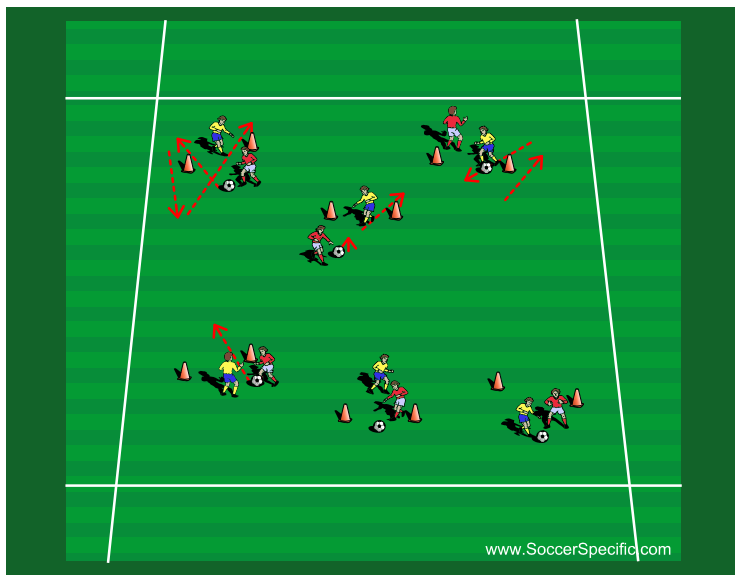


### ACTIVITY #1

**Set up:** 20X20 GRID WITH 2YD GATES PLACED RANDOMLY WITHIN

**Instructions:** ALL PLAYERS WITH A BALL. SESSION STARTS WITH ALL PLAYERS DRIBBLING AND TURNING, ADD GATES. PLAYERS HAVE TO DRIBBLE THROUGH AS MANY AS POSSIBLE IN A MINUTE, NOW HAVE PLAYERS GO THROUGH GATE BUT MUST TURN BACK OUT OF GATE AND ATTACK ANOTHER ONE; KEEP SCORE, MAKE IT A COMPETITION

**Coaching Points:** CLOSE CONTROL, ALL SURFACES OF FEET, LOOKING BEFORE TURNING, ATTACKING SPACE (OPEN GATES!!) IDEA IS TO WARM UP BY GETTING A LOT OF TOUCHES IN A LOOSE STRUCTURE. 10 MINS.



### ACTIVITY #2

**Set up:** 30x25 GRID WITH A 4YD GOAL PER PAIR

**Instructions:** PLAYERS COMPETE 1V1 AND TRY TO SCORE IN THEIR DESIGNATED GOAL. PLAY 2 MIN MATCHES, ROTATE PLAYERS SO WINNERS PLAY WINNERS ETC. PROGRESS TO BREAKING GRID IN HALF AND LETTING PAIRS ATTACK GOALS WITHIN THE HALF. SLANT THE LINE BY PUTTING LESSER PLAYERS IN AREAS OF MORE SPACE, BETTER PLAYERS IN SMALLER HALF; PLAYERS SCORE THROUGH EITHER SIDE OF GOALS

**Coaching Points:** AS IN WARM UP BUT NOW LOOKING FOR POSITIVE PLAY TO GOAL, SCHEMING TO TAKE OPPONENT AWAY FROM GOAL, TRY TO AVOID SHEILDING UNLESS ITS TO SPIN OFF OPPONENT (SHEILDING FOR TOO LONG IS NOT CREATIVE AND SHOWS A LACK OF CONFIDENCE) PLAY FOR 15 MINS



### ACTIVITY #3

**Set up:** FULL GRID WITH 4 GOALS WITH PLAYERS SPLIT IN TO 3 GROUPS

**Instructions:** YELLOW V RED 3V3 + NEUTRAL, KEEPER DEFENDS BOTH GOALS. HERE ITS 11 PLAYERS, IF MORE ADD A SECOND NEUTRAL FOR 5V3 OVERLOAD OR USE TARGETS AT ENDS TO PLAY OFF; ROTATE THE ROLES/TEAMS KEEP SCORE.

**Coaching Points:** COMMUNICATION, AWARENESS OF OPEN GOAL, DRIBBLING TO CREATE SPACE OR PENETRATE AND TURNING TO SCORE IN OPEN GOAL;