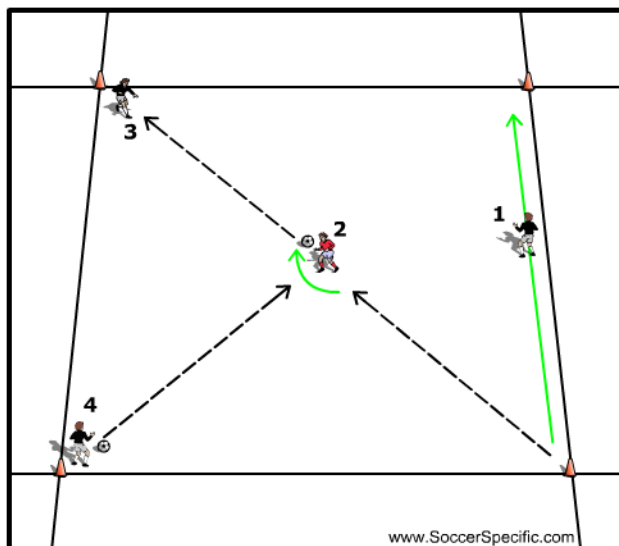
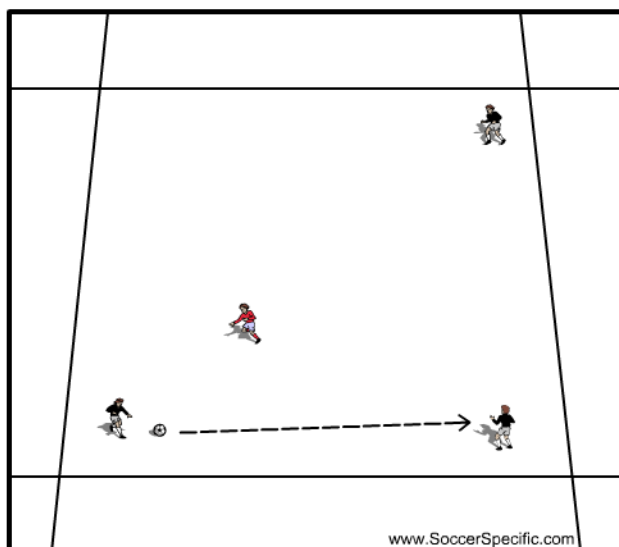


ACTIVITY #1



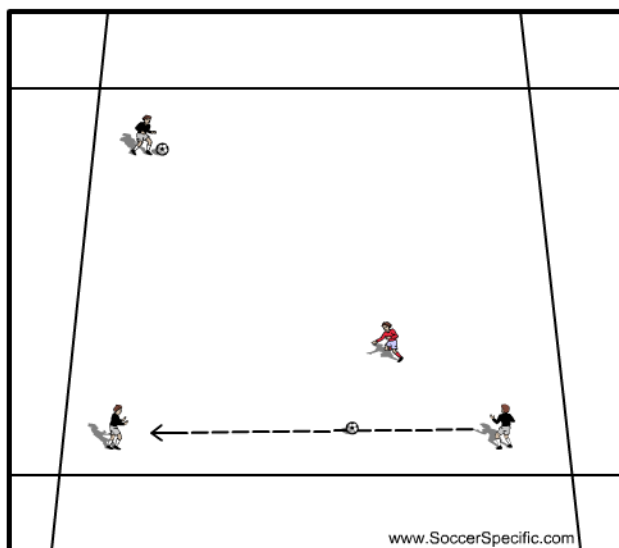
Set up: 10x10 / 15x15 grid, 4 players, supply of balls
Instructions: >4 players in grid, with 4 balls, 3 players work the sides while one works the middle
 >Begin as player 1 plays to player 2, 1 quickly moves to open cone
 >Player 2 identifies and plays ball into the free player
 >Player 4 then plays ball into 2 and continues to open cone
 >Center player always looking to receive ball and pass to open player, outside player always looking to play to central player and move to open position.
Coaching Points: >First touch quality
 >Passing technique - Pace Accuracy Weight

ACTIVITY #2



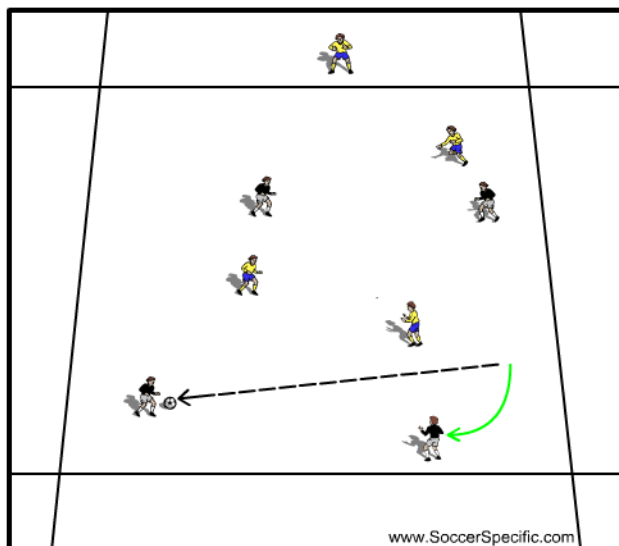
Set up: 10x10 / 15x15 grid, 4 players, 1 ball
Instructions: 3 attackers maintain possession from defender. May move anywhere within area. Defender attempts to gain possession of the ball. 10 passes = point
Coaching Points: >2 Supporting attackers should seek to provide the deepest and widest support angles possible for the first attacker.
 >2 questions
 >>How wide can I get?
 >>How far can I get to provide maximum time?
 >Hold ball to commit defender towards 1st attacker, release too early = less ground for them to cover to pressure receiving player.

