gain possession from another player. (5) 4 players without a ball (Team A) and 8 players with ball - Team A tries to kick the 8 balls out of the area in the least possible time. Then teams B and C take a turn. (6) Same set up as previous with 3 teams. This time when a player loses their ball, they are available to help teammates. Should end up 8 v 4 and 1 ball left.

Coaching Points: Competitive approach by timing.



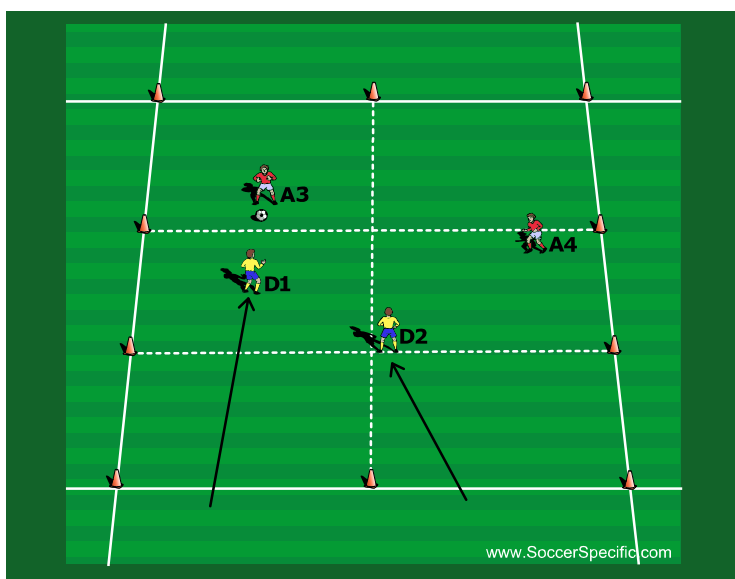
ACTIVITY #7

Set up: Defending - 15x5 yard grid as shown. Players in pairs. Multiple grids are organized to accommodate the entire team.
Instructions: A1 passes to A2 and when A2 has had a touch, A1 attempts to put the following points into action: **Coach introduces the points 1 at a time. 1) Get there as quickly as possible. 2) Stop at comfortable distance (coach needs to emphasize this and show). 3) Show A2 one way by getting sideways on. 4) Be patient. 5) Feint to tackle. 6) "Time" tackle. 7) Make competitive by introducing a scoring element.
Coaching Points:



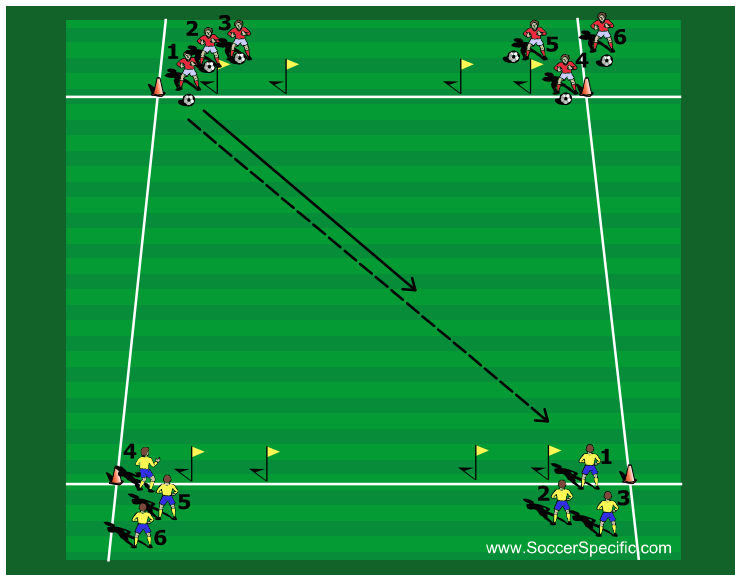
ACTIVITY #8

Set up: Progression of previous Activity : Defending in Pairs. 2 v 2 Area - same length but twice the width as shown.
Instructions: D1 passes to A3 and when A3 has had touch attempts to put all teaching points in practice and show A3 "inside".
Coaching Points:



ACTIVITY #9

Set up: Progression/Further Diagramming of: Defending in Pairs. Same setup
Instructions: D2 provides cover and talks to D1 who is pressuring the ball (see diagram). If/when the ball is transferred to A4, D2 will pressure ball as D1 retreats to provide the support.
Coaching Points: **Coach stops practice as appropriate and points out particular points, especially the importance of communication both for pressuring player and supporting player.

