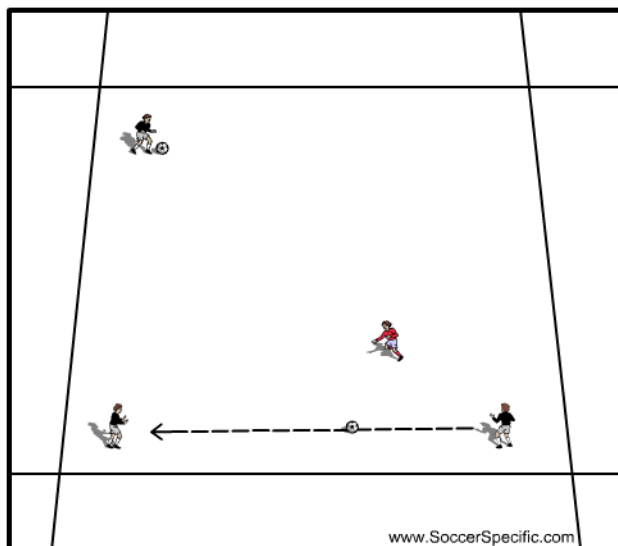


ACTIVITY #1

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.

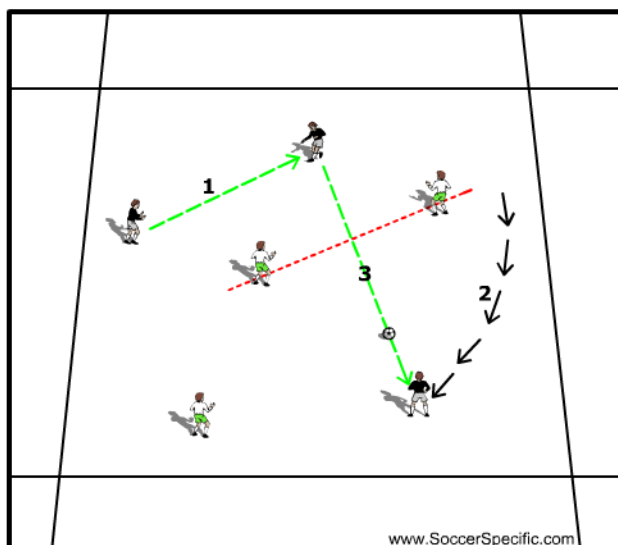


ACTIVITY #2

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



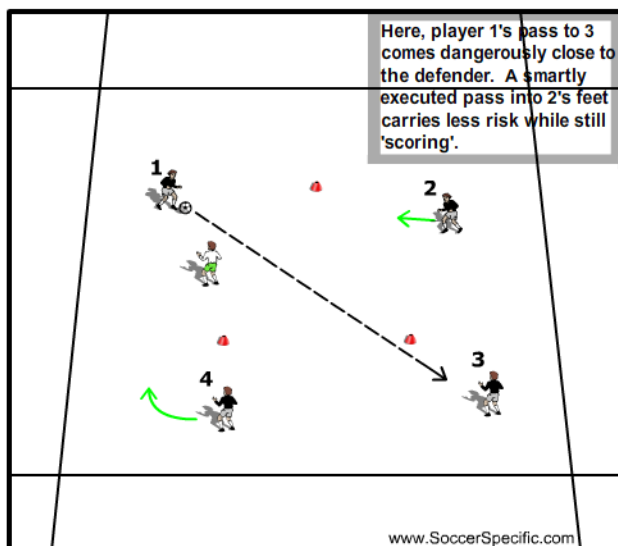
ACTIVITY #3

Set up: 15x15 grid, 4x4x4 triangle situated in middle

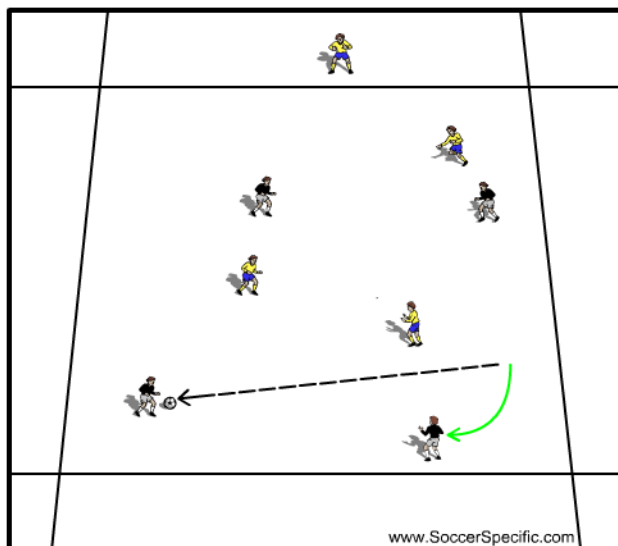
Instructions: 4v1
 -4 maintain possession as 1 defends
 -4 attempt to 'score' by completing pass through triangle to teammate
 -Defender is not allowed inside the triangle
