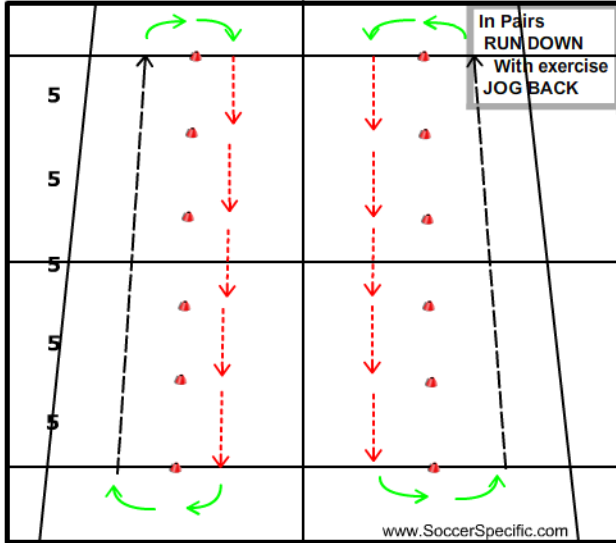
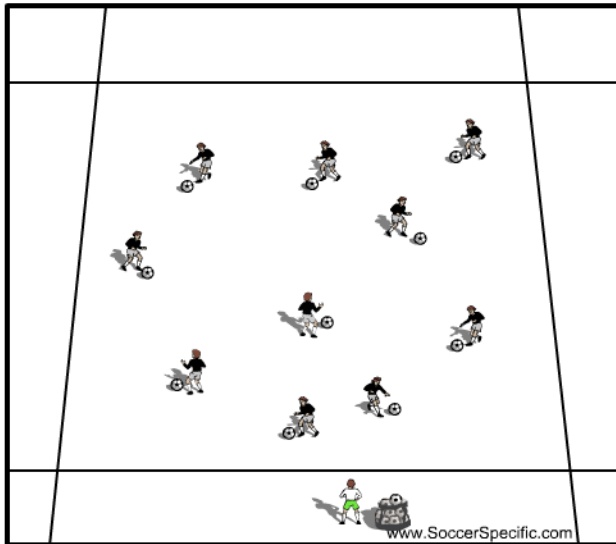


ACTIVITY #1



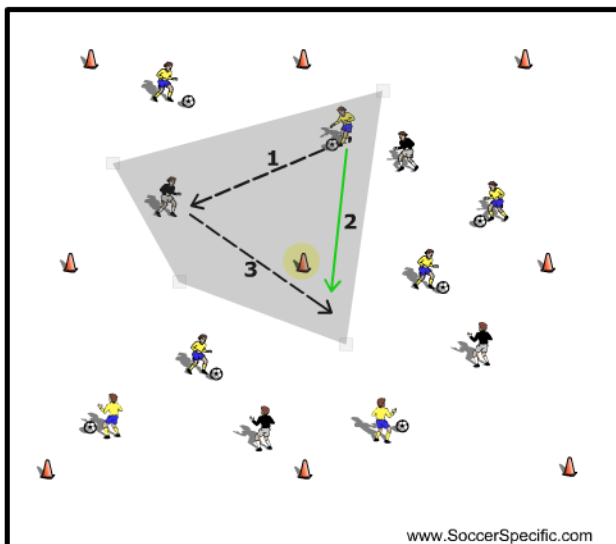
Set up: 6 pairs parallel cones, 5-6m apart
Instructions: Two players start at the same time from the first pair of cones, jog along the inside of the cones and do various exercises on the way. After the last cone they run back along the outside
Coaching Points: RUNNING EXERCISES 2 sets each
 STRAIGHT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



