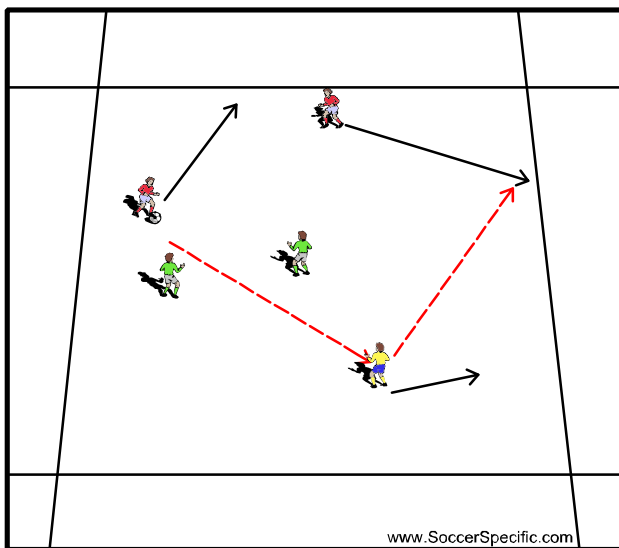


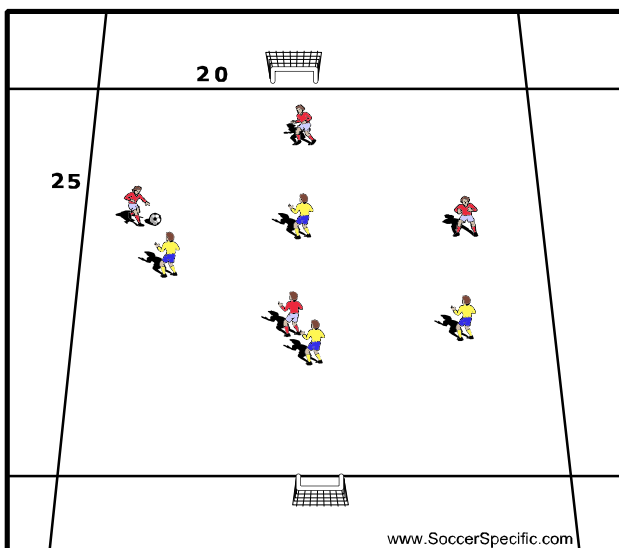
**ACTIVITY #1**

**Set up:** 3 attacking players. 1 defender (holding bib). 7x7  
**Instructions:** 3 attacking players must play inside of grid and work to maintain possession. How many can you get in a row. 4 passes = 1 point. If defender wins ball he/she can dribble to edge of grid for a point. 2 points and out of middle. Players to keep track of score  
**Coaching Points:** Proper passing technique  
 Movement to support player on ball  
 Awareness/engagement when off the ball  
 Use the whole space (heels in the chalk)



**ACTIVITY #2**

**Set up:** 2v2 + 1. 1 ball per group, approximately a 15x10 or 12x12 grid  
**Instructions:** attempt to keep ball away from other team. 4 passes = 1 point. If defensive team dispossesses they are immediately on offense (continuous transition). To gain the neutral, they must be passed to deliberately (ie: if a pass deflects/rebounds off a defenders leg and then goes to the neutral, the attacking team retains possession)  
**Coaching Points:** Proper passing technique  
 Movement to support player on ball  
 Awareness/engagement when off the ball  
 Move to create more space and time



**ACTIVITY #3**

**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