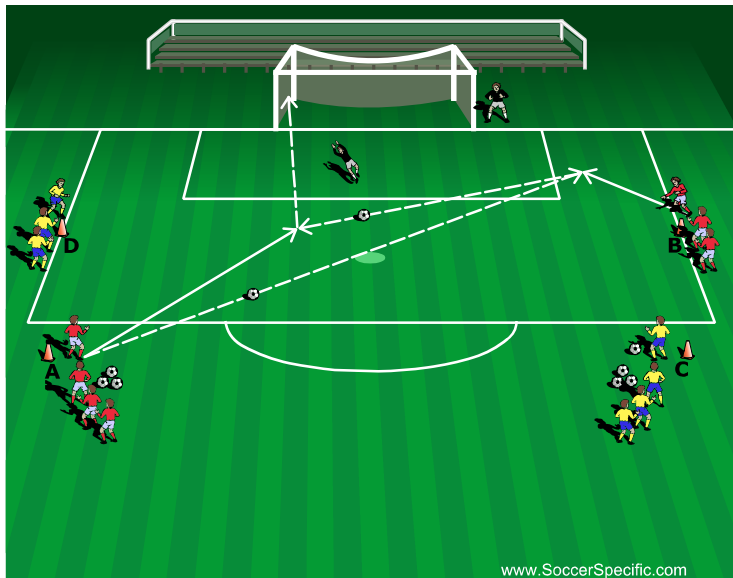


ACTIVITY #1

Set up: Create two 30 x 30 areas or as needed. Divide players into two groups; one ball per pair of players as shown. For illustration purposes, limited numbers are shown.

Instructions: Players begin by simply passing and moving as shown by example "A." Players then progress to additional combination play with a Wall-Pass or 1-2 Pass as shown by example "B." Final combination is a Double-Pass, where player #1 begins with a pass to player #2, player #2 makes an angled pass back to player #1, and then spins away from the ball and makes a penetrating run to receive a through ball from player #1, as shown by example "C."

Coaching Points: Body mechanics and general technique; correct angle and timing of run and pass; implication of 1st and 2nd touches; deception while setting up the combination; verbal and visual communication; keep the ball moving.



ACTIVITY #2

Set up: 44 X 20 area or as needed. Divide into two equal teams, with goalkeepers, and put 3 or 4 players on each corner as shown. Be sure to have plenty of extra balls for the exercise.

Instructions: Player "A" takes a touch diagonally into the field and then passes a ball on the ground to player "B," who then takes one touch to drop the ball back to player "A" who runs to meet the ball and finish with a shot on goal. Players "A" and "B" then rotate positions. Play continues with players "C" and "D" doing the same. After a set period of time, rotate players to the other side for the opposite foot. Make it a competition, each team keeps track of the number of goals scored.

Coaching Points: Proper timing, accuracy and weight of pass; timing of combining runs to goal; correct selection of striking surface; placement vs. power; finish all 2nd chance opportunities.

