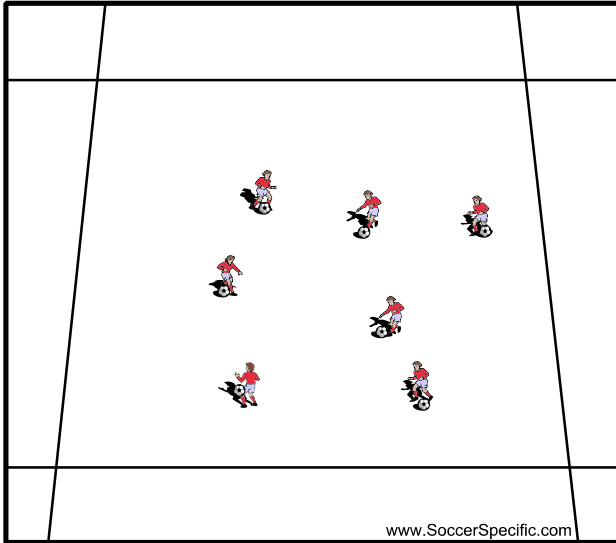


ACTIVITY #1

Set up: 18x18 grid all players on the ball

Instructions: intro, 100 touches! Get to 100 touches as fast as you can using your feet, yell 100 when there but keep going. Stop and ask for above 80 etc, repeat, repeat, repeat.

Coaching Points: Observe the players ideas and how they scheme!

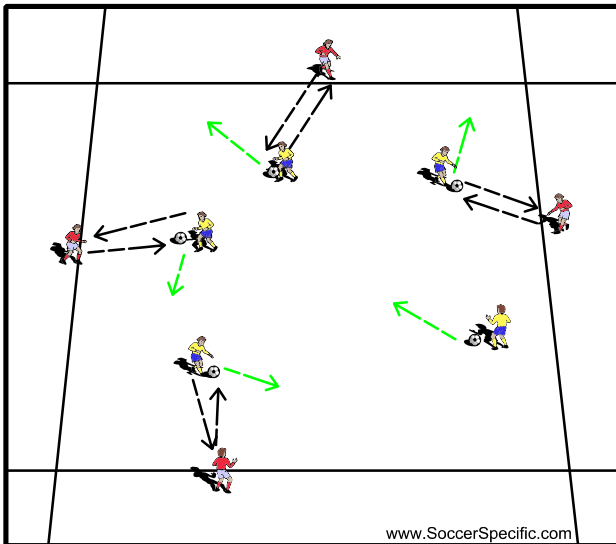


ACTIVITY #2

Set up: 18x18 grid, approx half with a ball.

Instructions: Inside players combine with outside players, outside players pass into feet and receiver plays touch to space and finds different outside player to repeat, switch every 2 mins.

Coaching Points: First touch to space, different surfaces to play the touch, looking after passing but before receiving to see the space, tempo.

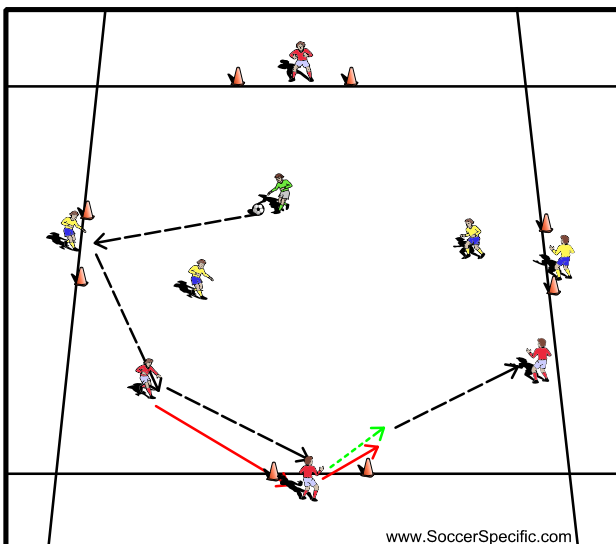


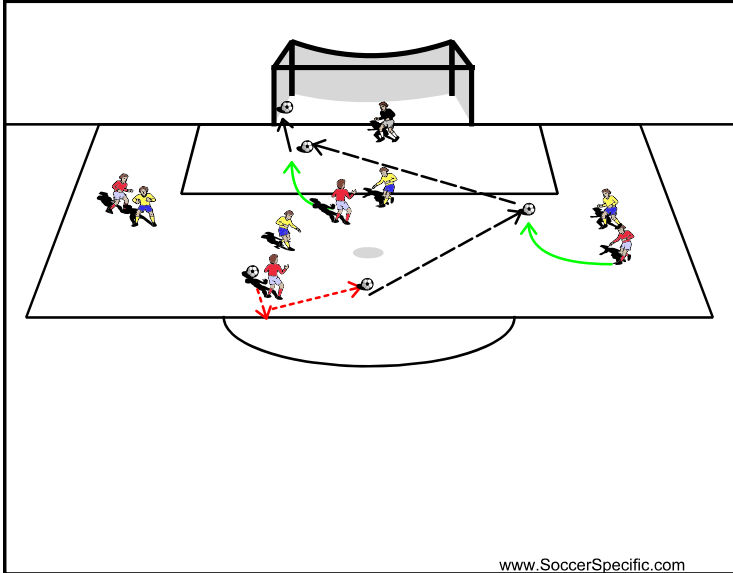
ACTIVITY #3

Set up: 18x18 grid 2v2 to 2 with Neutral

Instructions: 2 players plus Neutral can combine with opposite colors in gates but switch upon playing to own color who enters in, score goal for switch

Coaching Points: Awareness of open lane to gate, support of combo play, first touch upon entering on switches.





ACTIVITY #4

Set up: 25w x 18 deep small penalty area 4v4+k

Instructions: two teams compete to same goal, call team name when shooting. This was progressed to upon gaining possession the team had to get the ball to outside of grid and then it was live to goal. This had a great effect on the quality of play and encouraged a spatial awareness as players off the ball took up smart support positions as this was developing.

Coaching Points: No coaching, game was the coach. General ability and application to training has improved, problem solving at end was excellent, players applied themselves well. Busy session, 60 mins was ideal on the day.