

ACTIVITY #1

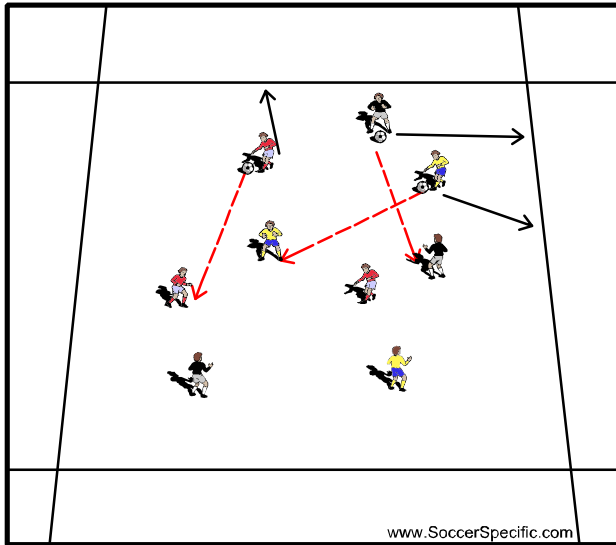
Set up: Teams of 3 or 4 inside a grid c. 20x20 1 ball per team. players number 1-X

Instructions: pass in sequence of number. after making pass you must touch an edge of the grid and go back into grid

Coaching Points: -good passing technique (toe up, ankle locked, follow through middle of ball, contact with inside of foot, plant foot next to ball pointing at target)

-communication of when pass is coming

-head up to find next teammate early (ideally before receiving pass)

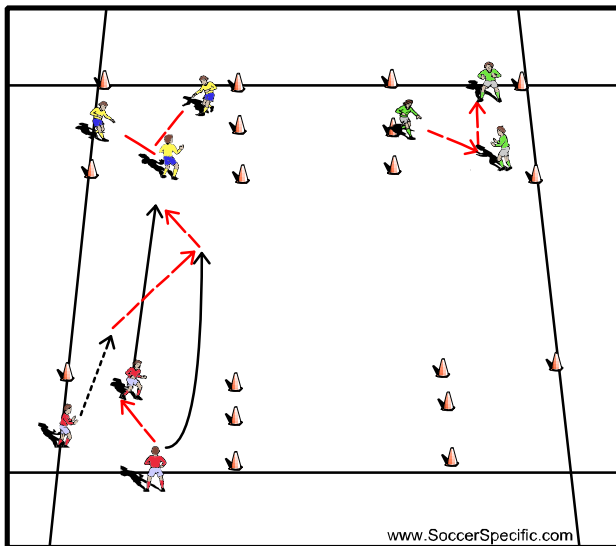


ACTIVITY #2

Set up: teams of 3 or 4. Boxes located inside of grid. one more box than groups. each group with ball. adjust grid size according to number of teams

Instructions: groups complete 3-4 passes in a box than move to a new box by passing (can add condition of # of passes between boxes). How many boxes in X time. One team in a box at a time

Coaching Points: proper push pass technique (angled approach, plant foot aimed at target, toe up, ankle locked, follow through) awareness of open box



ACTIVITY #3

Set up: Three Team Keep Away: 3 teams of 2 in a 15x10 grid. One team defends at a time.

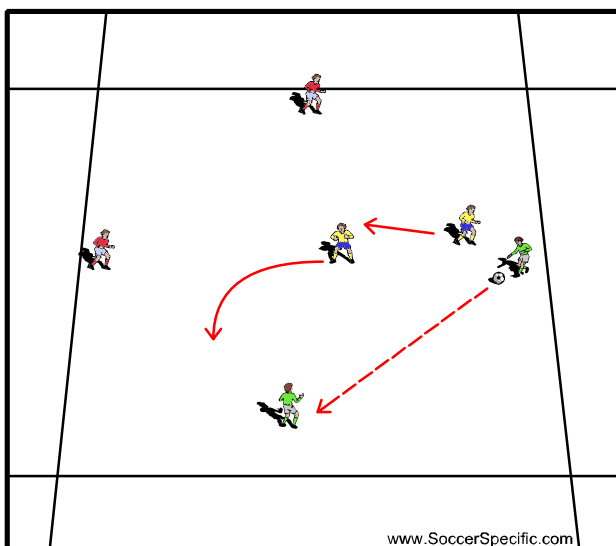
Instructions: Two teams keep the ball from the defensive team. If defending team wins ball they have to dribble out of the grid.

If defensive team successfully dispossesses and dribbles out of the box they are off defense.

Coaching Points: -Proper push pass technique (toe up, ankle locked, knee bent)

-head up for quick decision making

-off the ball movement to create space.



ACTIVITY #4

Set up: 4v4, 20x25 w/ pop up goals.

Instructions: Water break every 8-10 minutes. Mix teams at this time as well.

Coaching Points: Encourage footskills and spacing. Positive reinforcement is essential

