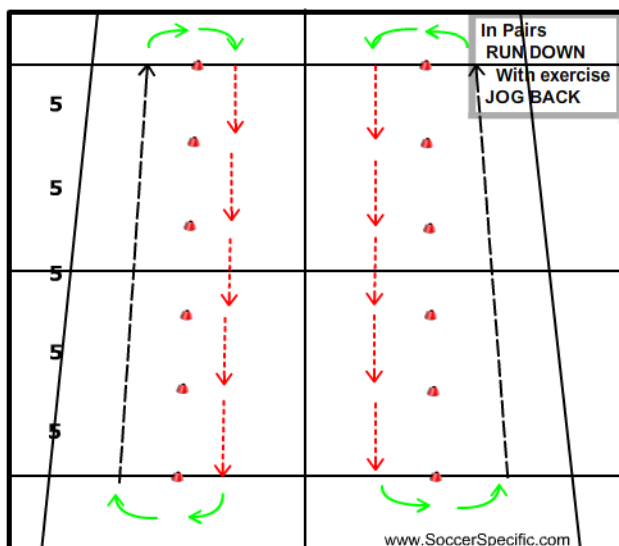


ACTIVITY #1

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

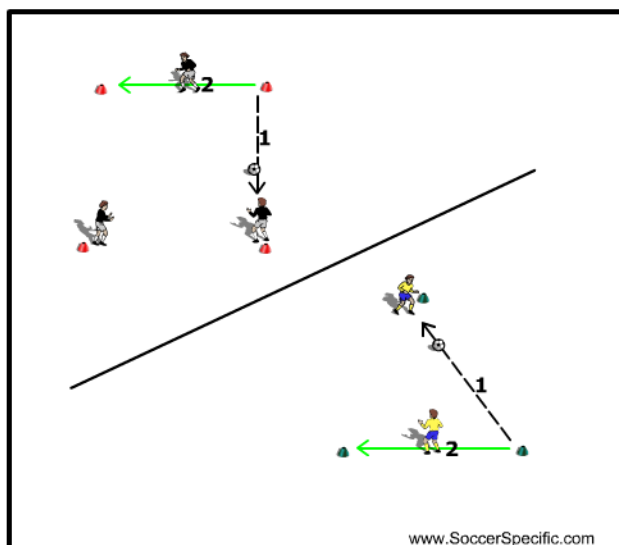


ACTIVITY #2

Set up: Passing in groups of 2 or 3

Instructions: Player with ball plays a push pass into a teammate After pass, player makes a run to the open cone/corner

Coaching Points: Passing technique
 First touch. Control and prepare for pass in one motion (play to shoulder). Strive for second touch being a pass.



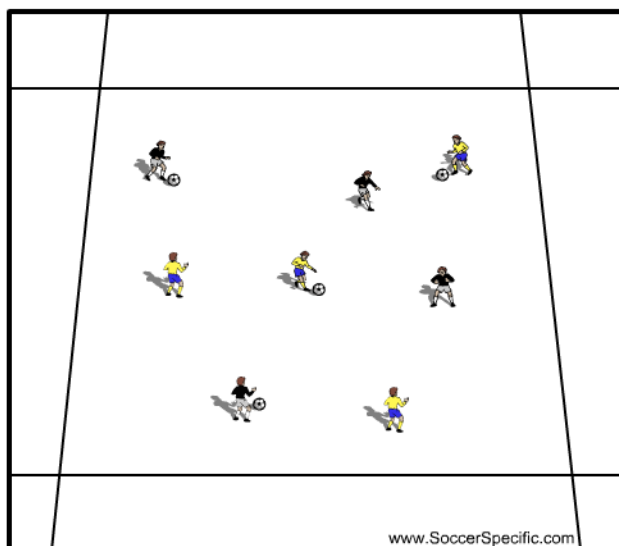
ACTIVITY #3

Set up: 2 groups of different color, 1:2 ball:player ratio, balls evenly distributed

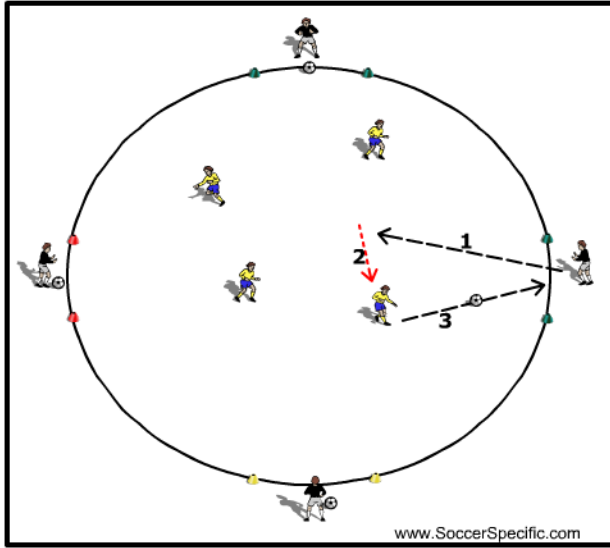
Instructions: Receive a ball = Perform a skill/turn (with change of pace)