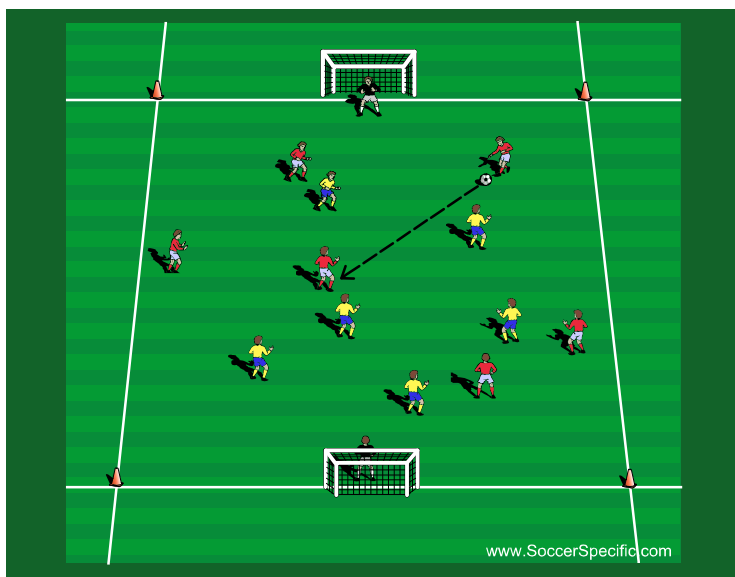


ACTIVITY #10

Set up: Progression. See diagram. R1, R2, R3, R4, R5 & R6 have a ball each.

Instructions: Red-1 passes to Yellow-1, when Yellow-1 has had a touch, Red-1 moves out to defend. Y1 can only score in the goal protected by R1. **R1 to use all defending points. As soon as the game is over (by scoring goal or ball going out) R4 passes to Y4. Progressions: 1.) Defenders can counter attack to score when they get possession. 2.) Attackers can score in either goal. 3.) R1, R2 and R3 have ball, R4, R5, and R6 do not and increase to 2 v 2 making a goal in the middle. Stress all the defending points from the "defending in pairs" session. 4.) R1 passes to either Y1 or Y4 changing the pressure and cover defender. 5.) Counter attack allowed by defenders.

Coaching Points:



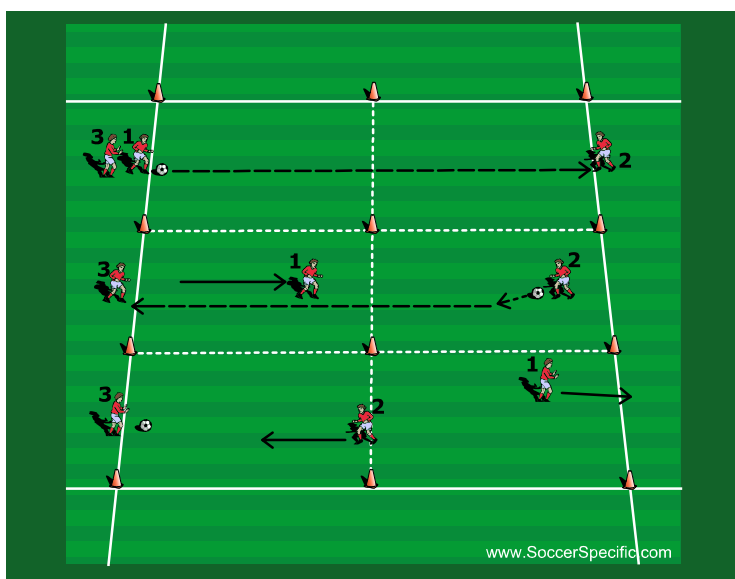
ACTIVITY #11

Set up: Small Sided Game. 6 v 6 + Goalkeepers as shown.

Instructions: Both teams compete for the ball and attempt to score in the opponent's goal. Emphasis on 1 v 1 and 2 v 2 defending situations all over field.

***Stress communication and attempting to make opposition play predictably.

Coaching Points:



