

ACTIVITY #1

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

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

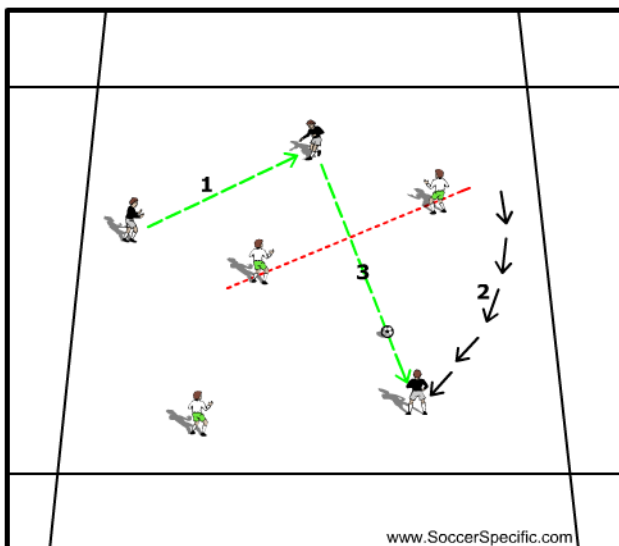
3 points awarded if split is via 1-touch pass

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 #2

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 as 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

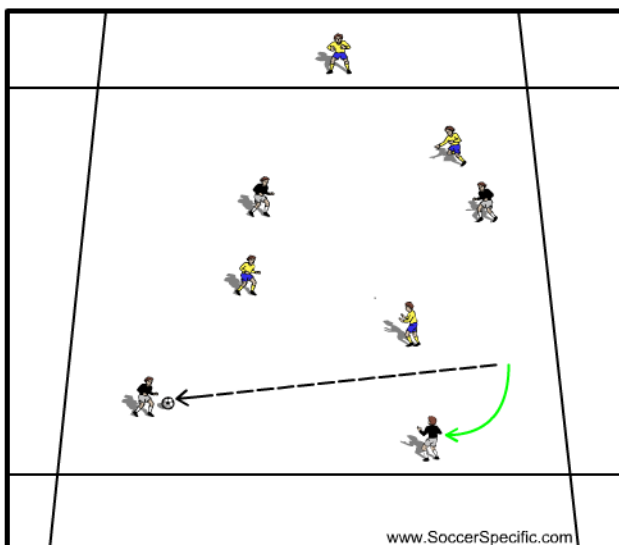
>Start with free play, develop by conditioning play (2-touch, 1-touch, looking for splits, etc.)

Coaching Points: >Awareness

>Passing Technique

>Off-ball movement and mobility

>>Passing angles / passing lanes



ACTIVITY #3

Set up: 20x20 or appropriately sized grid

2 even teams

Each team with an outside player on diagonal corners

Instructions: 2v2+4 / 3v3+4

-Players play 2v2 in the middle of the grid and attempt to play one of their outlet players on their team

-Once a pass is made to the outside player the players switch, so the outside players dribbles or passes in to their teammate and plays 2v2. The player passing to the outside player takes his spot and becomes the target player at his cone

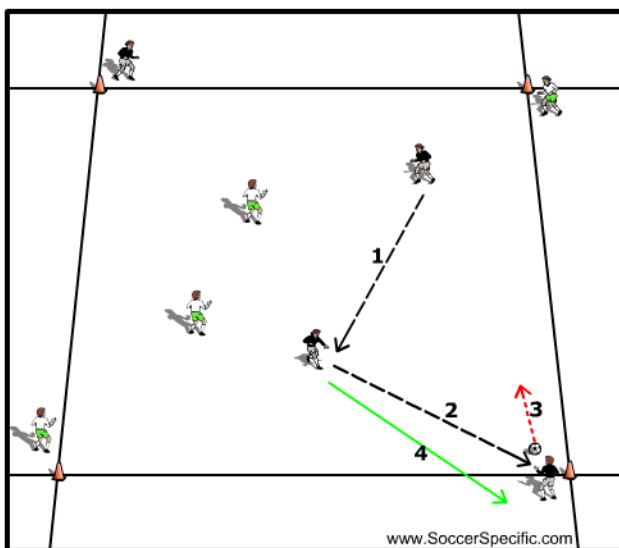
-The new attacker play 2v2 in attempt to combine with their teammate at the other corner. If corner is denied by the defending players, the team should play to their most open diagonal player in attempt to keep possession of the ball

-If the defensive team wins the ball they become the attackers and attempt to keep possession as described above

Coaching Points: Pace of play

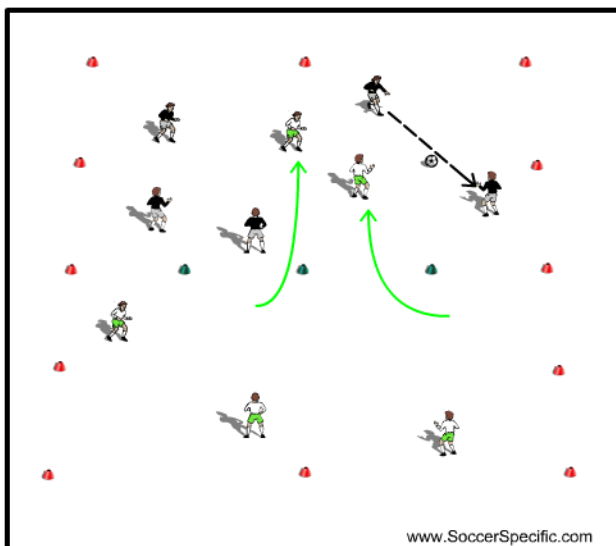
Supporting angles off ball - undefended, open space

Passing technique



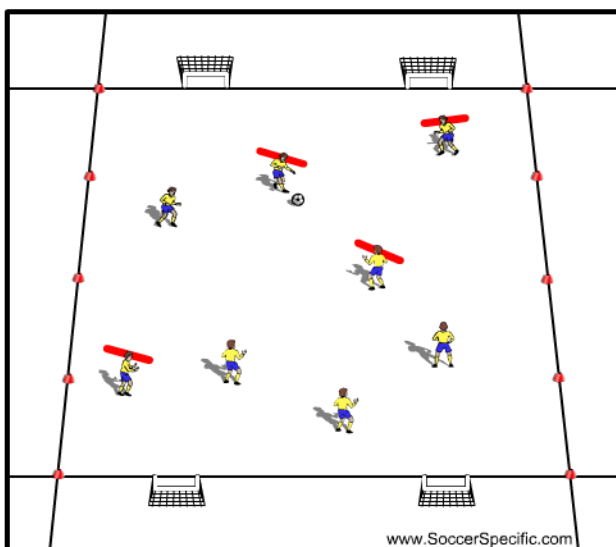
ACTIVITY #4

Set up: Appropriately sized pitch split via midfield line
Instructions: -5v2 in half
-5 maintain possession, 2 attempt to gain possession and pass/dribble ball back to own half
-2 defenders enter to continue game
Coaching Points: Passing technique
Off ball movement and position



ACTIVITY #5

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



ACTIVITY #6

Set up: Small sided game - appropriately sized pitch.
Target player between goals
NO PINNIES
- Use headbands/pre-wrap for team separation, or
- No physical team separation, require players to know who is who.
Instructions: Simple small sided game
Keep ball, deny other side possession
Ball must be played into target player before scoring
Coaching Points: Awareness
Communication
Headbands require keeping head up a bit higher than if using pinnies
Variation: One goal per side with a target player on each side
Variation: Targets = unlimited touches / one-touch / two-touch

