

ACTIVITY #1

Set up: ROX WINDOWS

25X25 area (or as needed)

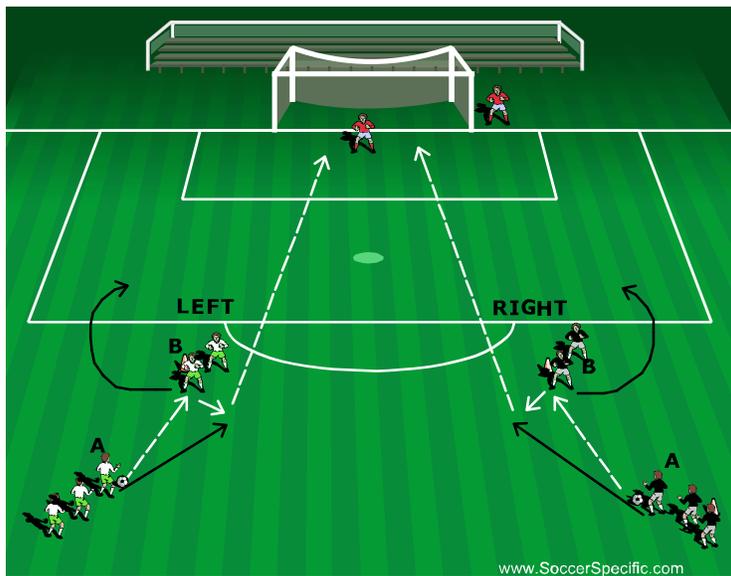
Half with a ball and half without - half with ball create circle around cone. Half with ball in center of circle on or around cone.

Instructions: Players will do 2 sets of each exercise for one minute, rotating after each set.

Players on the outside start with ball in hands and as the center players check to them they toss the ball in air for oncoming player to play back to player throwing the ball hands.

1. Inside of the foot
2. Laces
3. Body (thigh, chest, head) then inside or laces.
4. Half volleys
5. Headers

Coaching Points: Communication, Change of Speed, Lock your Ankle, Heal down Toe up, Driven passes.



ACTIVITY #2

Set up: RIGHT AND LEFT FOOT FINISHING

20 Yards from goal

Goalkeeper(s)

One or two touch shot

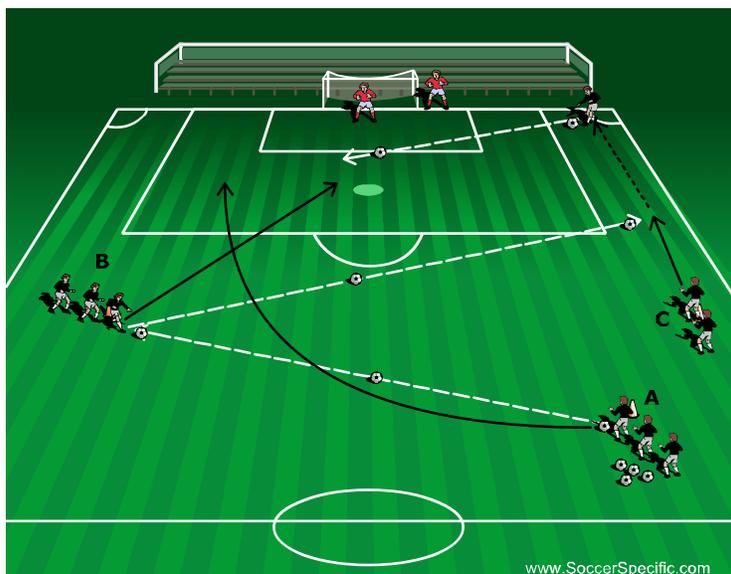
Depending on numbers alternate the shooting lines

Players rotate with in line (player shooting becomes target and target retrieves the ball).

Groups rotate on coaches command

Instructions: Line A has a ball, plays line B. Line B lays ball off back towards run of A who strikes the ball one or two touch based on pass from line B. Line B spins off to get possible rebound.

Coaching Points: Communication, Timing, Ankle locked, Laces, Step in front of the ball, Placement, Focus.



ACTIVITY #3

Set up: CRISS CROSS FINISHING

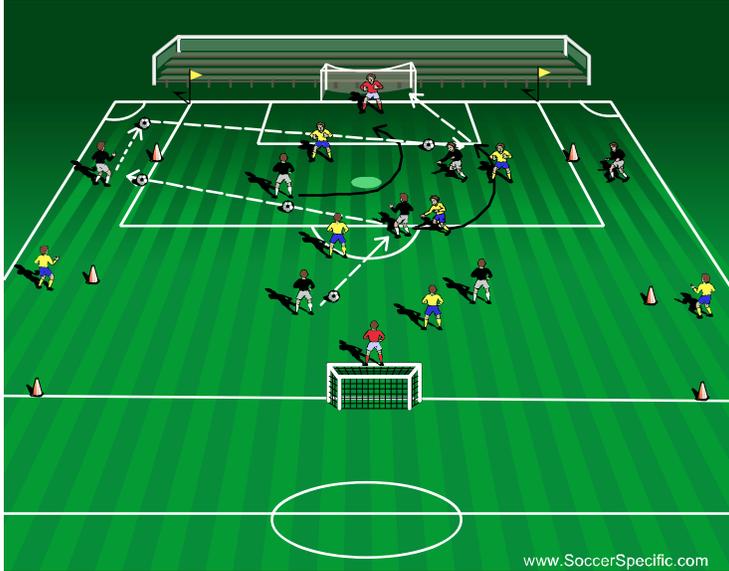
30-40 yards from the goal.

Players at A, B and C cones, balls on A cone

Goalkeepers

Instructions: Group A passes to group B. Group B receives pass with up field foot then plays a ball into the wing area for group C to run on to. Group C has unlimited touch but is encouraged to take a max of two touch to cross the ball. After pass group A makes a run to the farpost and group B makes a run to near post. Players stay in groups until coaches command.

Coaching Points: Weight of Pass, Communication, Group C's timing so they are not offsides, early crosses should be driven near post, First touch, Accuracy of Cross, Driven, floated or on the ground?



ACTIVITY #4

Set up: GAME

7v7 + 2 Goalkeepers

Each team has two wing players in channels in their respective attacking half of the field. Players can not defend in channels. Full Width (adjust for age group) and 44-50 yards long.

Make channels on the wings between the edge of the 18 and sideline.

Instructions: Channel players are allowed two touch. Goals can be scored in the run of play or from a crosses. Award 2 points for goals scored from crosses and 1 point for a goal scored in the run of play.

VARIATIONS: Players in the channels can defend each other, unlimited touch in Channels.

Coaching Points: Movement off the ball, Crosses, Communication, Transition to attack, Timing of near and farpost runs.