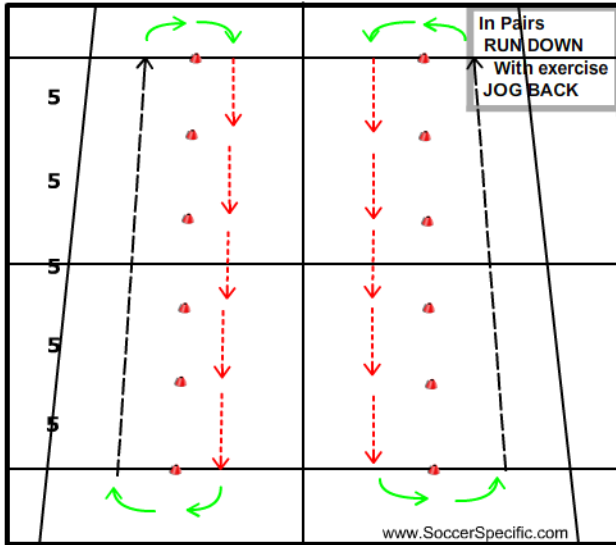
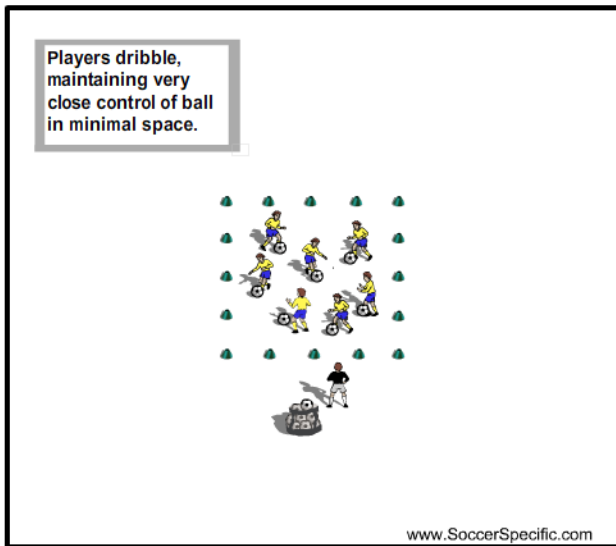


ACTIVITY #1



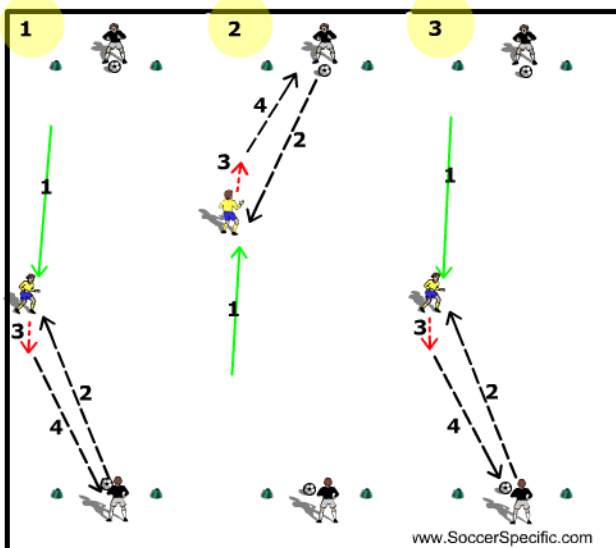
Set up: 6 pairs parallel cones, 5-6m apart
Instructions: Two players start at the same time from the first pair of cones, jog along the inside of the cones and do various exercises on the way. After the last cone they run back along the outside
Coaching Points: RUNNING EXERCISES 2 sets each
 STRAIGHT 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