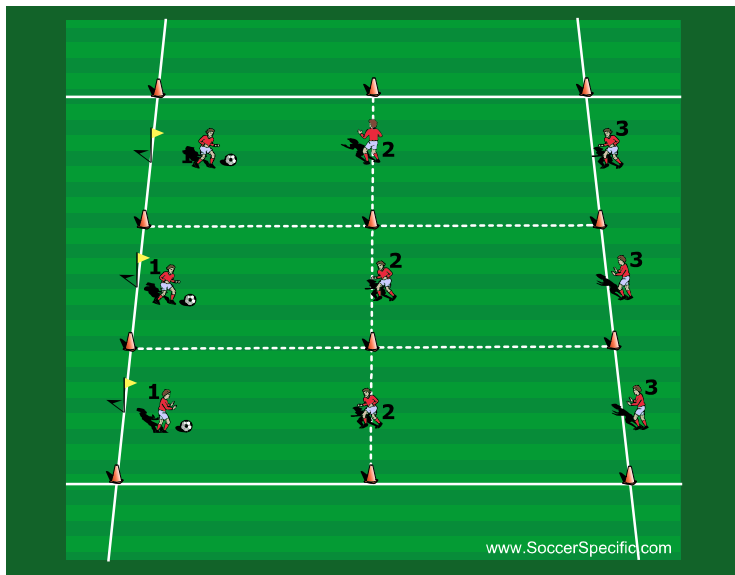
ACTIVITY #12

Set up: Passing. Players are arranged in groups of three and positioned in 5x15 yard grids as shown below.

Instructions: R1 passes to R2 and follows the ball. R2 controls and passes the ball to R3 and follows. The sequence is repeated for the designated period of time.

Progressions: 1.) Use 1 touch. 2.) Make a 1-2 (wall pass) with receiver.

Coaching Points:

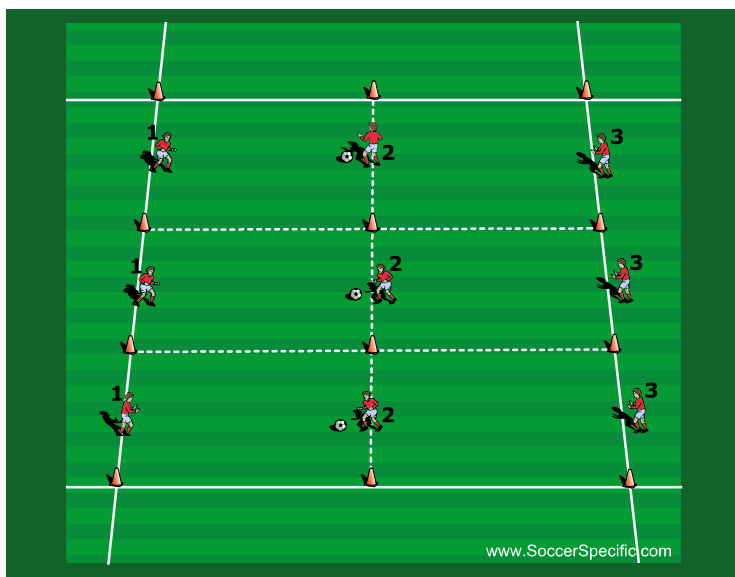


ACTIVITY #13

Set up: Progression #1 of previous Passing drill.

Instructions: R1 starts with the ball as shown. R1 passes to R2 who lays the ball off, R1 passes to R3 and then runs around R3 to receive return, same with R2. He/she then dribbles around flag. Repeat.

Coaching Points:



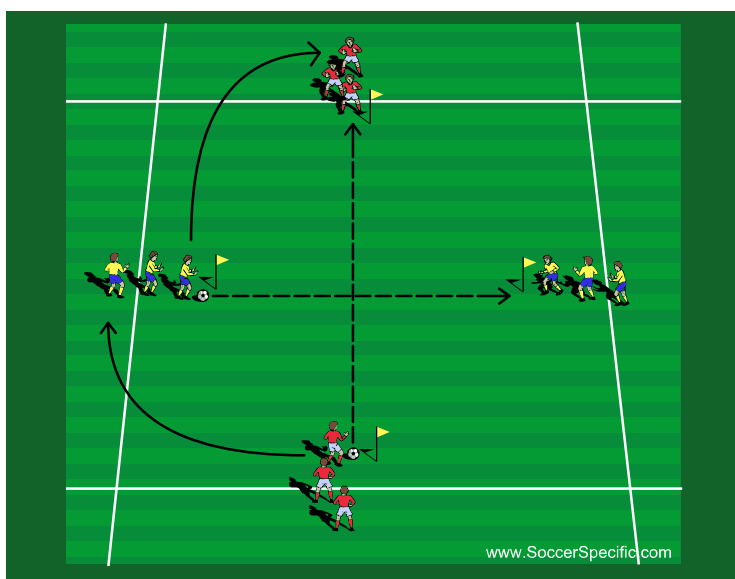
ACTIVITY #14

Set up: Progression #2 of previous Passing drill. R2 starts with the ball in the center of the grid as shown.

Instructions: R2 passes to R1 and checks away and then back towards R1 who passes to R2. R2 uses a 'Lineker' turn by planting her left foot and pivoting clockwise to receive ball (and turn at same time) with the outside of his/her Right foot. R2 repeats the same with R3.