 --Must work way around triangle to cut down passing angles

Play 1-1.5 minutes, rotate through middle

Coaching Points: -Off ball movement
 -Awareness of space
 --Angles
 --Closer to triangle = tighter, more difficult angles / passing lanes
 -Passing technique



ACTIVITY #4

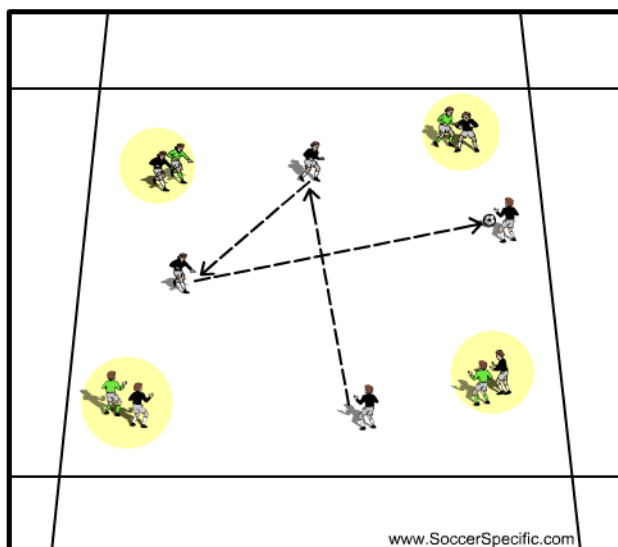


Set up: >20x20 / 30x30
>5v5, 4v4, etc

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

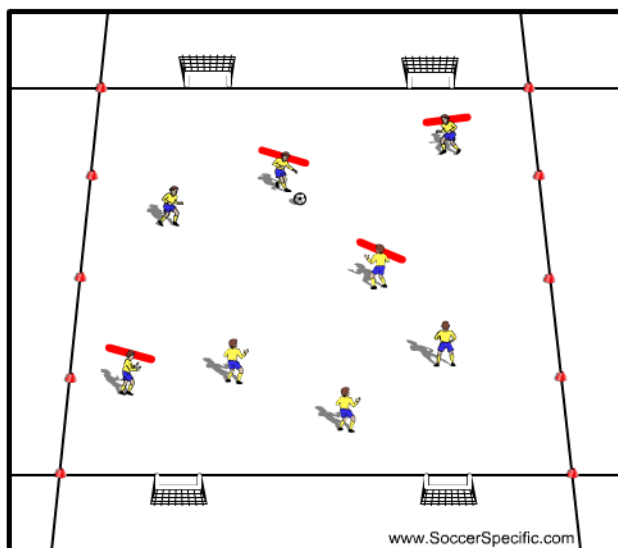


Set up: >30x30 grid
>8v4, 8v3, 7v3, 6v3, etc.

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