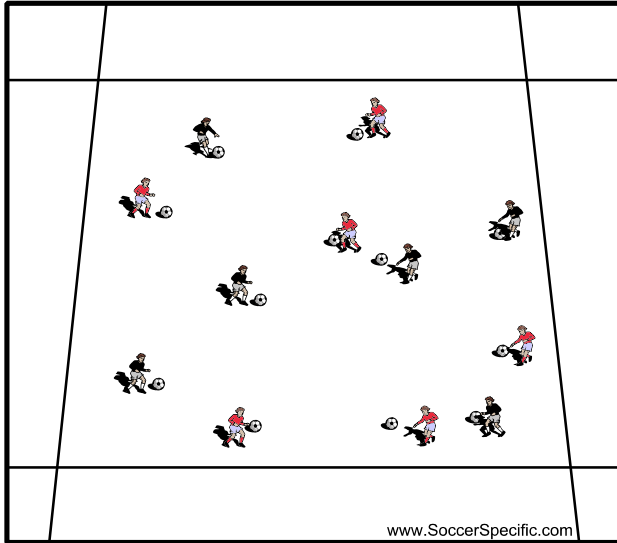


ACTIVITY #1

Set up: 15X15 YD GRID PLAYERS IN TWO COLORS HALF RED HALF BLACK EACH WITH A BALL

Instructions: WARM-UP; PLAYERS DRIBBLE FREELY AMONGST EACH OTHER AS A WARM-UP WITH A BALL

Coaching Points: CLOSE CONTROL, HEADS UP AWARENESS OF PLAYERS AND SPACE.



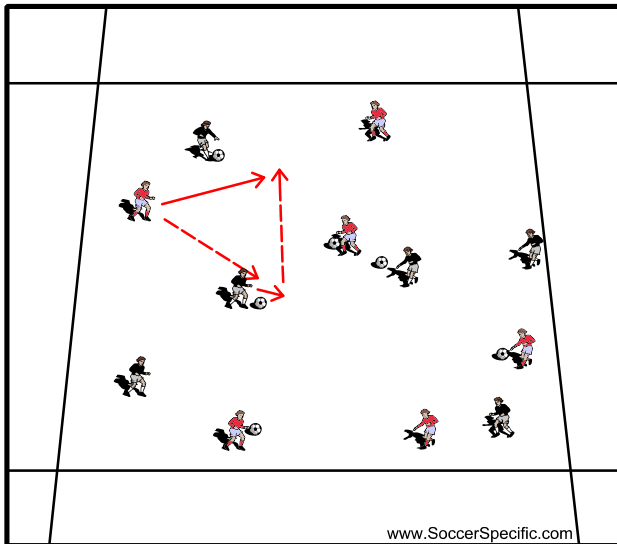
ACTIVITY #2

Set up: MOVE TO 20X20 GRID BY REMOVING INNER GRID, HALF OF BALLS ARE REMOVED 10MINS

Instructions: ACTIVITY 1; PLAYERS PASS AND MOVE IN PAIRS, BALL CAN NOT STOP MOVING, PLAYER CAN NOT STOP MOVING.

1) PULL A TURN 2) BIG TOUCH WHEN SPACE AVAILABLE 3) PLAYERS IN 3s AND TURN AWAY FROM WHERE BALL CAME FROM

Coaching Points: EMPHASIZE SPACE, FIRST TOUCH IN TO SPACE, WEIGHT OF PASS, COMMUNICATION, AWARENESS OF WHEN TO PASS AND WHEN TO DRIBBLE

