

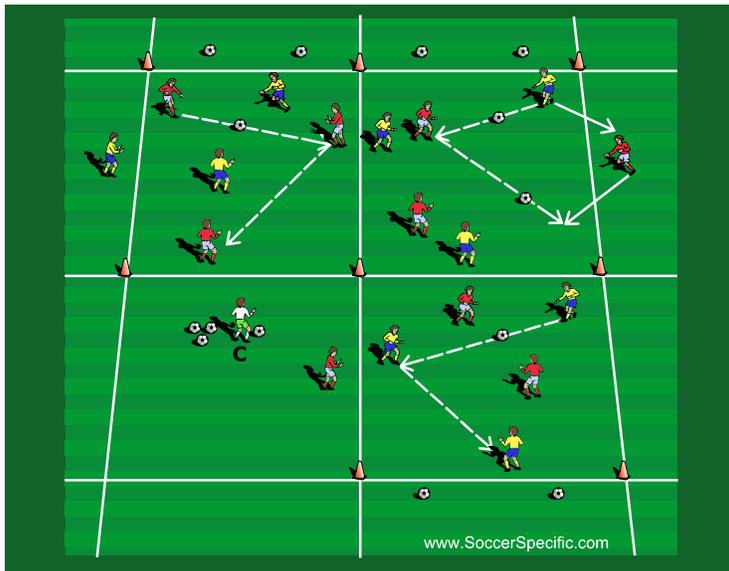


ACTIVITY #1

Set up: Open space. Divide players into pairs, one ball per pair of players as shown. For illustration purposes, limited numbers are shown.

Instructions: Players begin by simply passing and moving as shown by example "A." Players then progress to additional combination play with a Wall-Pass or 1-2 Pass as shown by example "B." Final combination is a Double-Pass, where player #1 begins with a pass to player #2, player #2 makes an angled pass back to player #1, and then spins away from the ball and makes a penetrating run to receive a through ball from player #1, as shown by example "C."

Coaching Points: Body mechanics and general technique; correct angle and timing of run and pass; implication of 1st and 2nd touches; deception while setting up the combination; verbal and visual communication; keep the ball moving.



ACTIVITY #2

Set up: Create 15 x 15 or 20 x 20 grids, and organize 6 players per grid. Play consists of 3 v 2 with one player outside the grid waiting to transition into the grid as shown. Three grids are needed for a team of 18. Have plenty of extra balls available.

Instructions: Play begins 3 v 2. If the two defending players win the ball, the outside player immediately transitions into the grid in support of the ball, and one original attacking player must immediately leave the grid creating a constant 3 v 2. Play for time (i.e., 2 minutes) and then rotate one color to another grid. Same as above, but utilize 8 players per grid creating a 4 v 3 environment.

Coaching Points: Angles of support; speed of play; exploit the numbers up situation; pace and choice of pass; transition quickly to supporting players once possession of the ball is won.

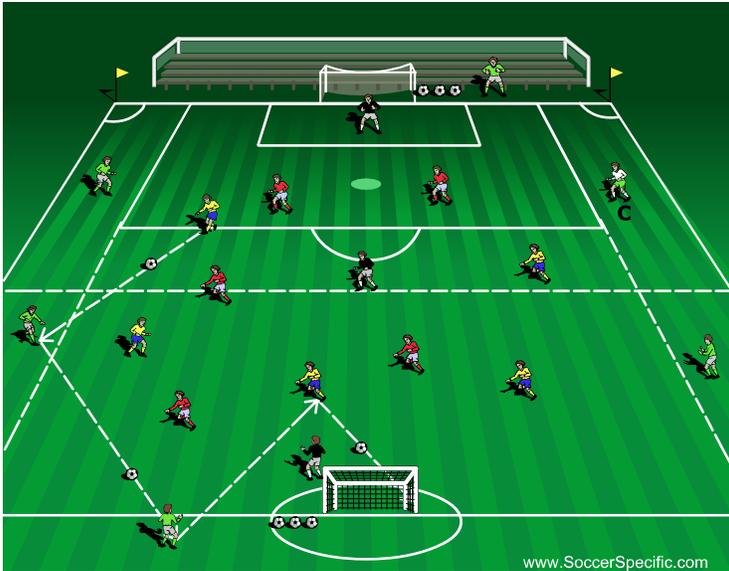


ACTIVITY #3

Set up: Create a 30 x 30 area or as needed. Divide into three teams of 6, organize 4 v 4 in the middle, with each team having two target players outside the area for support as shown. The third team (green) rests and rotates according to designated time or points.

Instructions: Teams must try to maintain possession of the ball while trying to switch the ball to one of the targets on the outside of the grid. The player that passes the ball to the target must then become the target; the target then enters the playing area as quickly as possible to continue the game as shown. One point is awarded for a successful switch to one of the target players. Target players can move along the entire end-line. Begin with the target player receiving the ball into the playing area with a dribble as shown; and then receiving the ball into the playing area with a pass to a supporting player. Play to points or time.

Coaching Points: Technical and tactical decisions on and off the ball; quick transitions to target players; movement of supporting players off of the ball to create space; defending team's organization to press the ball to win it and transition to attack.

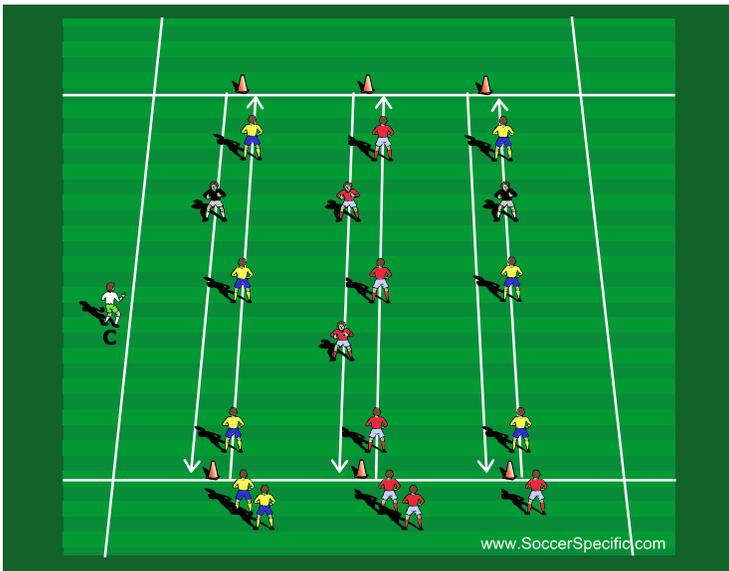


ACTIVITY #4

Set up: 44 x 50 area or as needed. Create three teams of 5 with 1 designated neutral player. Begin 5 v 5 + 1 in the middle, with 5 wide neutral target players and the coach as shown.

Instructions: 5 v 5 + 1 in the middle play to two large goals. The 5 players outside the field serve as target players for the team in possession, and can move anywhere around the outside in support of the ball. Target players are limited to no more than two touches, and look to combine with the attacking team to score as shown. The team that scores stays on, the other two teams rotate accordingly. Final phase is to increase the transitional demand by making teams rotate off the field if the goalkeeper makes a save, the shot is wide, or the ball is played out of bounds -- teams only stay if they score. Play for points or time.

Coaching Points: Find the most economical and efficient way possible to score!



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 basic fundamentals of Transition and Directional Play; review session; remind players of upcoming training, games, or events.