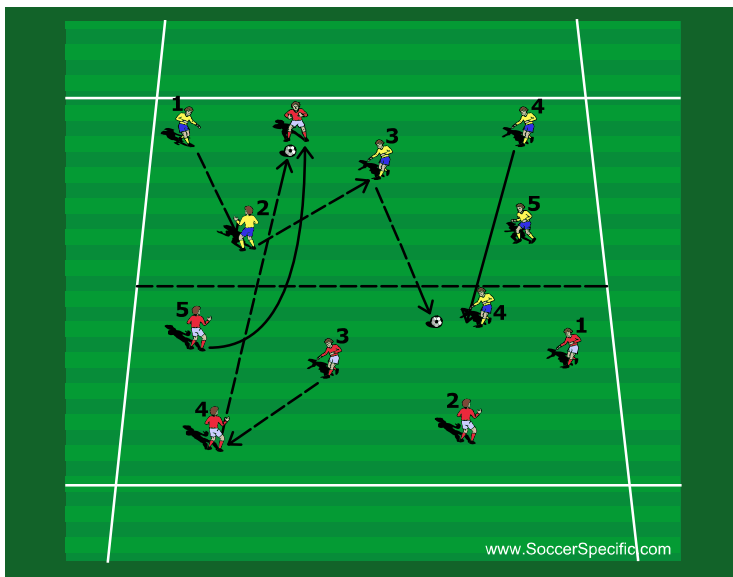


ACTIVITY #1

Set up: Sequence Passing.

Instructions: Players pass to each other in order of their number. Player 1 passes to 2, 2 passes to 3, etc. with player 5 passing to 1 who continues the sequence. Must follow pass. Must take 2 touches: one to control and one to pass.

Coaching Points: Weight and accuracy of passes (to feet or space), cushion the ball so you can play off the 2nd touch, receive off the backfoot to open up the body or take the first touch in the direction of the next pass. When player 1 is passing to 2, player 3 should be calling for the ball and moving into position to receive the ball.

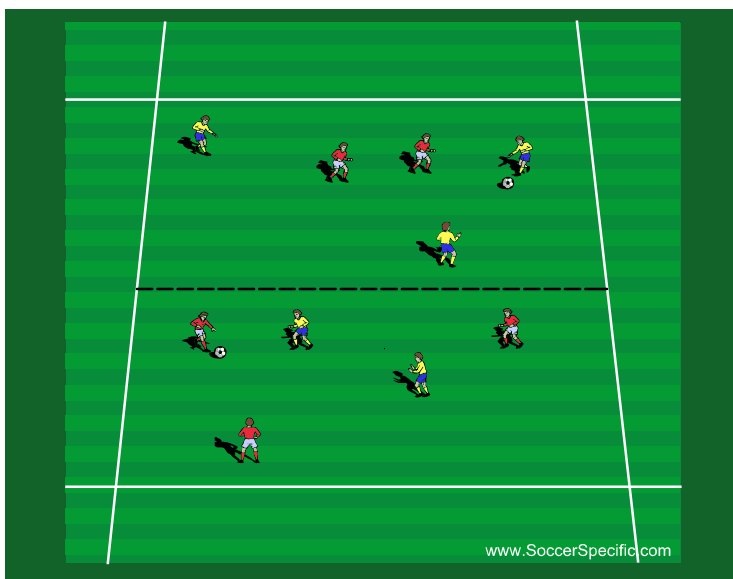


ACTIVITY #2

Set up: Sequence Passing.

Instructions: Players continue to pass the ball sequentially. When the coach shouts change, all of the players must switch grids. As shown with the yellow team, the ball is moving from player 1 to 2 when the coach shouts change. Consequently, player 4 should anticipate receiving the ball from player 3 in the opposite grid. As the ball moves into the opposite grid, all of the players from the yellow team must move into the opposite grid and continue passing in sequence. The red team will be doing the same so players must be aware of their movement to receive the ball.

Coaching Points: Weight and accuracy of passes (to feet or space), cushion the ball so you can play off the 2nd touch, receive off the backfoot to open up the body or take the first touch in the direction of the next pass. When player 1 is passing to 2, player 3 should be calling for the ball and moving into position to receive the ball.

