

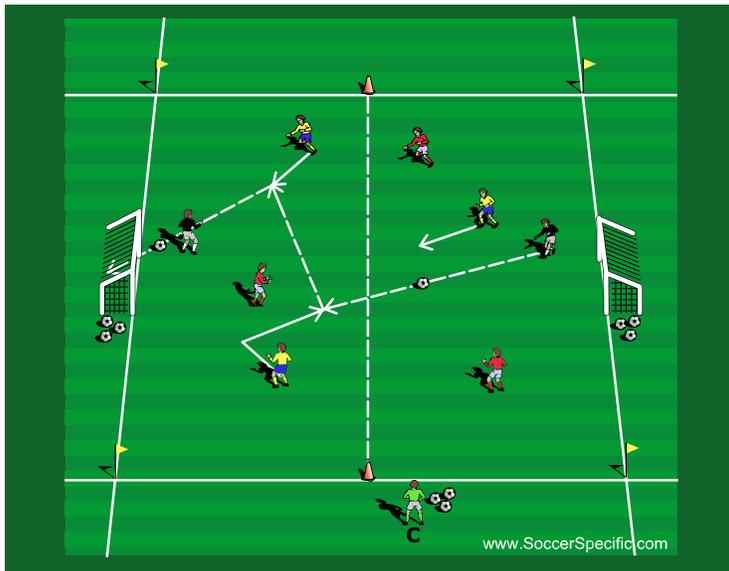


### ACTIVITY #1

**Set up:** Create several 10 x 20 yard grids. Divide players into groups of three (striker, defender and combining attacking midfielder).

**Instructions:** Strikers begin by checking away from the defender (1) or to the ball (2) to create space to receive the ball and combine with the attacking midfielder as shown. Begin with "passive" defending in order to create success with the combinations. Increase the defending pressure, and then progress to 2 v 1, 2 v 2 to the endline. Note: if the defender wins the ball, they immediately transition and counter to the the other endline.

**Coaching Points:** Countermovements to create space; deception; accuracy, weight, quality and timing of passes; verbal and visual communication; attacking mentality.



### ACTIVITY #2

**Set up:** Create a 20 x 30 area or as needed with a center line, two goals and goalkeepers. Divide players into two teams; 2 v 1 restricted to each half as shown.

**Instructions:** Play begin with one goalkeeper serving to one of the strikers who have created space. Team are restricted to each half and play 2 v 1 until the ball is either scored or out of play. Create a competition between the two teams - who can score the most goals in a set amount of time?

**Coaching Points:** Movement off of the ball to create space (countermovements); making decisions to take the ball 1 v 1 against the defender, drop the ball to the supporting player, or to combine with the other striker; maintain possession of the ball; combination play; finishing.



### ACTIVITY #3

**Set up:** Attacking 1/3 of the field. One large goal with two small counter goals. Divide players into six attacking players (two central midfielders, two central strikers and two wide midfielders) and five defending players (four defenders and a goalkeeper) as shown.

**Instructions:** Play begins with the attacking team playing 6 v 4 to the large goal. If the defending team wins the ball they counterattack to either of the two small counter goals. Repeat sequence once there is a goal or the ball is out of play.

**Coaching Points:** Timing of countermovements; creating space for midfielders to join the attack; play off of the other central striker; link and connect with wide midfielders; correct technique and composure finishing on goal.

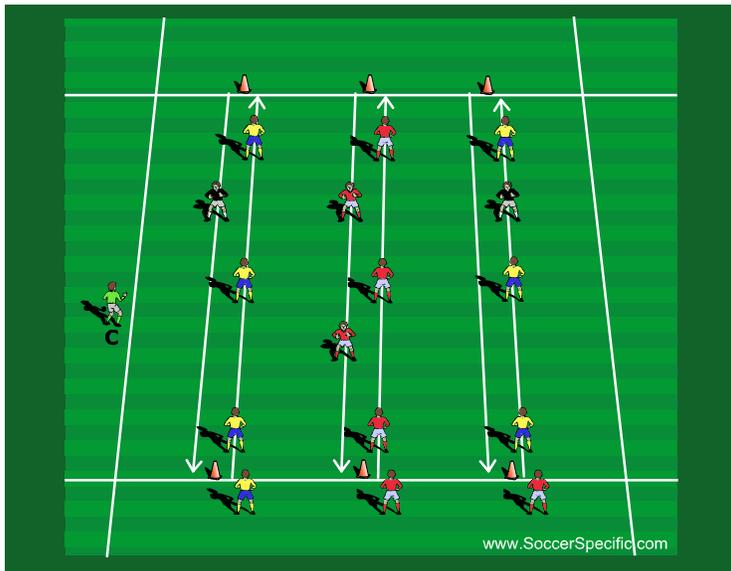


#### ACTIVITY #4

**Set up:** 1/2 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 1/2 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 1/2 of the field. Variations allow for one defender to enter the attacking 1/2 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 training of the twin strikers; review session; remind players of upcoming training, games, or events.