

### ACTIVITY #1

**Set up:** Moderately sized grid. 2 groups. Half of players have a ball.

**Instructions:** If player does not have a ball, steal one from someone that does.

If player has a ball, maintain possession of it.

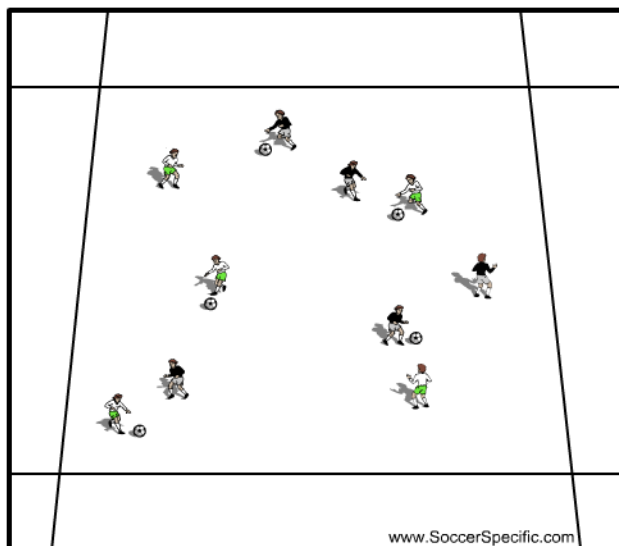
On coaches "freeze", players in possession receive a point.

**Coaching Points:** Low athletic stance

Arms - balance and bumper

Close control

Awareness



### ACTIVITY #2

**Set up:** 3v3 or 4v4 in 20x20 grid

**Instructions:** Team in possession awarded 1 point for splitting 2 opponents

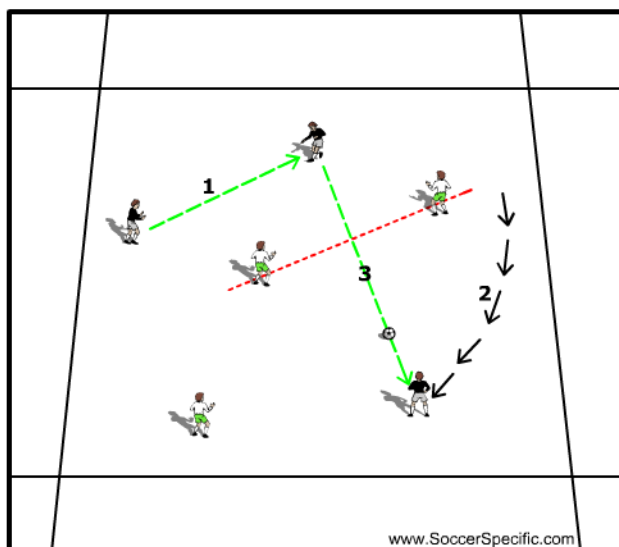
3 points awarded if split is via 1-touch pass

**Coaching Points:** Constant off-ball movement

-1st, 2nd, and 3rd attacker concepts can be explained and emphasized

Pass quality must be HIGH

Awareness - Vision and communication



### ACTIVITY #3

**Set up:** 3 balls each resting on cones at each end of pitch

**Instructions:** Teams combine play with final objective of upsetting each of opponents ball from its cone.

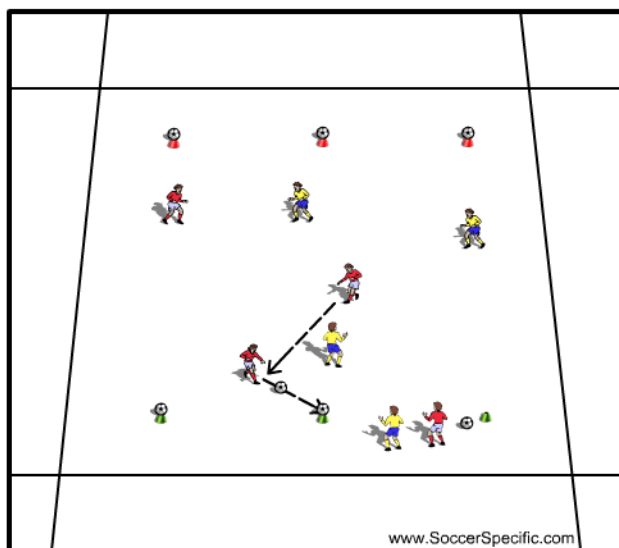
Once ball is knocked from cone, it is 'dead' and may not be played.

May introduce additional ball to increase awareness/decision making required.

For advanced players, require ball to be knocked via one-touch.

**Coaching Points:** Technique (passing, finishing)

Awareness



#### ACTIVITY #4

**Set up:** Half pitch

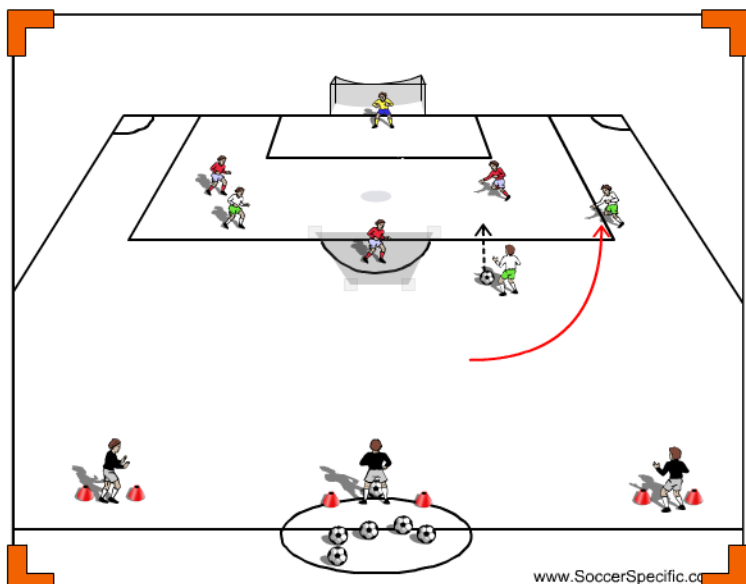
**Instructions:** 3 white players attack  
3 red players delay/defend. Pseudo overload for white as one red limited to penalty arc

On dead ball (goal, out of touch), white transition to defend, red recover to half, black attack

**Coaching Points:** Team shape

Off-ball movement

Technique (passing, finishing)



#### ACTIVITY #5

**Set up:** 4v4 / 4v4+1 / 4v4+GKs

Full or modified width depending on age/level/training focus

Flags defining far post in large goal, PUGGS at middle/attacking third line

**Instructions:** Free play within the "attacking third"

Encourage as many finishing attempts as possible

Encourage far post attempts (additional point) while still allowing for near post strikes

Variation: Define a midfield line which an attacker may not retreat behind for overload

**Coaching Points:** Finishing technique= low, hard, far post

Follow up

Far post runs

