

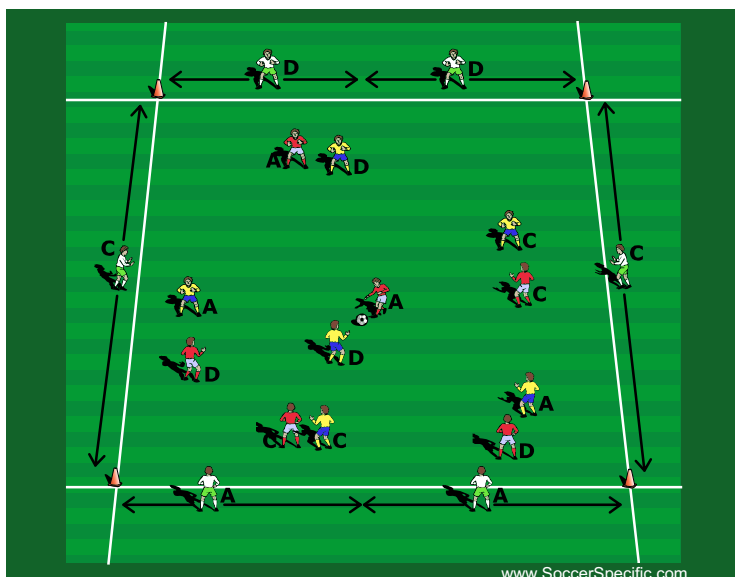
ACTIVITY #1

Set up: A 5 vs. 5+1 is organized inside a 32x24 yard grid as shown. Total Time: 15-20 minutes.

Instructions: Red team plays to a target player (A) and Yellow team plays over end line. Red team is typically made up of 4 defenders and a holding midfielder. Yellow team is made up of a group of forwards and midfielders. Both teams have use of + player. Touch limitations on all players or on particular players may be used depending on level of play.

Progression: 1. Yellow team scores a point over end line by pass or dribble. 2. Red team must find target player and play a third man combination in over line. 3. Offside rule for Yellow team. 4. Touch restrictions. 5. Eliminate the + player.

Coaching Points: Red Team: Keep defensive shape. Choose times to press and times to protect space behind you. Find target quickly, support attack as group. Yellow Team: Make play predictable defensively. Track runners after opponents play to target. Intelligent running off ball to find spaces behind opponent's defense. Keep balanced shape in attack.



ACTIVITY #2

Set up: A 6 vs. 6 + 6 is organized in a 45x40 yard grid. Players are arranged on each team with 2 defenders, 2 midfielders, and 2 forwards. 6 players positioned on the outside of the grid as shown. Total time: 20-30 minutes.

Instructions: This is continuous possessional play. Emphasis on transitioning from defense to offense and keeping the ball. The 6 players on the outside all have 1-touch in support of the team with the ball. Switch the players on the outside every 4 min.

Progression: 1. Begin with unlimited touches, gradually add touch restrictions. 2. Max 3 touches for defenders, must play ball beyond the area to attackers on outside of area. 3. 1 touch for attackers, can't play back to same player from whom they received ball. 4. 1-3 touches for midfielders, but if more than 1 touch, must play to midfielder on other side of area.

Coaching Points: Quick transition from defense to offense. Know options before receiving the ball. Avoid situations with limited options. Good spacing between teammates. Properly weighted passes.



ACTIVITY #3

Set up: 4 vs. 4 + 8 with two "wingers" inside a 44x20 yard grid-extra 5 yard channel is laid down for wingers as shown. Players are divided up into 4 equal teams of 4 as shown. Total time: 30 minutes.

Instructions: Continuous play. Emphasis on quick finishing, combination play and runs in box. Two wingers (A) stay wide in channels and act as a plus player for either side. Players on outside of grid play 1-touch. The wingers have 3 touches if needed to get cross in. Change players from inside grid to outside every 2-3 minutes. **Progression:** 1. When GK makes a save, he must play ball to a wide winger. 2. Add touch restrictions for players on inside of grid or play unlimited touches, you can only score off a 1 touch finish.

Coaching Points: Communicate, defend together and win ball quickly. Transition to attack and defense immediately. Seal off back post. Be prepared to shoot. Make quality near post, back post and mid-goal runs when ball is crossed.