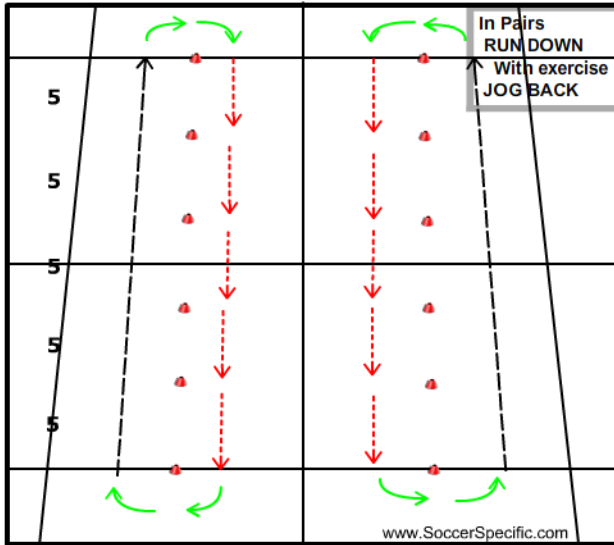


**ACTIVITY #1**

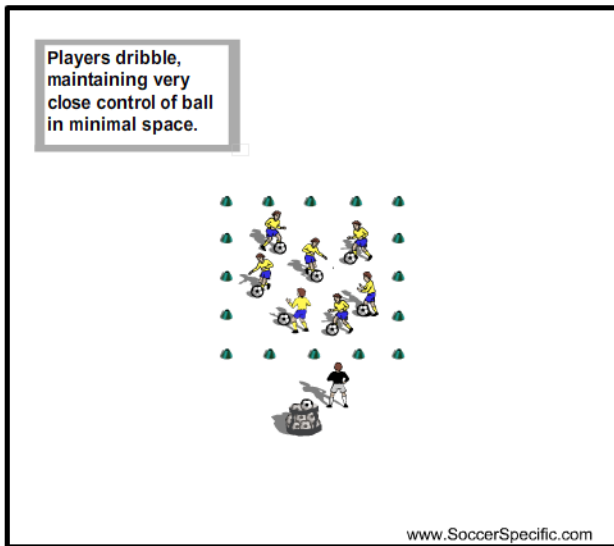


**Set up:** 6 pairs parallel cones, 5-6m apart

**Instructions:** Two players start at the same time from the first pair of cones, jog along the inside of the cones and do various exercises on the way. After the last cone they run back along the outside

**Coaching Points:** RUNNING EXERCISES 2 sets each  
 STRAIGHT AHEAD jog straight to the last cone  
 HIP OUT stop and lift knee forwards rotate knee to side  
 HIP IN stop and lift knee to side rotate knee forwards  
 CIRCLING PARTNER shuffle sideways towards partner, shuffle an entire circle around partner, shuffle back to cone  
 SHOULDER CONTACT shuffle sideways towards partner. In the middle, jump sideways towards each other to make shoulder-to-shoulder contact. Land on both feet, hips and knees bent. Shuffle back to cone.  
 QUICK FORWARDS & BACKWARDS Run quickly to the second cone then backwards quickly to the first cone. Repeat, running two cones forwards and one cone backwards

**ACTIVITY #2**

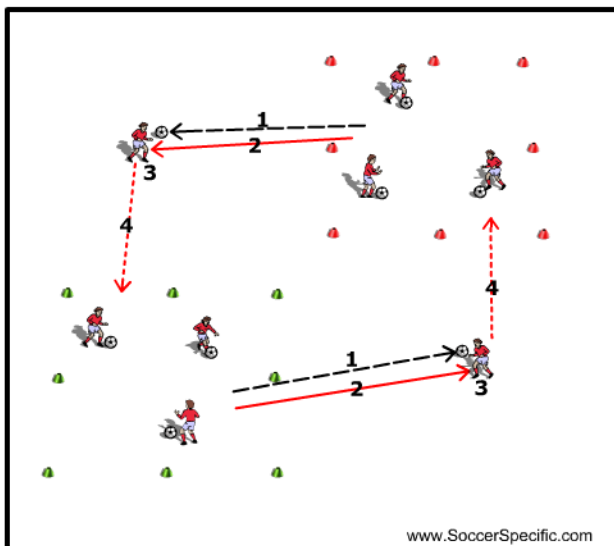


**Set up:** Smallest grid possible given number of players, skill level, age, etc.

**Instructions:** Players to keep ball in constant motion, not allowing ball to stop.

**Coaching Points:** Constant athletic posture/stance.  
 Heels up, quick foot motion  
 Eyes up, avoid collisions  
 Creativity!