Progressions: 1.) Try same turn with left foot. 2.) If ball moving with enough pace, pretend to take ball but allow it to roll using body to protect ball from opponent. 3.) Rather than a 'Lineker' turn, help ball on with outside of foot.

Coaching Points:



ACTIVITY #15

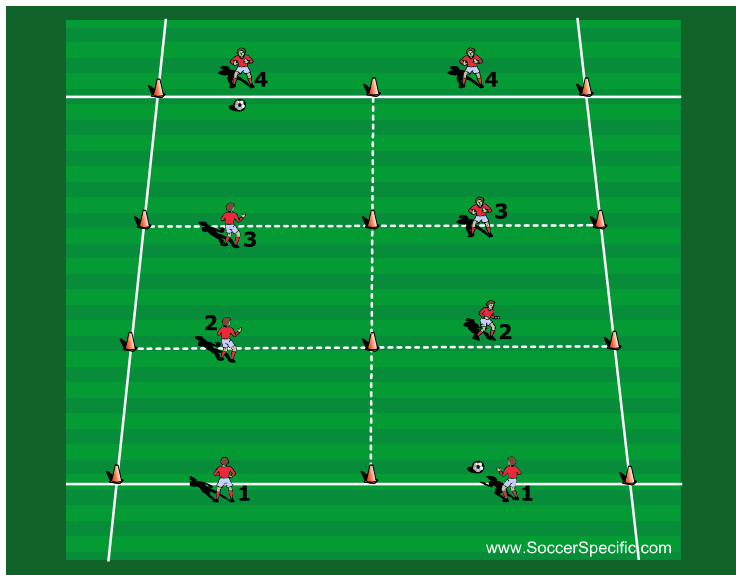
Set up: Players are organized in 4 groups as shown below.

Players are approximately 12-15 yards apart.

Instructions: Players must use 1-touch passing. Players must pass straight and immediately move to the group to their LEFT. Play is continuous for the designated period of time. Encourage sharp passing and movement.

Progressions: 1.) Pass and move RIGHT. 2.) Pass straight and follow straight.

Coaching Points:



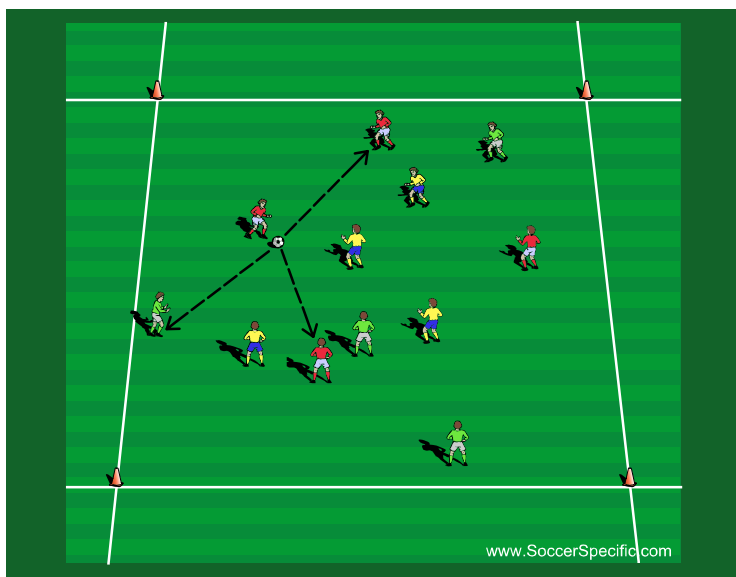
ACTIVITY #16

Set up: As shown in diagram.

Instructions: Players must use 1-touch passing at all times. The sequence is as follows: "Miss a man" - 1.) R1 passes to R2 who returns the pass. 2.) R1 passes to R3 who sets up R2. 3.) R2 passes to R4 who starts again with R3. SO, R4 to R3 to R4 to R2 to R3 to R1.

Progressions: 1. R1 and R2 change places after R2's pass to R4.
2. Competitive against other groups, first back to R1, etc.

Coaching Points: Sharp, accurate passing. Good "lay-offs".
Communication at all times.



ACTIVITY #17

Set up: 3 teams as shown. Two teams maintain possession against the third team - this creates an 8 v 4 situation.

Instructions: Teams in possession (Red and Green above) try to get as many consecutive passes as possible. If the Yellow team wins possession they then become one of the attacking teams.

Coaching Points: Accurate passing. Movement to support the player with the ball. Communication. Decision making - When to play quickly (1-touch) when to slow play down.