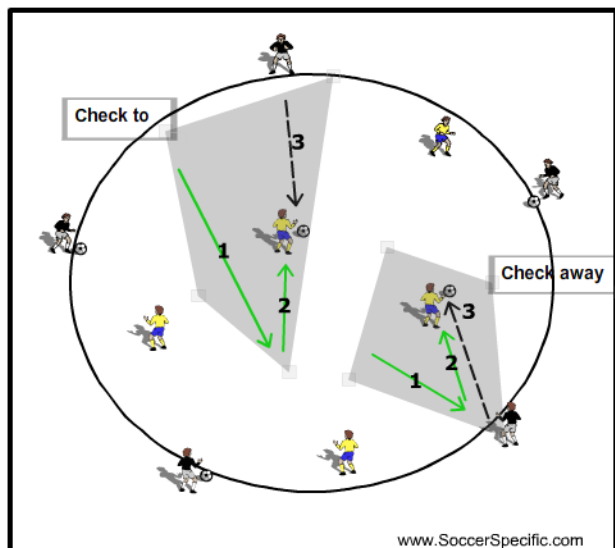
Set up: Smallest grid possible given number of players, skill level, age, etc.
Instructions: Players to keep ball in constant motion, not allowing ball to stop.
Coaching Points: Constant athletic posture/stance.
 Heels up, quick foot motion
 Eyes up, avoid collisions
 Creativity!

ACTIVITY #3



Set up: 3 players per group, end players spaced 20-25 yards apart each with a ball
Instructions: Central player moves into position to receive ball from end player. Central player has a controlling touch before playing ball back to player she received it from. Central player then moves into position to meet the pass from the other end. Repeat.
VARIATION: Adjust movement to receive pass while checking away vice checking to.
Coaching Points: Passing technique, weight, timing and accuracy of passes, movement into space to receive ball.

ACTIVITY #4

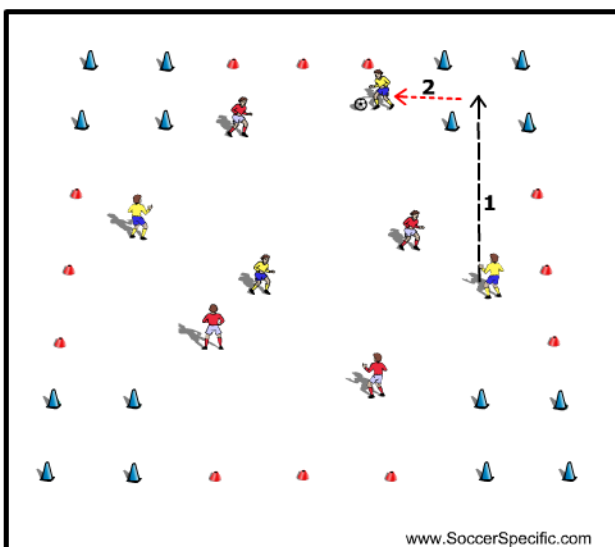


Set up: Passing circle set up per numbers available and skill level. Players on outside each with a ball

Instructions: Inside players make checking runs to receive pass from outside, play ball back to player received from.

Coaching Points: Passing technique. Communication between players. Checking runs should be sharp angles, not looping runs.

ACTIVITY #5

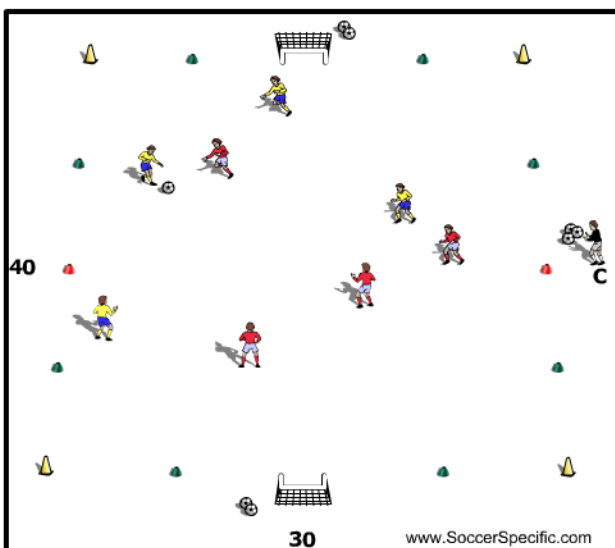


Set up: 4v4 sized playing area, "box" goals at each corner

Instructions: Teams score a point by completing a pass to a teammate in any corner.

Coaching Points: Passing technique. Timing of runs into goal area vice standing waiting for pass.

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