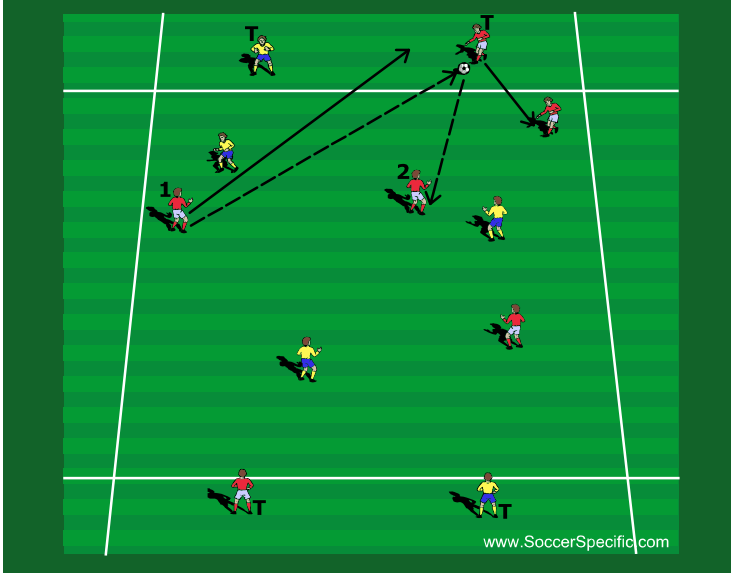


ACTIVITY #3

Set up: 3v2 Keep Away

Instructions: 3v2 keep away for one minute. The attacking team scores a point for every 3 passes made. The defending team scores a point if they can win the ball and dribble the ball out of the grid under control.

Coaching Points: Weight, accuracy and choice of pass, receiving with different surfaces of the foot and receiving away from pressure, movement off the ball and supporting runs, timing of runs, choice of runs and communication.



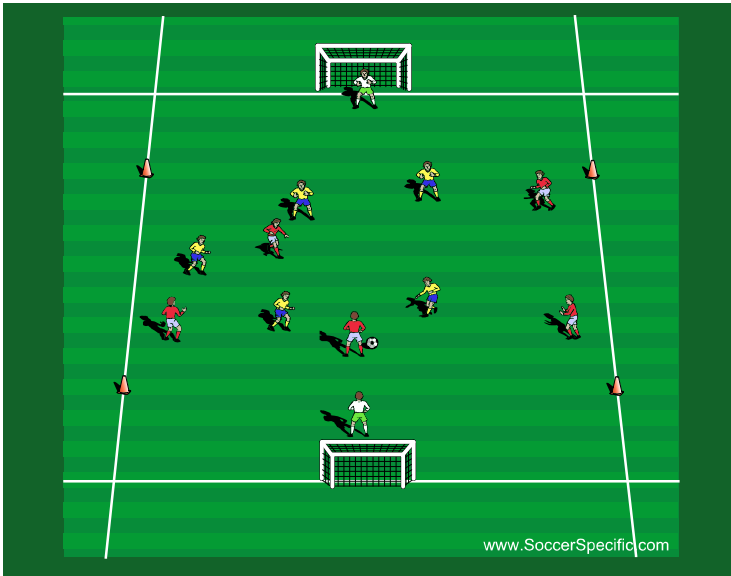
ACTIVITY #4

Set up: 3v3 to Target Players

Instructions: 2 Target players from each team can move up and down their line. Target players cannot defend against each other. When player 1 (red) plays into the red Target player, player 1 must now become the Target player and move to the outside of the grid. The Target player connects with player 2 and then moves to the inside of the grid to support player 2. The reds must now get the ball to their Target player at the opposite end. A point is rewarded for every time a Target player comes into the grid.

Progression: A) Target players have only one touch, B) Target player and 1st player to receive on the inside only have one touch.

Coaching Points: Weight, accuracy and choice of pass, receiving with different surfaces of the foot and receiving away from the pressure, movement off the ball and supporting runs, timing of runs, choice of runs and communication.



ACTIVITY #5

Set up: 5v5 Games

Instructions: No restrictions in final game. Must include off-side lines. Play 4-5 minute games and record the scores.

Coaching Points: Same as above.