ACTIVITY #3



Set up: 10x10 / 15x15 grid, 4 players, 2 balls
Instructions: 3 attackers maintain possession of 2 balls from defender (defender hold colored vest or cone to facilitate quick switching of roles). May move anywhere within area. Defender attempts to "TAG", (not gain possession of the ball) a player in possession of a ball. A successful tag = switch roles. 10 passes = point
Coaching Points: >2 Supporting attackers should seek to provide the deepest and widest support angles possible for the first attacker.
 >2 questions
 >>How wide can I get?
 >>How far can I get to provide maximum time?
 >Hold ball to commit defender towards 1st attacker, release too early = less ground for them to cover to pressure receiving player.

ACTIVITY #4

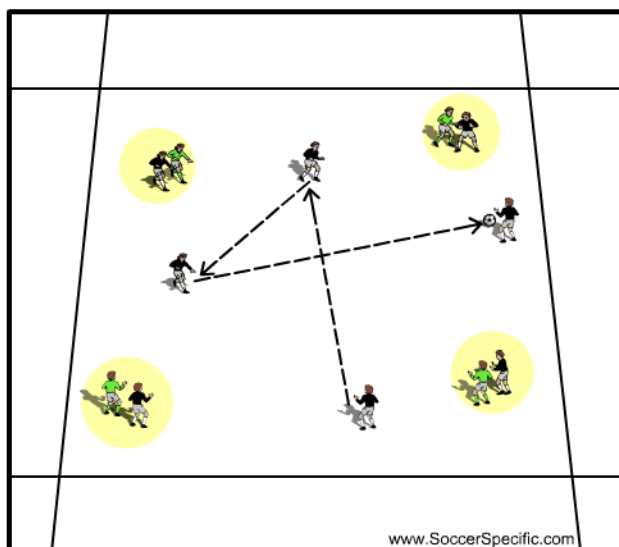


Set up: >20x20 / 30x30
>5v5, 4v4, etc

Instructions: >4v3 in grid, numbers up in possession, 3 defenders with one resting
>Team in possession attempt to complete as many passes a possible while in possession, defenders attempt to prevent passes and gain possession
>On defenders gaining possession, resting player rejoins as attackers send one player off to rest
>Start with free play, develop by conditioning play (2-touch, 1-touch, looking for splits, etc.)

Coaching Points: >Awareness
>Passing Technique
>Off-ball movement and mobility
>>Passing angles / passing lanes

ACTIVITY #5

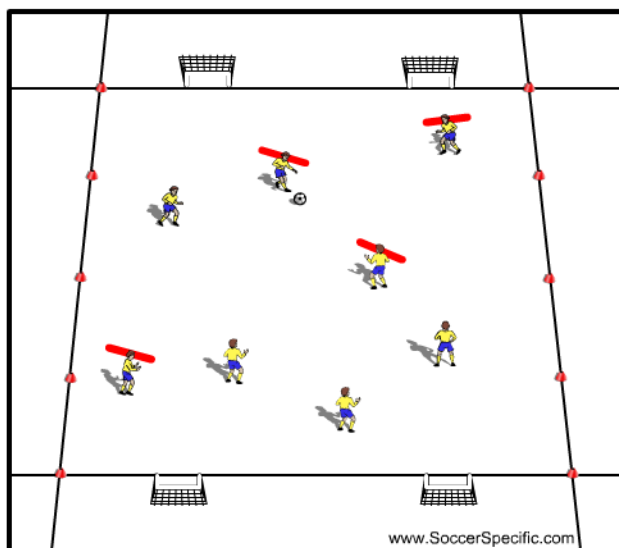


Set up: >30x30 grid
>8v4, 8v3, 7v3, 6v3, etc.

Instructions: >4 defenders mark 4 attackers, both must stand still
>4 attackers quickly - but smartly - pass ball within the grid
>4 defenders frequently leave their mark to find another, again with both defender and marked attacker remaining static - providing a constantly changing landscape
>Change roles after time (2-3 minutes)
>>Progress to allowing attackers to continue to move while remaining marked

Coaching Points: >Attackers must remain AWARE
>Passing technique
>First touch

ACTIVITY #6



Set up: Small sided possession game - appropriately sized pitch.
NO PINNIES

- Use headbands/pre-wrap for team separation, or
- No physical team separation, require players to know who is who.
Instructions: Simple possession game. Keep ball, deny other side possession.

Coaching Points: Awareness
Communication
Headbands require keeping head up a bit higher than if using pinnies