

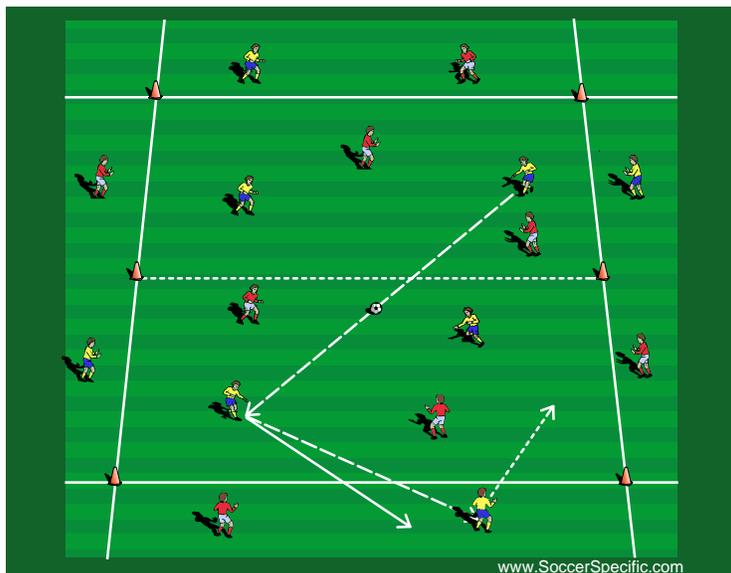
ACTIVITY #1

Set up: 30 x 30 area or as needed. Divide players into two teams -- red and yellow as illustrated. 6 v 6 (4 v 4 in the middle with 2 target players on the outside).

Instructions: Teams maintain possession of the ball while trying to switch the ball to one of the outside target players. As illustrated, once the ball is switched to an outside target player, the target player enters the field with the ball, and the player passing the ball becomes the target player. Target players do not defend each other, and are mobile along the touch-line.

Continuous play, award points for successful switches to one of the target players. Progress and all the nearest player to the target player to exchange roles when the ball is switched.

Coaching Points: Encourage quick speed of play; Keep the ball moving at all times; keep the number of touches to a minimum in possession; correct supporting positions in relationship to the ball and space; quick decision making on and off the ball; passing and receiving techniques.



ACTIVITY #2

Set up: 40 x 40 yard area or as needed, and divide the area in half. Restrict players to 2 v 2 in each area, with each team having 4 target players (depth and width) on the outside as illustrated.

Instructions: Players maintain possession of the ball, and score by utilizing one of the target players. Similar to Activity #1, players exchange positions as illustrated. To score again with another target player, the ball must first be played to the other side of the area. Target players do not enter the area, cannot defend the other target player, and can move freely along their line in support of the ball. Play to points, time, winner stays, and then rotate accordingly.

Coaching Points: Creating space by running off of the ball; quality passing both long and short; support play with proper angles and distances; receiving and turning under pressure; quick and appropriate decision making, and transitional support.



ACTIVITY #3

Set up: 36 x 44 area or as needed. Divide teams equally 8 v 8 as illustrated. To begin, organize 8 v 6 in one area and two target players from the defending team in the opposite area as illustrated.

Instructions: Play begins with the team of 8 (red team), the yellow team is the defending team and is attempting to win the ball quickly and transition from defending to attacking to one of their two target players in the other area. All players transition to the opposite area, except two players from the defending team must stay in the opposite grid as target players. Play is continuous, and forces the defending team to work as a group to win possession and switch the ball quickly to their target players in the opposite area. Points are awarded for successful switches of the ball. Limit touches for the team in possession of needed to increase the speed of play.

Coaching Points: Working together to defend as a group and with a purpose to win the ball and keep the ball; regain possession quickly and find the target player's feet -- not just "kick it"; speed of play and decision making; and transition "travel" quickly in support of the ball.

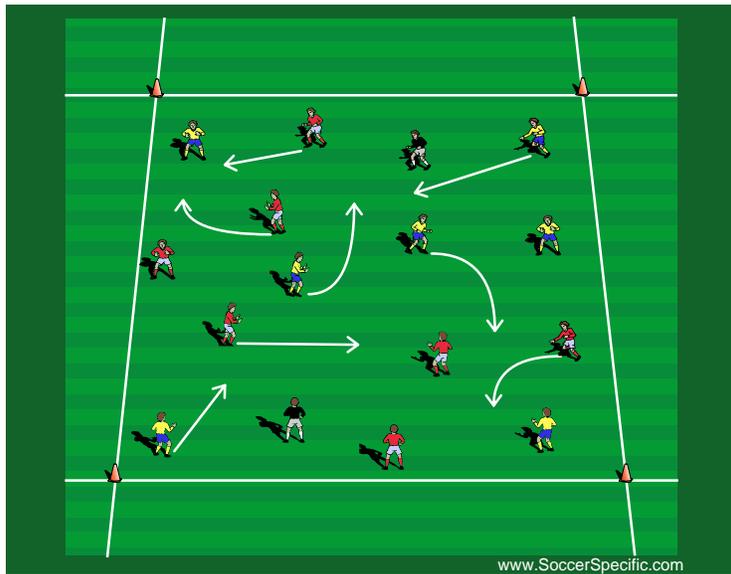


ACTIVITY #4

Set up: Half field or as needed. 8 v 8 organized in a 1:2:3:2 to begin as illustrated (other formations, such as, 1:3:2:2, 1:3:3:1 can be used).

Instructions: Final game, free play, regular rules of soccer apply. Variations can be added in possession of the ball to encourage quicker attacking and transitions. For example: 8 seconds to get a shot off, 6 passes to get a shot off, failure to get a shot off in the scenario as described above, results in a free kick for the other team.

Coaching Points: Promote attacking soccer; encourage players to get to the goal in scoring situations as quickly as possible; Attack all area of the field (i.e., middle and flank play); attempt to penetrate and get behind defenders quickly, speed of play and transition; read and recognize the moment of transition; vision and communication; quick and confident decision making; and all of the above.



ACTIVITY #5

Set up: 30 x 30 area or as needed.

Instructions: Cool down. 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).