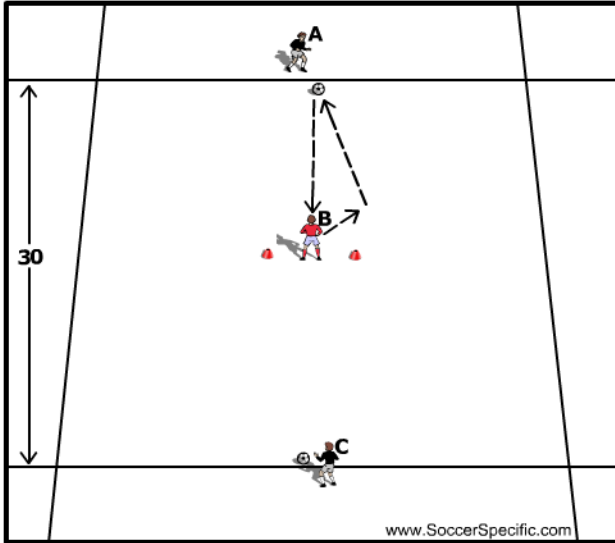
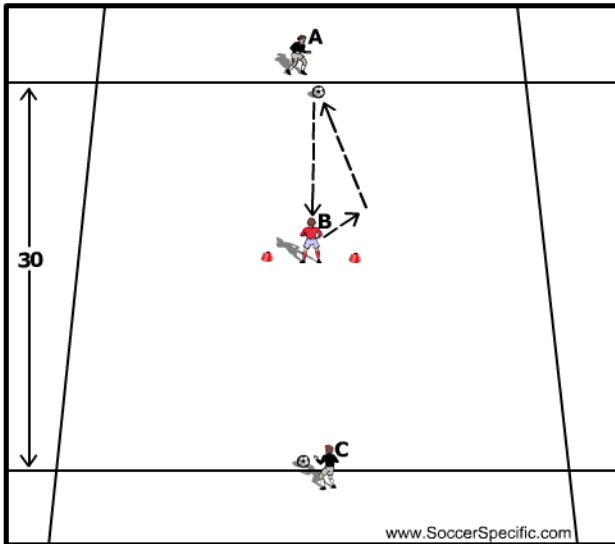


**ACTIVITY #1**



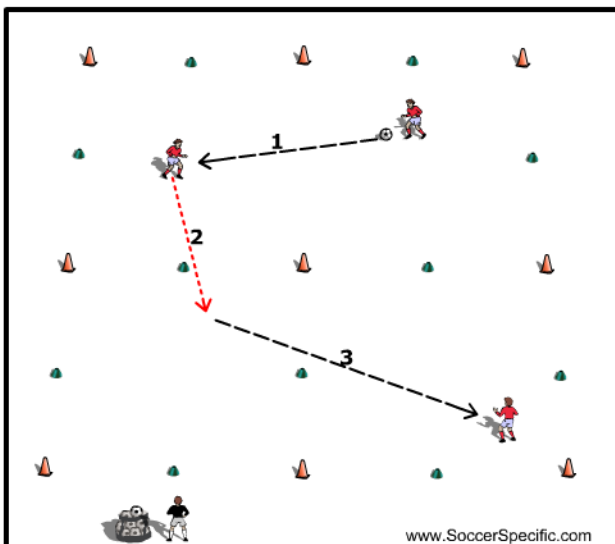
**Set up:** 3 players, 15yds apart. Center player in 3yd gate.  
**Instructions:** A plays moderately slow paced ball into B. At same time, C holds up right or left hand. B peeks to determine right/left and calls out the side. B controls and plays back to A with the foot of the side called. B spins to 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 #2**



**Set up:** 3 players, 15yds apart. Center player in 3yd gate.  
**Instructions:** Same as Awareness 1. As right/left is called out, B touches the inside of the foot called with opposite hand. (Right hand up = "Right!" and touch inside of right foot with left hand) Play ball back to original passer as before.  
**Coaching Points:** Begin with intentionally slow delivery to slant the line towards success. Adds more information processing requirements of central player. Cognitive awareness.

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

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

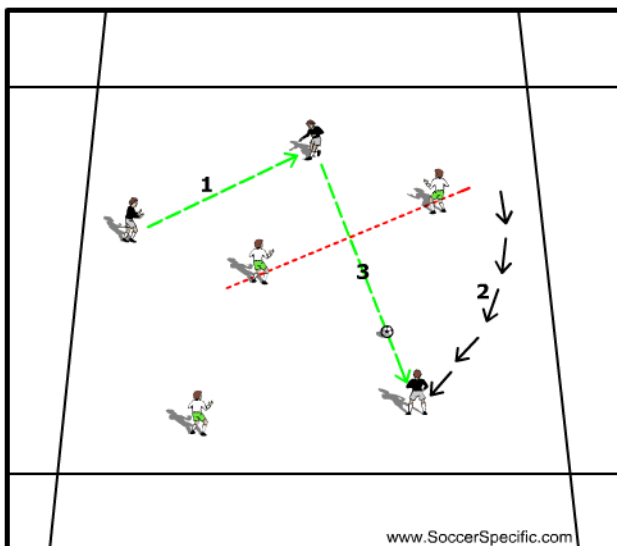
3 points awarded if split is via 1-touch pass

**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 #5

**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.

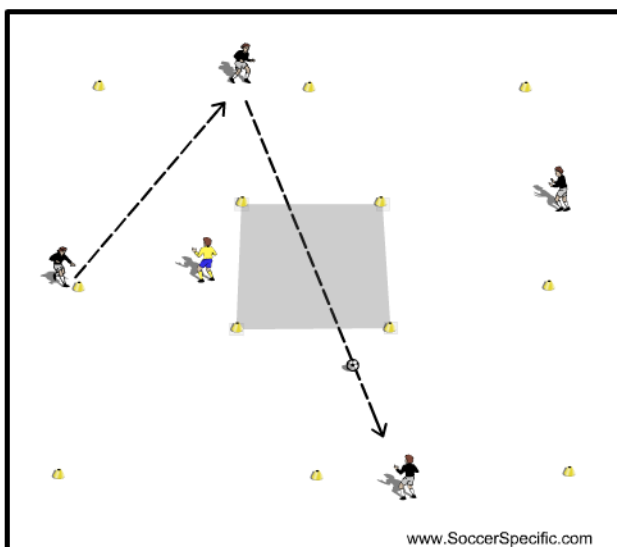
-Defender attempts to gain possession of the ball.

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

**Coaching Points:** -Passing technique

-Movement off the ball

-Creation of passing angles



#### ACTIVITY #6

**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