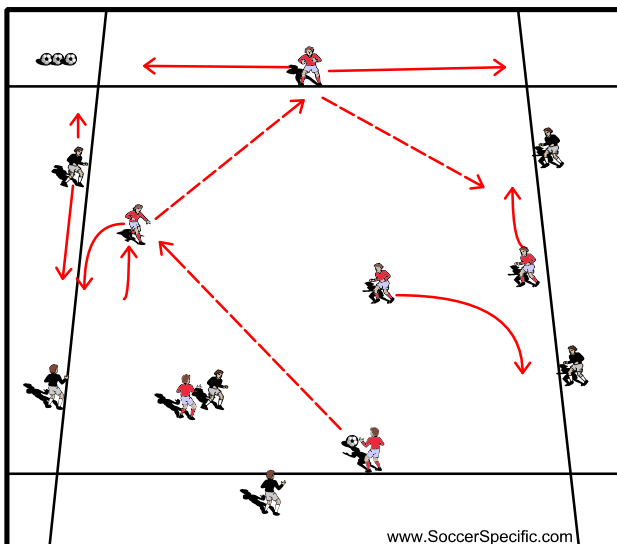


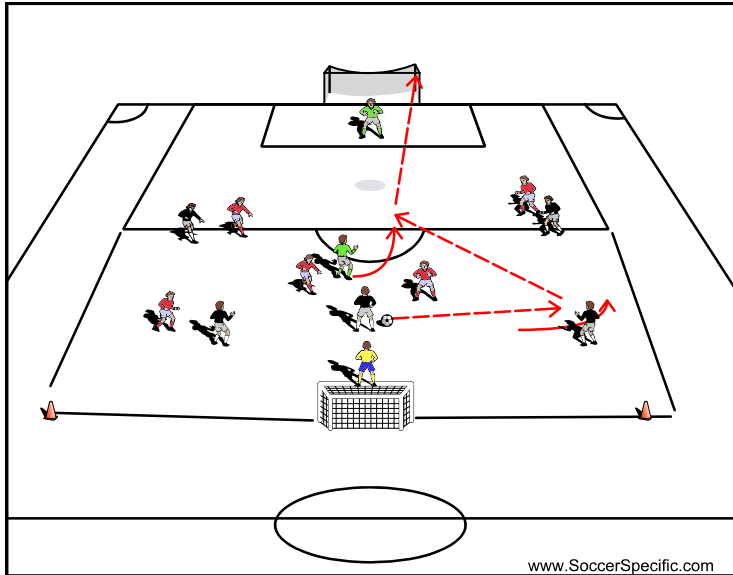
ACTIVITY #3

Set up: 20X20 GRID 5V1 TO 5V2 WITH A TARGET AND BUMPERS 15MINS

Instructions: RED TEAM STARTS WITH BALL AND PLAYS POSSESSION AGAINST THE 1 BLACK, THIS IS THE INTRO TO SHOW THE GAME. ADD 2ND BLACK AND NOW KEEP SCORE; REDS SCORE A GOAL EVERYTIME THEY PLAY 4 PASSES WITHOUT TARGET, SCORE ANYTIME THEY PLAY TARGET AND RECEIVE IT BACK AND SCORE BY SPLITTING THE TWO BLACKS WITH THE BALL. ROTATE DEFENDERS IN, ROTATE THE EXTRA RED IN AND/OR SWITCH TARGET. ENCOURAGE BLACKS TO PRESS EVERYTHING, WHEN BLACKS WIN IT THEY USE BUMPERS TO KEEP IT. SWITCH TEAM ROLES

Coaching Points: SPATIAL AWARENESS, SHAPE OF TEAM IN RELATION TO TARGET, DECISION MAKING OF WHEN TO PLAY TARGET OR TEAMMATE WITHIN GRID,





ACTIVITY #4

Set up: 44X44 PITCH WITH 2 GOALS AND 5V5+1+ KEEPERS; USE A NEUTRAL(S) FOR NUMBERS UP 20MINS

Instructions: 2 TEAMS COMPETE TO GOALS; USE A NEUTRAL IF NUMBER IS ODD, 2 NEUTRALS IF EVEN. SCORE 1 POINT FOR GOAL IN LESS THAN 3 PASSES, 1 POINT FOR 3 PASSES CONSECUTIVE AND 3 POINTS FOR GOAL SCORED AFTER 3 PASSES OR MORE.

Coaching Points: GAME IS THE COACH HERE, FREEZE GAME OCCASSIONALLY TO ENCOURAGE SIMPLE PLAY TO POSSESS BUT ALWAYS HEADS UP AWARENESS OF SITUATION TO BE PURPOSEFUL