

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.

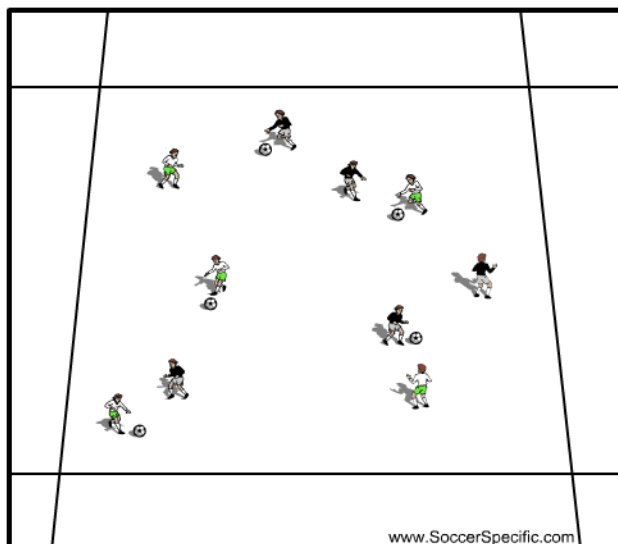
On coaches "freeze", players in possession receive a point.

Coaching Points: Low athletic stance

Arms - balance and bumper

Close control

Awareness

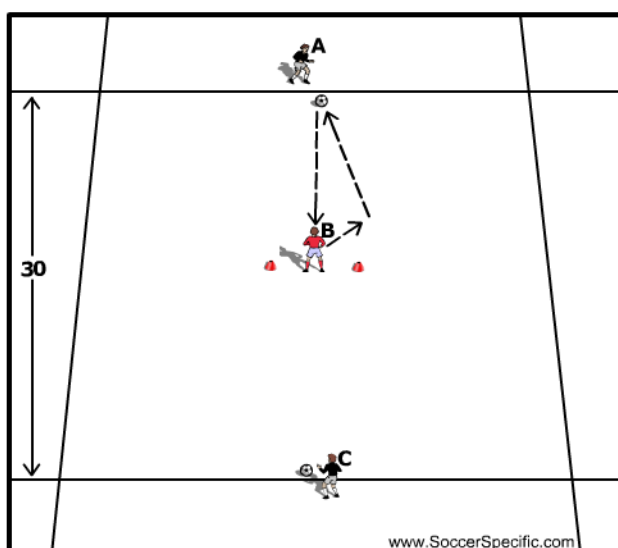


ACTIVITY #2

Set up: 3 players, 15yds apart. Center player in 3yd gate.

Instructions: A plays moderately slow paced ball into B. At same time, C holds up right or left hand. B peeks to determine right/left and calls out the side. B controls and plays back to A with the foot of the side called. B spins to repeat with pass from C as A holds up a hand.

Coaching Points: Begin with intentionally slow delivery to slant the line towards success.



ACTIVITY #3

Set up: 30x30 Grid, split into 4 15x15 quadrants

Instructions: Player receives ball from a player in any of the 3 adjacent quarters (not from same quarter player is occupying)

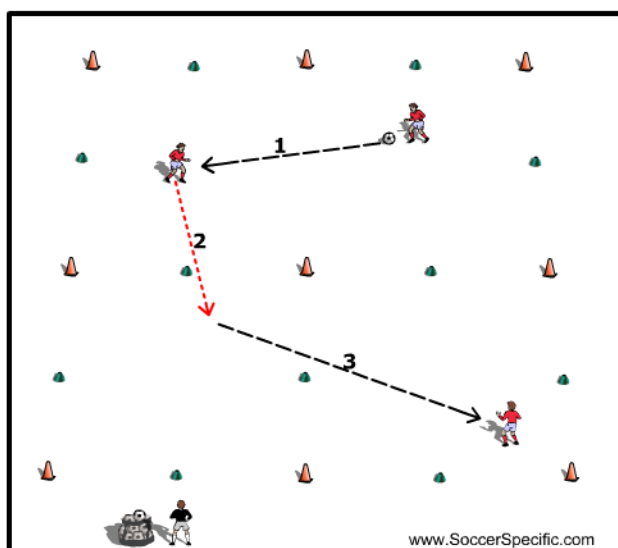
Player controls ball and dribbles to any of the other (or 2 remaining) adjacent quarters

Ball is played to a third player in any other (or 1 remaining) quarter

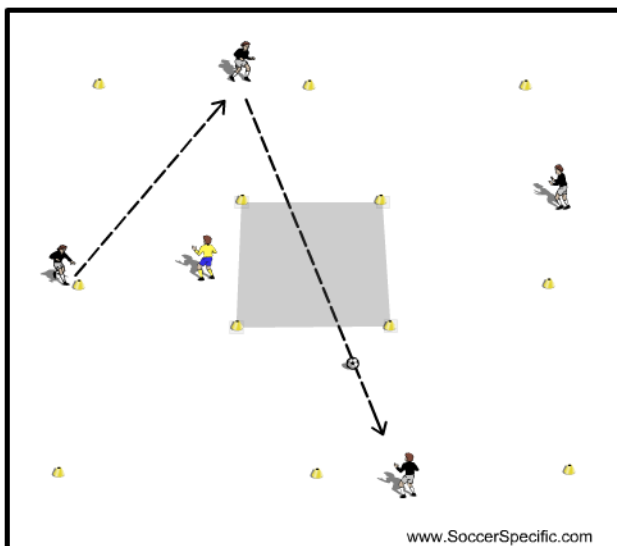
Coaching Points: Awareness - play into appropriate quarter

Passing technique - accuracy, weight of pass

Movement - off ball, getting into passing lanes



ACTIVITY #4



Set up: -4v1 or 5v1

-15x15 outer grid, 5x5 inner grid

Instructions: -Outside players maintain possession of the ball, attempt to split the smaller inner grid.

-Defender attempts to gain possession of the ball.

-Defender is not permitted to enter the small inner grid.

Coaching Points: -Passing technique

-Movement off the ball

-Creation of passing angles

ACTIVITY #5

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

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

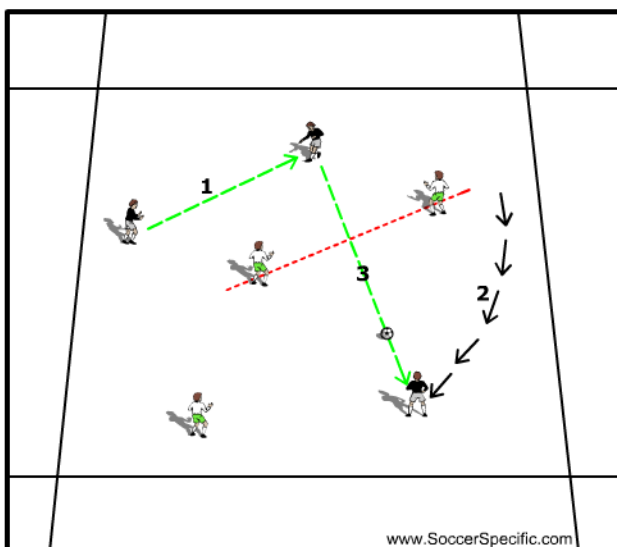
3 points awarded if split is via 1-touch pass

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 #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

