



### ACTIVITY #1

**Set up:** Open space or define area if needed. All players begin with a ball and focus on ball mastery and technical dribbling skills. Note: the entire session is based on a larger pool of players - please modify as needed.

**Instructions:** Keep it innovative, demanding and realistic. Add disc cones as passive opposition and dribbling targets. Expand the demands on the players, for example: right foot only, left foot only, stopping and turning, inside foot, outside foot, etc., add Coerver moves and progress to pair activities.

**Coaching Points:** Body mechanics and general technique; body shape, agility and balance; contact surfaces of the foot; change of direction and speed.



### ACTIVITY #2

**Set up:** Create four 25 x 30 areas or as needed. With cones make 3-5 small goals inside the area. Divide players into three teams of four per area. Be sure to have plenty of balls available, or around the area as shown, to keep the activity moving.

**Instructions:** Teams play 4 v 4 and score by dribbling or passing through any of the five goals. Teams are not allowed to score on the same goal twice in a row. Award 1 point to dribble through a goal, and 2 points to pass through a goal to a teammate keeping possession of the ball -- play to points or the first team to score a goal through all five goals wins. Play for time or to an established number of goals.

**Coaching Points:** Accuracy, weight, and timing of the pass; Creating space off of the ball and improving supporting angles; Group shape and balance in possession; Speed of thought and play; and General decision making.

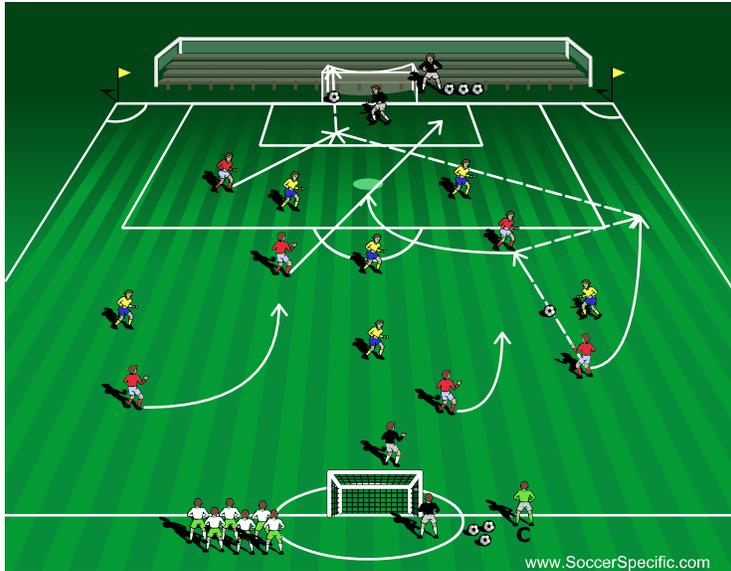


### ACTIVITY #3

**Set up:** Create two 30 x 40 area or as needed. Divide each area into three teams of 7, organize 5 v 5 in the middle, with each team having two target players outside the area for support as shown. The third team (green) rests and rotates according to designated time or points.

**Instructions:** Teams must try to maintain possession of the ball while trying to switch the ball to one of the targets on the outside of the grid. The player that passes the ball to the target must then become the target; the target then enters the playing area as quickly as possible to continue the game as shown. One point is awarded for a successful switch to one of the target players. Target players can move along the entire end-line. Begin with the target player receiving the ball into the playing area with a dribble as shown; and then receiving the ball into the playing area with a pass to a supporting playing. Play to points or time.

**Coaching Points:** Technical and tactical decisions on and off the ball; quick transitions to target players; movement of supporting players off of the ball to create space; defending team's organization to press the ball to win it and transition to attack.

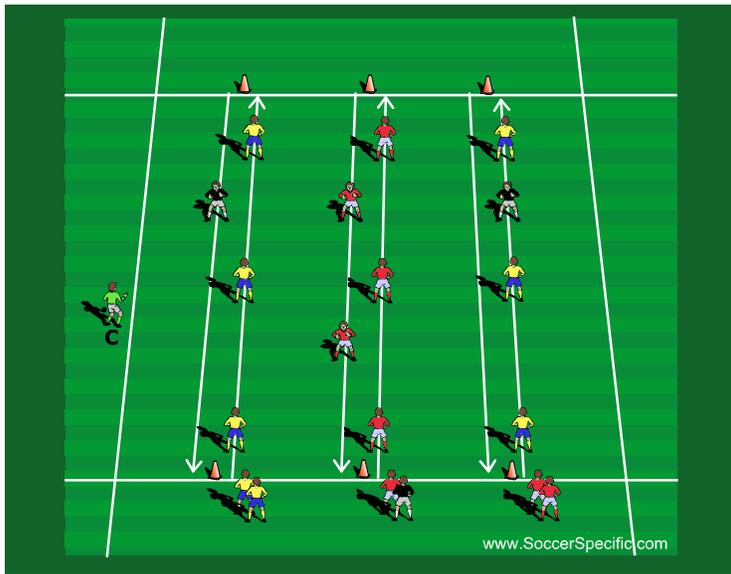


#### ACTIVITY #4

**Set up:** Match Condition Game. Create two fields or as needed. 6 v 6 with goalkeepers (7 v 7) to large goals.

**Instructions:** Final game - no restrictions. Organize teams into a 1:3:2:1 vs. 1:2:1:3.

**Coaching Points:** All of the above.



#### ACTIVITY #5

**Set up:** Cool down. 30 x 40 area or as needed. Create 3 to 5 lines (depends on the number of players attending) with players equally distributed in each line as shown.

**Instructions:** Designate 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 attacking principles of play ; review session; remind players of upcoming training, games or events.