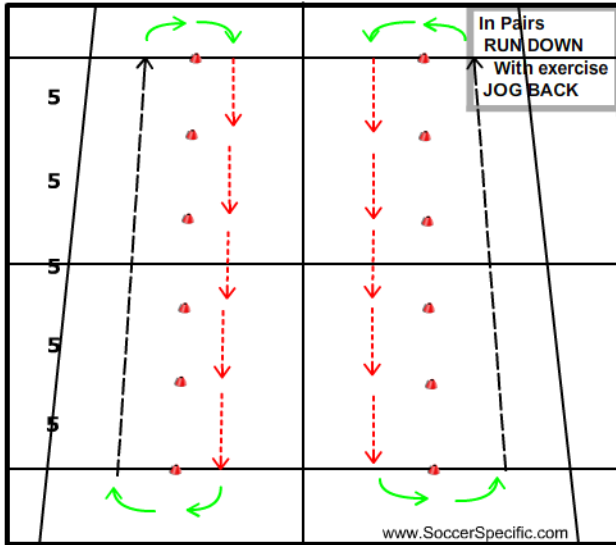
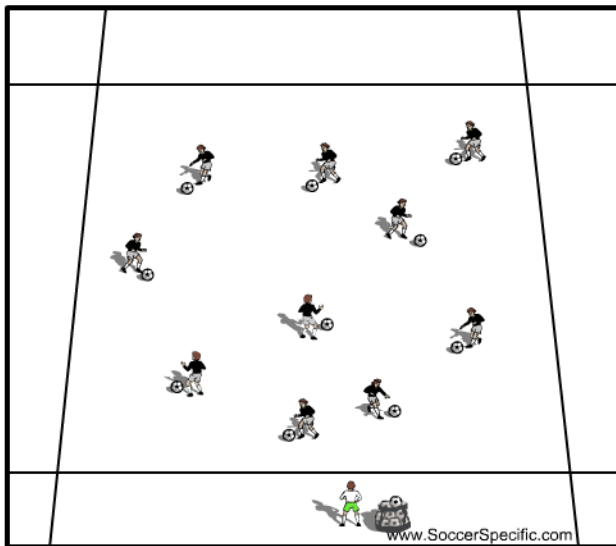


ACTIVITY #1



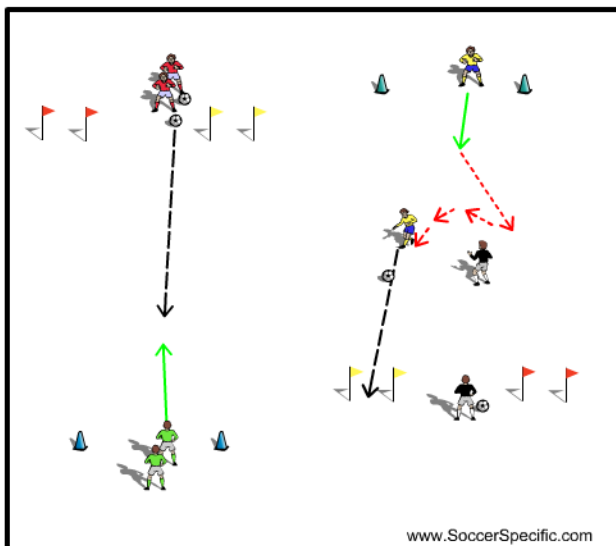
Set up: 6 pairs parallel cones, 5-6m apart
Instructions: Two players start at the same time from the first pair of cones, jog along the inside of the cones and do various exercises on the way. After the last cone they run back along the outside
Coaching Points: RUNNING EXERCISES 2 sets each
 STRAIGHT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



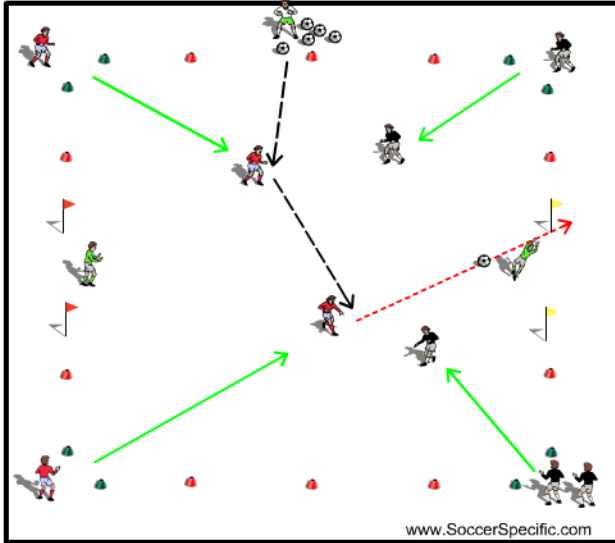
Set up: Large Grid, all with ball
Instructions: CADENCES:
 1(L)-2(R)-3(L)-Miss(R) (Stepover)
 Inside(R)-Inside(L)-Sole(R) (Drag over to inside / Half Preki)
 Inside-Outside-Inside-Outside (All same foot)
 Inside(R)-Outside(R)-Inside(L)-Outside(L)
 Outside(R)-Inside(R)-Outside(L)-Inside(L)
 Inside-Outside-Sole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



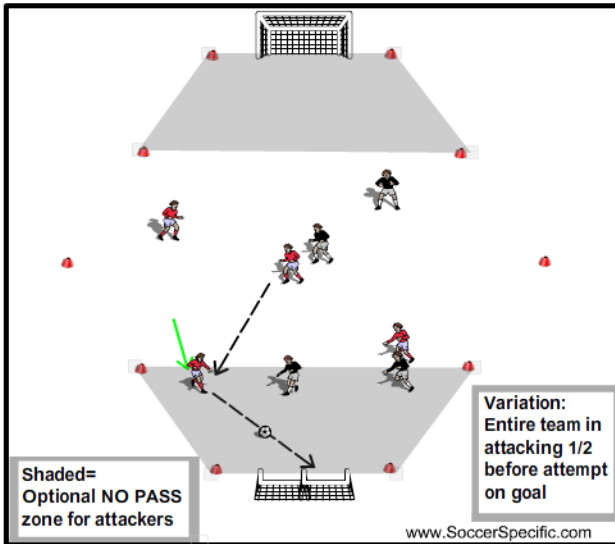
Set up: 2 goals set up 15-20 yds from service line
 Players set up between goals and on service line
Instructions: Player at goal end plays ball into player at service line
 Upon gaining possession, attack either of 2 goals
 On dead ball, retrieve ball and rotate clockwise
Coaching Points: Finishing / Shooting technique
 Timing of finish
 Avoid turning back/shielding if possible
 --If back turned, work to play to side with quick shot or turn to face

ACTIVITY #4



Set up: 20 wide by 25 long pitch
Goal at each end
Split into 2 sides, half of each side at their corners
Instructions: Coach kicks a ball into the field
First player in each of the four (4) corner lines enters the field to play
Play until ball goes out or goal is scored
On dead ball, field players get off, coach plays next ball
Rotate GK's after several minutes
***Play ball nearer to one corner for risk/safety management
Coaching Points: Shooting / Finishing technique

ACTIVITY #5



Set up: 4v4 field set up to narrow at goal lines
Play with or without GK's
Instructions: Simple SSG with field designed to force attackers to go to goal
Coaching Points: Early finishing attempts - before defenders recover
Finishing technique

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