Pass ball to = Same color only / Opposite color only / Different color than received from

Coaching Points: Quality of pass - Technique, weight, accuracy
 Athletic stance/posture
 First touch - Controlling touch out to shoulder
 Mobility - No flat feet

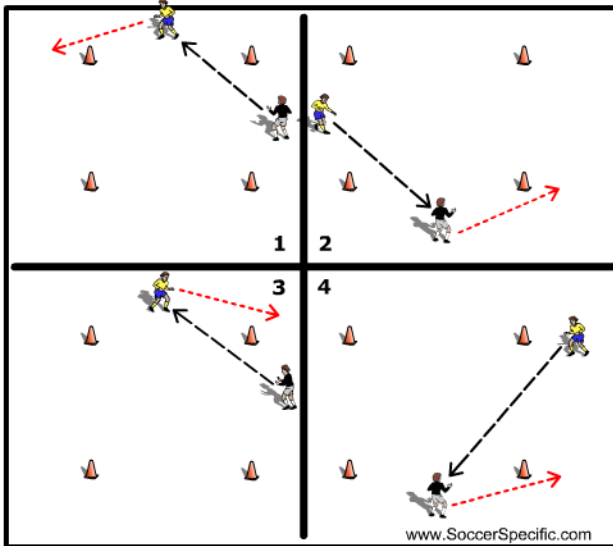


ACTIVITY #4



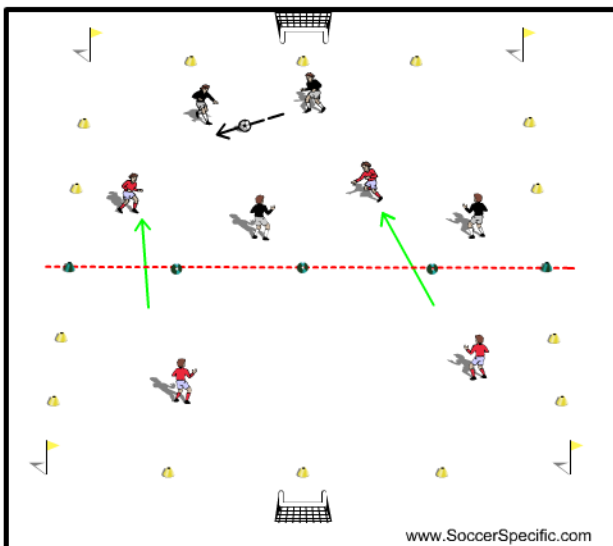
Set up: Passing/Receiving exercise with increasing pressure and "at speed."
 Space between cones is a "window"; one player in each window
Instructions: -Serve ground balls, say "man on": players in middle can receive ball with outside of foot, shield, make eye contact with window player who does not have a ball, pass, repeat with different player who has a ball
 -Serve ground balls, say "man on": players in windows move one way or the other; receivers lay ball off one-touch to server; must look up as receiving to see where server is moving.
 -Add pressure by adding defenders who may not intercept but who may take ball away if not well-received
Coaching Points: Quality of pass
 Quality of movement
 Awareness

ACTIVITY #5



Set up: 2 players, 1 ball
 4 yds between cones, arranged in square, creating 4 "windows"
Instructions: Player limited to "N" touches
 Player may not pass ball to teammate back through the same "window" it was received through
Coaching Points: First touch / Controlling touch should prepare for next touch through different "window"
 Communication and awareness for upcoming pass

ACTIVITY #6



Set up: -4v4 SSG on appropriately sized pitch
 -Midfield line defined by cones
 -SSG goals staged, ready to pull in for final free-flow SSG
Instructions: -Team with ball attempts to maintain possession in their own half
 -Opponents send 2 players into other half to give pressure and attempt to dispossess
 -Once dispossessed, 2 attempt to get ball into their half to maintain possession
 -Upon transition, other team likewise sends in 2 defenders
Coaching Points: -Communication and awareness
 -Passing and supporting angles
 -Passing and receiving technique
 -2 defenders in waiting should avoid staying 'shallow' in their half