



ACTIVITY #1

Set up: Divide team into two teams of equal numbers (one group of 8 is shown). Players organize in a circle approximately the diameter of the center circle.

Instructions: Play begins by simply passing one ball between players, add a second ball when players are comfortable with the space. Restrict players to two touch to begin, and then one touch. Progress the exercise by having the players following their pass and replacing the player they are passing to (one ball to begin). As shown: player 1 passes to player 2 and quickly follows the pass, player 2 to player 3, player 3 to player 4 and continue. Note: players are not numbered (only for diagram purposes) and can pass to any available player.

Coaching Points: Body mechanics and general technique; accuracy and weight of the pass; 1st touch and ball control; movement off of the ball; verbal and visual communication.



ACTIVITY #2

Set up: 2 v 2 in a 20 x 30 area or as needed with four small goals. Divide players into two teams (red and yellow as shown). Note: create two grids if space allows to increase the number of repetitions for the players.

Instructions: Play begins with the red player passing to the yellow player, who then passes a diagonal pass to the other red player, and then back to the other yellow player - once this sequence of one touch passing is done, the teams immediately play 2 v 2 to the small goals (define direction for each team). Teams rotate after each repetition. Play for time or points.

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.

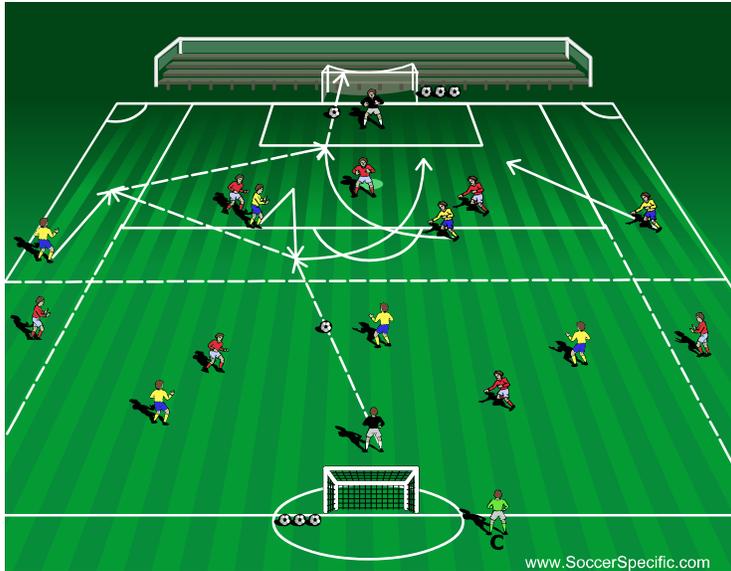


ACTIVITY #3

Set up: 5 Goal Game. 30 x 40 yard area or as needed. Create five small goals inside the area. Divide players equally creating a 3 v 3 as shown. Be sure to have plenty of balls available, or spread them around the area, to keep the activity moving.

Instructions: Teams play 3 v 3 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. Exercise can also be played with larger numbers (i.e., 5 v 5 or with a neutral player) if space permits. 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.

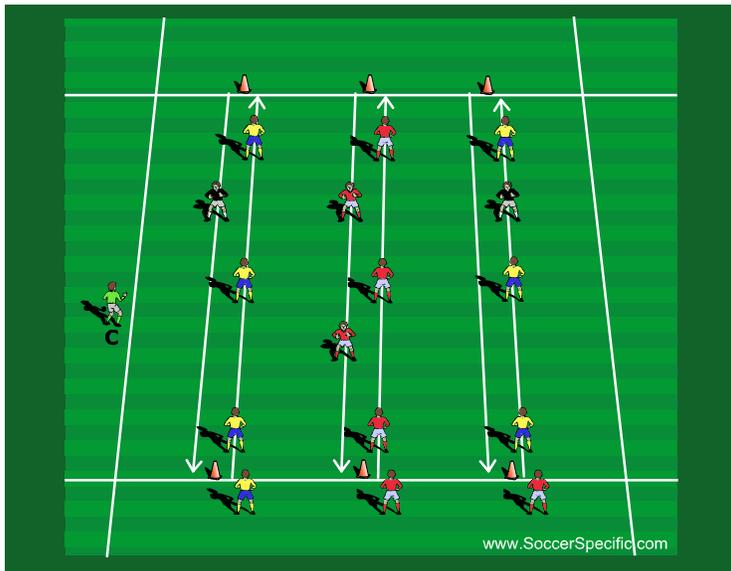


ACTIVITY #4

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

Instructions: Play begins with one goalkeeper playing the ball to their striker in the attacking half of the field. Teams play 4 v 3 until a goal is scored or the ball is out of play. Attackers may not enter the flank channels. If the defenders win the ball, they immediately transition to their strikers in the other half of the field. Variations allow for one defender to enter the attacking half creating a 5 v 3 situation. Final phase, remove restrictions, flank channels and finish 8 v 8.

Coaching Points: Intelligent runs with and without the ball; countermovements to create space for teammates to join the attack; combining off of the central strikers to combine with wide midfielders; timing of runs and technique finishing off cross balls; find the most efficient and effective way to score; 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: 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 the topic of speed of play; review session; remind players of upcoming training, games, or events.