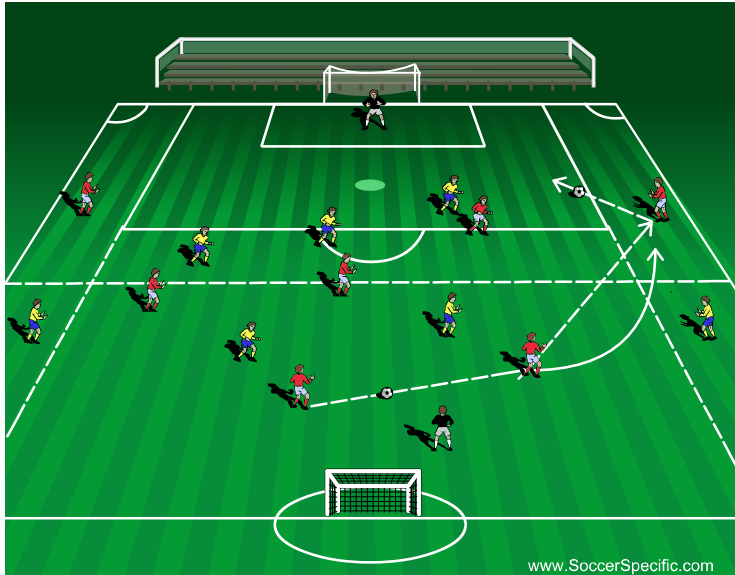


ACTIVITY #3

Set up: 44 x 55 area or as needed (half field), with a midfield line. Divide team equally, two goalkeepers, with one team (Red) starting at the midfield line as defenders; the (Yellow) team begins behind goal #2 as the attackers.

Instructions: Play begins with the goalkeeper in goal #1 distributing the ball to the goalkeeper in goal #2 with a punt, drop-kick, or throw. Once the goalkeeper receives the ball, one defender and two attackers immediately enter the field of play creating a 2 v 1 situation as shown. If the defenders win the ball, they immediately counter to goal #2. Variations include 3 v 2, 4 v 3, and then even numbers (i.e., 4 v 4). Rotate roles accordingly.

Coaching Points: Correct attacking shape and balance; awareness of passing lanes in the defensive line, angled passes and timing of attacking runs; speed of play and decision making; finishing technique and confidence to score.

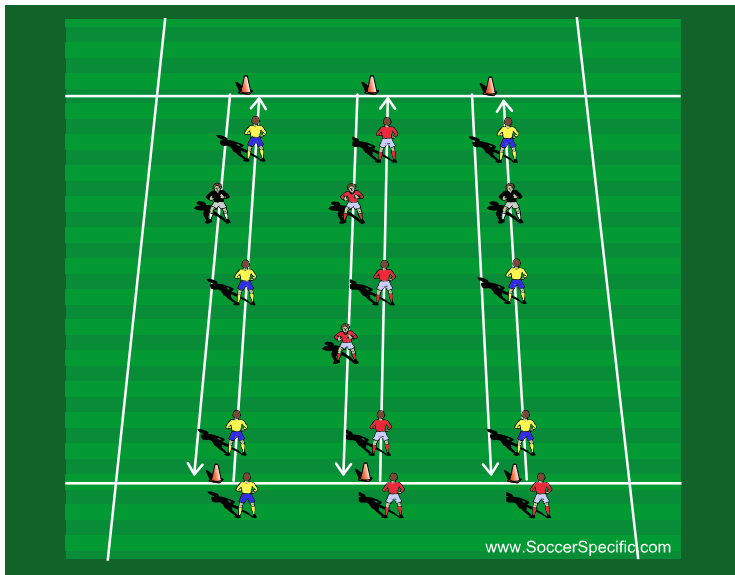


ACTIVITY #4

Set up: Half field or as needed, with wide flank channels. 8 v 8, with two players from each team starting in wide flank channels as target players as shown.

Instructions: Play begins with one team in possession, if the ball is passed wide to one of the target players, the target player receives the ball one-touch into the field of play, and the player passing the ball to the target player immediately replaces and becomes the new target player as shown. If the target player does not receive the ball one-touch into the field of play, they must penetrate the flank and get a cross into the box and no player exchange occurs; if they do receive one-touch into the field of play an exchange occurs. Final phase, remove any restrictions and flank channels, and finish 8 v 8.

Coaching Points: Find the most efficient and effective way to score; reward creative and decisive actions; find a way to win; all of the above.



ACTIVITY #5

Set up: Cool down. 20 x 30 area or as needed. Create 3 lines with players equally distributed in each line as shown.

Instructions: Designated a "Team Captain" for the cool down exercises. Players begin by jogging back and forth between the cones. Players progress by performing various dynamic exercises, flexibility movements to include, but aren't limited to: skipping, lunge walks, squats, toe touches, leg swings, side-stepping, grapevine, gate (groin) movements, knee hugs, heel kicks, etc. Reduce heart-rate. Final stretch.

Coaching Points: Reinforce the importance building attacking soccer; review session; remind players of upcoming training, games, or events.