**ACTIVITY #3**



**Set up:** 2 Grid Knock-out

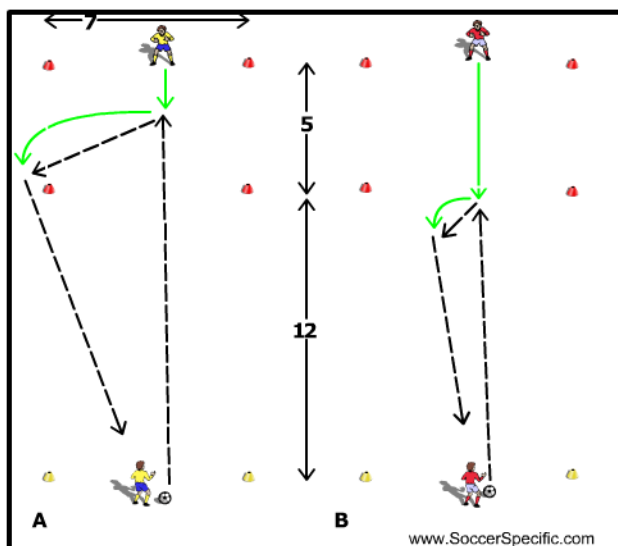
Two equally sized grids

Size grids appropriately for age, skill level, number of players

**Instructions:** Traditional knock-out game in each grid  
 When knocked out (1), retrieve ball (2), two attempts at maximum juggles (3), dribble into \*other\* grid, continue (4)

**Coaching Points:** Close control  
 Eyes up  
 Shielding  
 Dribbling skills / Technique

#### ACTIVITY #4

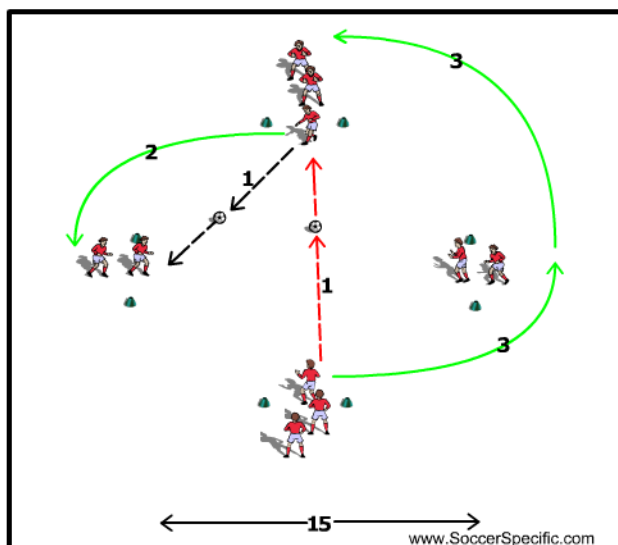


**Set up:** As depicted

**Instructions:** Players start at short ends of grid, ball played into player in small grid. (A) On first touch, ball controlled to outside of small grid and played back smartly on the second touch. (B) Player receiving pass to attack space to meet pass outside of small grid. Play to shoulder with first touch, and pass back crisply. (BOTH) Recover, repeat. Switch every 10 reps.

**Coaching Points:** First touch surface selection - inside/outside of foot. Passing technique. Athletic stance/posture - always ready to adjust.

#### ACTIVITY #5

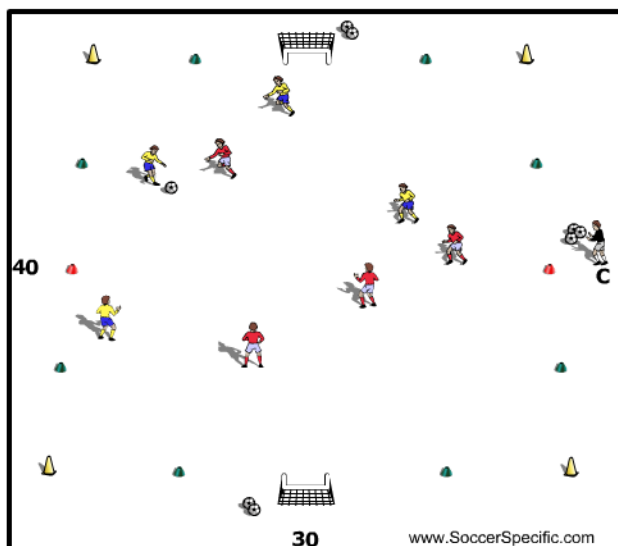


**Set up:** 4 gates set up as per diagram. 15 yards from gate to gate.

**Instructions:** Player with ball passes crisply (1) to any of the 3 players at other gates. After playing ball to feet, follow pass (2 & 3) to end that gate. If ball is played across grid, player should loop run (3) so as to not run through playing area.

**Coaching Points:** Avoid leaving a gate empty (awareness). Passing technique. First / controlling touch. Follow pass at pace.

#### ACTIVITY #6



**Set up:**

- 4 v 4 SSG
- 40x30 field
- PUGG goals
- Up to 2 subs per team
- More than 4 subs, consider "Transition Game"

**Instructions:**

- Free play
- No GKs
- Kick-in or dribble-in

**Coaching Points:**

- All aspects of play
- Individual dribbling skills
- Basic team shape
- Passing / controlling technique
- Communication