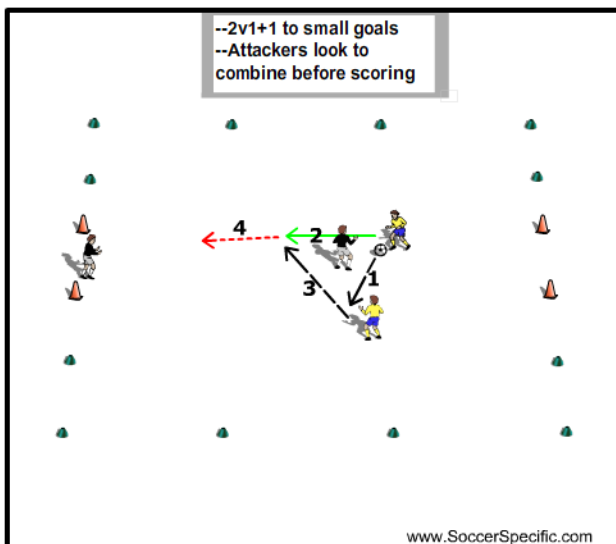
Set up: Large Grid, all with ball
Instructions: CADENCES:
 1(L)-2(R)-3(L)-Miss(R) (Stepover)
 Inside(R)-Inside(L)-Sole(R) (Drag over to inside / Half Preki)
 Inside-Outside-Inside-Outside (All same foot)
 Inside(R)-Outside(R)-Inside(L)-Outside(L)
 Outside(R)-Inside(R)-Outside(L)-Inside(L)
 Inside-Outside-Sole (all same foot)
 Sole-Sole-Scissors (all same foot)
 Inside-Outside-Sole-Scissors (all same foot)
Coaching Points: Athletic stance/posture
 Heels up / Light on feet
 Slow bodies, quick feet

ACTIVITY #3



Set up: 30x30 grid split into quarters
 4 or 5 players without ball in vests, remainder with a ball dribbling.
Instructions: Players with soccer balls look to dribble around the grid and try to connect with the vested players to perform wall-passes. However, the player on the ball must pass to a vested player in a different quarter than him and the pass back from the vested player must go into a quarter that neither he nor the player who passed the ball is in.
Coaching Points: Quality passes
 Quick movement into space after pass
 Vested players always looking to "show" for ball
 Play to front foot of runner

ACTIVITY #4

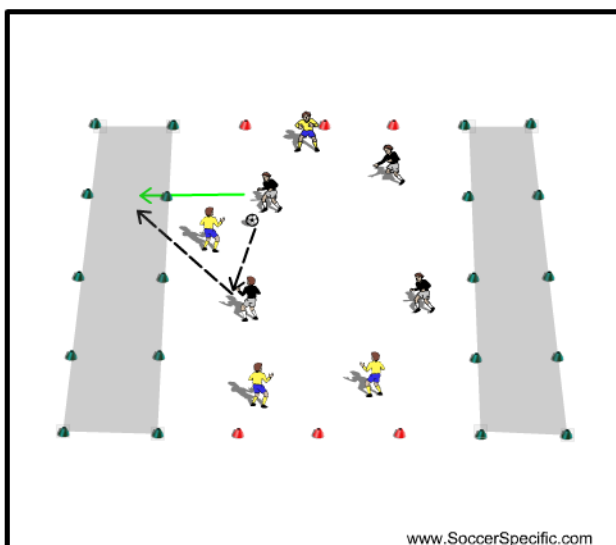


Set up: 12x17 grid
3 yard goals on

Instructions: Defending team must send one player back as GK, other defends
Attacking team looks to score on opponent.
Goal without a combination (wall, overlap, takeover) counts as 1 point
Goal with a combination counts as 3

Coaching Points: Quality passes
Quick movement into space after pass
2nd attacker always looking to "show" for ball
Play to front foot of runner

ACTIVITY #5

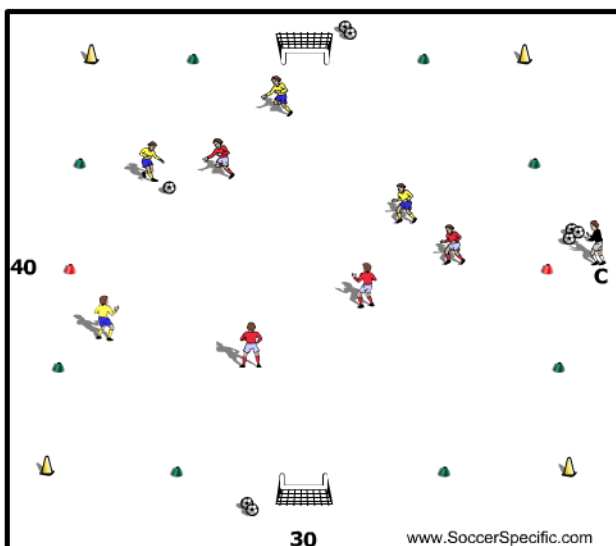


Set up: 30/35x40/50 field
End zone 5 yards deep

Instructions: 5 points if combine with a teammate before entering the opponent's end zone
1 point if get in without a combination.

Coaching Points: Quality passes
Quick movement into space after pass
2nd attacker always looking to "show" for ball
Play to front foot of runner

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