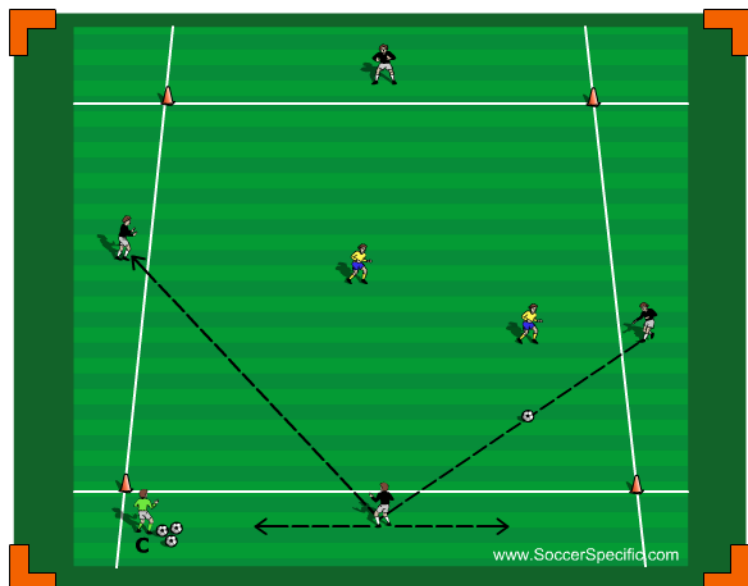


ACTIVITY #1

Set up: 8 v 2 possession activity in a 10 x 10 area or as needed. Players are limited to one or two touches.

Instructions: Attacking players (on the outside) count successive passes and are awarded an extra point for a through ball (a ball played across the area). Defenders must win or disrupt three passes to rotate out (or done by time). Any through ball is a [minus] one point for the defending team. Note: players may not pass to their teammate on the same line.

Coaching Points: First touch; anticipate the next pass; be creative and deceptive; use a variety of touches and feints; find the best option; team in possession must play quickly in tight spaces; defenders must pressure the ball and provide support; communicate; and adjust, shift defending positions quickly.

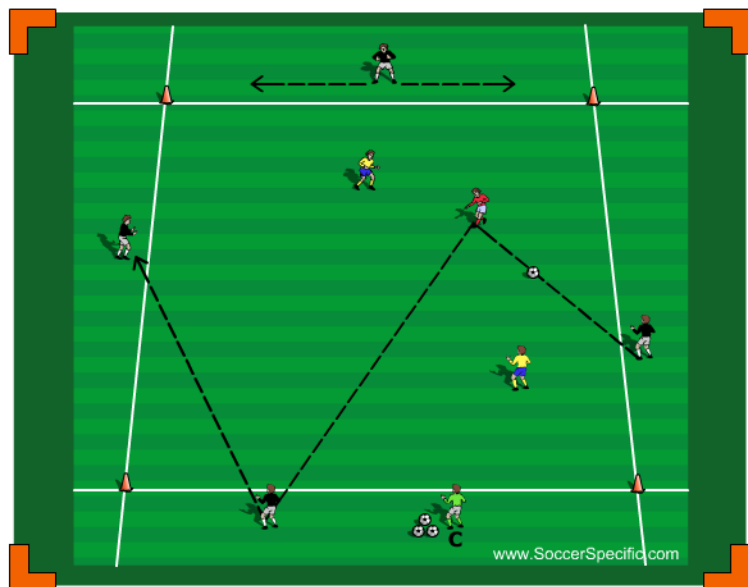


ACTIVITY #2

Set up: 4 v 2 possession activity in a 10 x 15 area or as needed. Players are limited to one or two touches.

Instructions: Players in possession may move side-to-side on their respective line. Count successive passes and award an extra point for a through pass. If the defenders win the ball, they can get out of the middle by executing a 2 v 1 combination against one of the players on the outside of the area. Limit the number of touches and/or restrict the player to using only one foot (e.g. left).

Coaching Points: Team in possession must utilize the entire space and maintain good shape; play quickly and away from defenders using short-short-long combinations; defenders must maintain pressure on the ball; support; communicate; and deny through balls.

