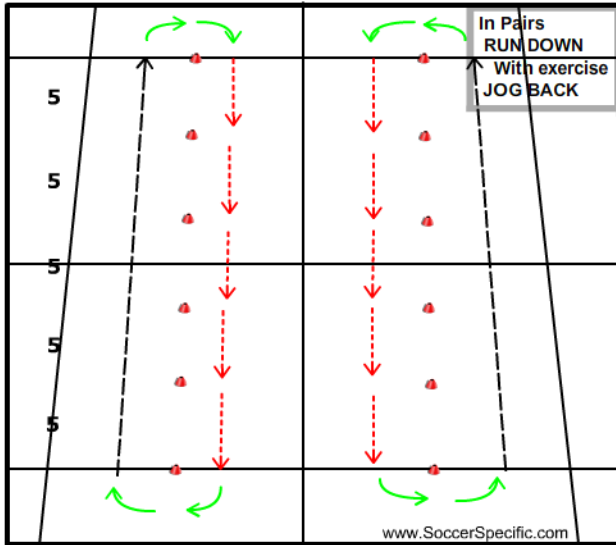
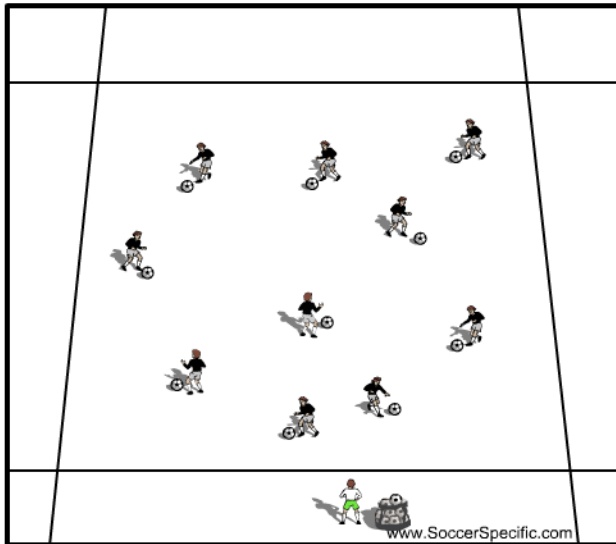


ACTIVITY #1



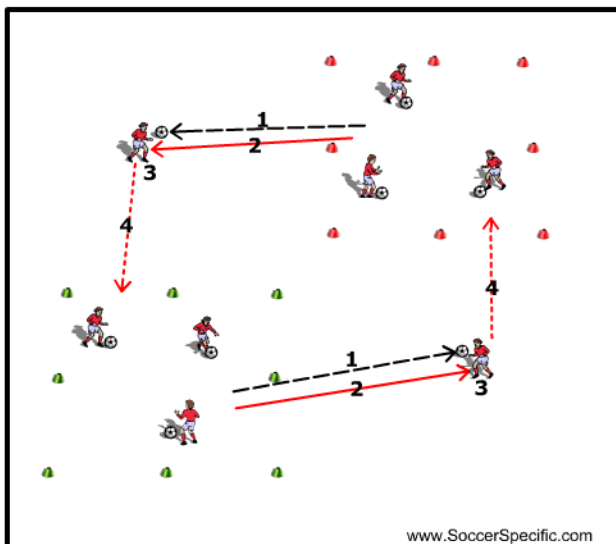
Set up: 6 pairs parallel cones, 5-6m apart
Instructions: Two players start at the same time from the first pair of cones, jog along the inside of the cones and do various exercises on the way. After the last cone they run back along the outside
Coaching Points: RUNNING EXERCISES 2 sets each
 STRAIGHT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



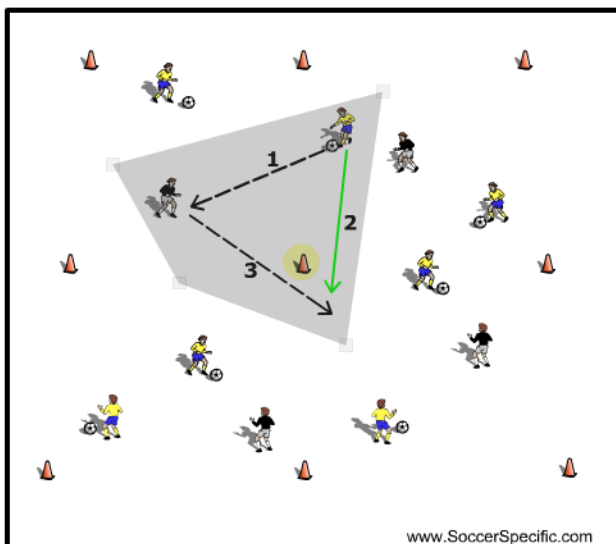
Set up: Large Grid, all with ball
Instructions: CADENCES:
 1(L)-2(R)-3(L)-Miss(R) (Stepover)
 Inside(R)-Inside(L)-Sole(R) (Drag over to inside / Half Preki)
 Inside-Outside-Inside-Outside (All same foot)
 Inside(R)-Outside(R)-Inside(L)-Outside(L)
 Outside(R)-Inside(R)-Outside(L)-Inside(L)
 Inside-Outside-Sole (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: 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

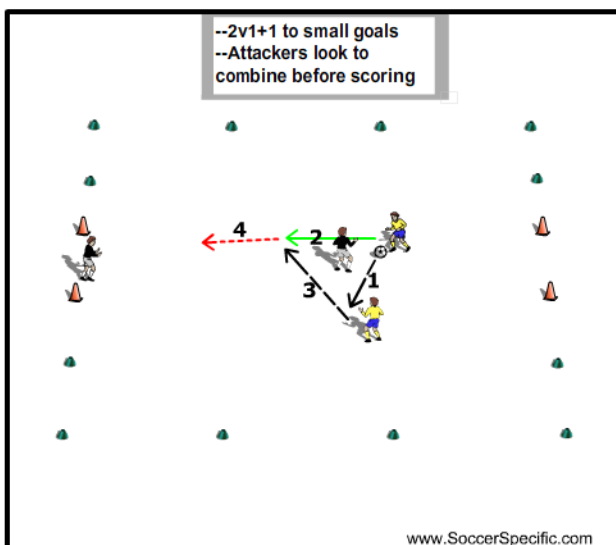


Set up: 30x30 grid split into quarters
4 or 5 players without ball in vests, remainder with a ball dribbling.

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 #5

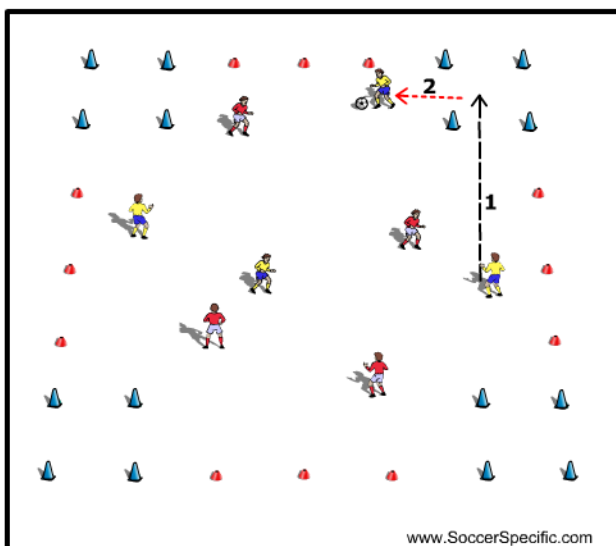


Set up: 12x17 grid
3 yard goals on

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 #6



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.