



ACTIVITY #1

Set up: Create 10 x 20 yard grids or as needed. Divide players into groups of three (forward, defender, and midfielder).

Instructions: Sequence #1 - the forward checks away from the defender to create space, checks back to receive the ball, then combines a one-time pass into the run of the midfielder who penetrates through the cones. Note: the forward must spin away from the pass and make a run forward in support of the ball. Sequence #2 - the forward in this sequence is playing with their back to goal. Play begins with a ball to the forwards feet, the forward plays a ball back at an angle, and then spins away from the ball and receives a penetrating pass from the midfielder through the cones. Note: the midfielder must continue their run forward in support of the ball. This scenerio is a version of "up-back-through" or double-pass combination. Rotate.

Coaching Points: Body mechanics, shape, and general technique; correct timing, angles, and deception; accuracy, weight, quality, and timing of passes; verbal and visual communication.

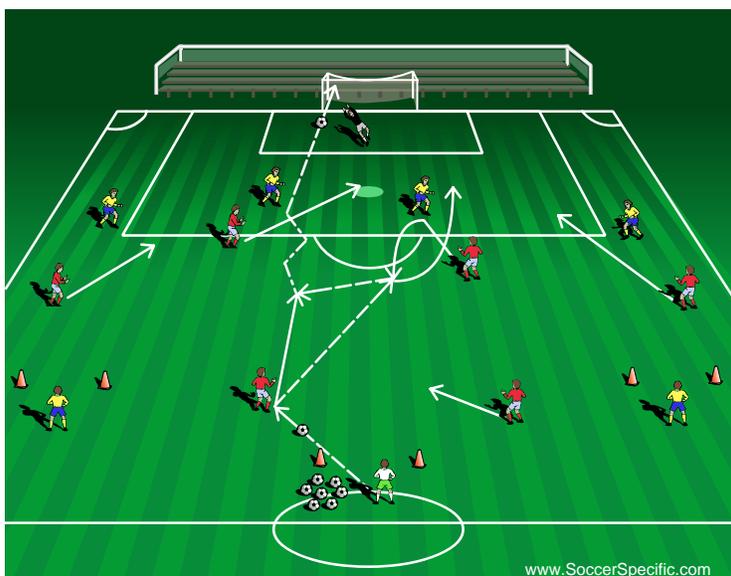


ACTIVITY #2

Set up: Create a 25 x 30 yard area or as needed, and divide the area in half. Begin with restrictions of 2 v 2 in one half, 1 v 1 in the other, and two goalkeepers, as illustrated.

Instructions: Exercise begins with one goalkeeper serving a ball to the forward in the opposite area. Once the forward creates space and receives the ball, one attacker may combine in the attacking half to score as illustrated. Play restarts with the other goalkeeper starting the opposite direction with the same restrictions. Play to points or time. Rotate. Variations may include beginning 2 v 1 in the attacking half, to 2 v 2, finishing 3 v 3 with no restrictions.

Coaching Points: Creating space and getting away from defenders (countermovements); Quick and decisive decisions to turn and take the ball past a defender or to combine with the other forward or midfielder; speed of play; quick, decisive combinations; positive scoring mentality.



ACTIVITY #3

Set up: Organize 6 v 4 to goal with goalkeeper(s) in the attacking third of the field. In addition, add three counter goals for the defending team to score if possession is lost. The central counter goal is for the coach or designated player to start play with each repetition.

Instructions: The coach begins with a ball to one of the central midfielders, who then combines with one of the forwards and then joins the attack. As illustrated, the central midfielder combines with a forward who has checked-away to create space, the midfielder combines to receive the ball back from the forward and penetrates on the dribble finishing with a goal. If the defending team wins the ball, they can counter to one of the wide goals to a target teammate or to the central goal with the coach. Play restarts with another ball from the coach. Play to points or time.

Coaching Points: Losing defenders to create attacking space; creating space for midfielders to join the attack; combination play from middle to attacking third, shooting from distance, and finishing off crosses.

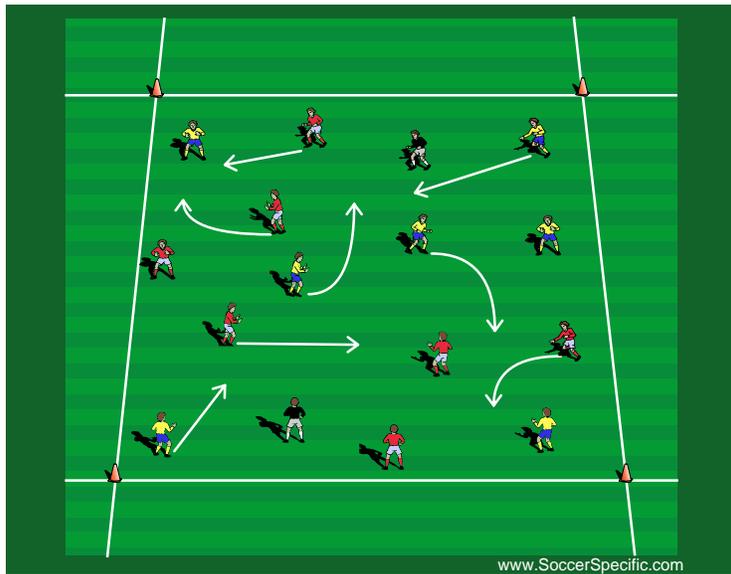


ACTIVITY #4

Set up: Create a 44 x 36 area or as needed. 5 v 5 in the middle with 2 goalkeepers, and include 4 target players (2 for each team) outside of the central area.

Instructions: Begin 2 v 3 plus 2 wide target players, creating a 4 v 3 in each attacking half as illustrated. Play begins with one goalkeeper combining with one of the 2 forwards, teams play 4 v 3 until a goal is scored or the ball is out of play. Play restarts with the opposite goalkeeper. Defenders cannot defend the wide players. If the defender wins the ball, they transition and combine with their forwards. Progress by allowing one defender to enter the attack creating a 5 v 3. Remove restrictions, finish 7 v 7 with goalkeepers (8 v 8). Play to points or time.

Coaching Points: Intelligent runs with and without the ball; creating space for teammates to join the attack; combining off the central forwards and creating space to combine wide; find the most efficient and effective way to score; all of the above.



ACTIVITY #5

Set up: Cool down. Create a 30 x 30 area if needed.

Instructions: Modified dynamic movements and static stretching. Focus on major muscle groups, and reduce heart rate.

Coaching Points: Review session. Address upcoming events (i.e., next training or game).