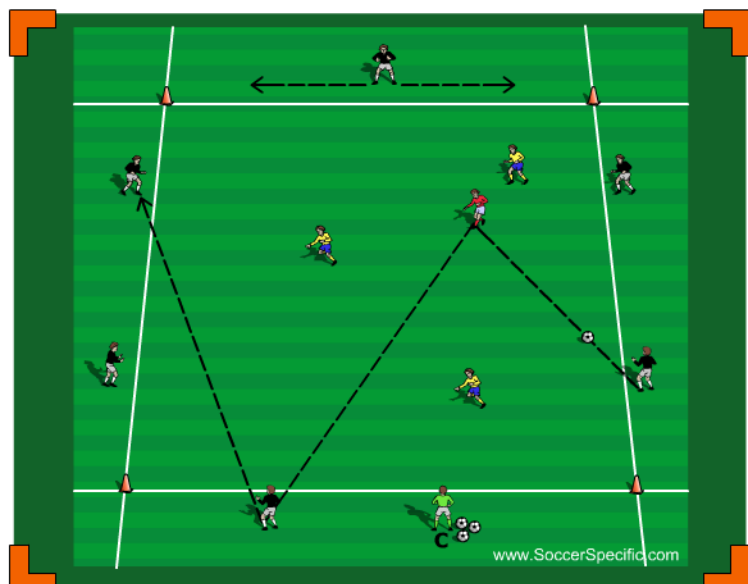


ACTIVITY #3

Set up: 4 v 2 + 1 possession activity in a 10 x 15 area or as needed. Players are limited to one or two touches.

Instructions: Players on the outside play two touch, neutral player in the middle is limited to one touch. If the defenders win the ball, they play 2 v 1 in the middle until the neutral player wins the ball back. Rotate players on time.

Coaching Points: Maintain proper attacking shape and balance; the neutral player must create space and opportunities to combine, not restrict space; look for opportunities to combine through the neutral player whenever possible, but don't force it.

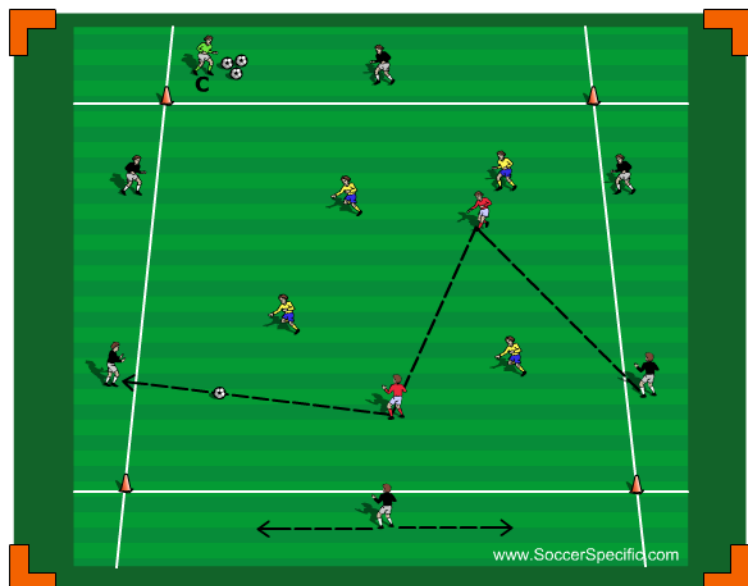


ACTIVITY #4

Set up: 6 v 3 + 1 possession activity in a 20 x 30 area or as needed. Players are limited to one or two touches.

Instructions: Players have positional responsibilities. The wide right midfielder and right back are on one side and the left on the other. The other three players represent the target forward, center back, and the neutral player is the central midfielder. Players on the outside play two touch, neutral player in the middle is limited to one touch. If the defenders win the ball, they play 3 v 1 with one touch in the middle until the neutral player wins the ball back. Rotate players on time.

Coaching Points: Maintain proper attacking shape and balance; the neutral player must create space and opportunities to combine, not restrict space; penetration; depth; width; mobility; improvisation in possession; defending shape; pressure; cover; balance; compactness while defending; deny any through balls.



ACTIVITY #5

Set up: 6 v 4 + 2 possession activity in a 30 x 40 area or as needed. Players are limited if necessary.

Instructions: This is a positional game with six outside players, two middle players, against four defending players. If the defenders win the ball, they play 4 v 2 with two touches in the middle until the neutral players win the ball back. As play improves, limit the outside players to two touches and the inside players to one touch.

Coaching Points: Maintain proper attacking shape and balance; the neutral player must create space and opportunities to combine, not restrict space; penetration; depth; width; mobility; improvisation in possession; defending shape; pressure; cover; balance; compactness while defending; attacking and defending principles; all of the above.