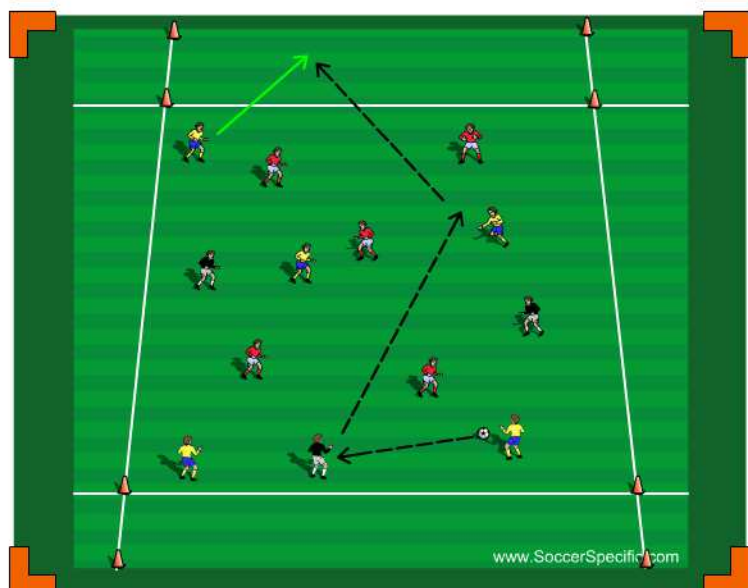


### ACTIVITY #1

**Set up:** 5 players in yellow, 5 players in red, 3 neutral players. Grid 25x20 yards.

**Instructions:** Play 5v5+3 possession game.

**Coaching Points:** Get their legs going and warm up.  
Get used to our style of play in possession.  
Technique of passing.  
Support play.

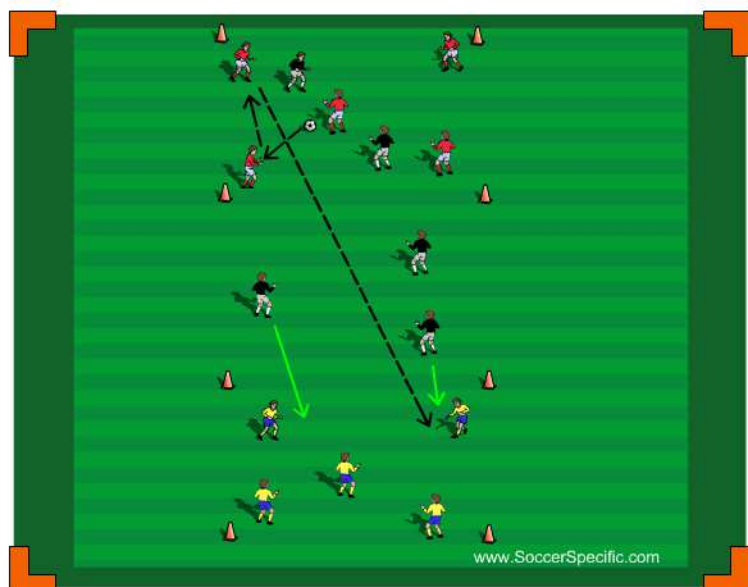


### ACTIVITY #2

**Set up:** Two teams of 5, 3 neutral players. Grid 25x20 yards with two end zones.

**Instructions:** Play 5v5+3. Attacking team looks to score by passing the ball to a teammate in the two zones.

**Coaching Points:** Same coaching points as Part I.



### ACTIVITY #3

**Set up:** 3 teams of 5 players (red, yellow, black). Grid with 3 zones - each zone 25x20 or 25x60. Each team to a zone. The team in the middle zone is the defending team.

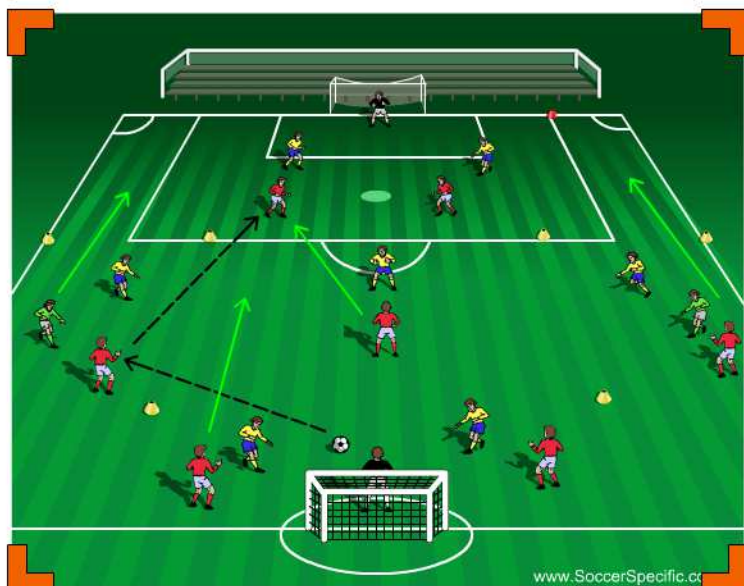
**Instructions:** Play 5v2 with 3 resting defenders. Attacking team must complete 4 passes before looking to play the ball to the other attacking team in the far zone. The defending team can intercept. If the ball arrives in the zone it is a point to the passing team. If attacking team loses the ball they become the defending team. 2 defenders must go into the zone and look to defend.

**Coaching Points:** Stay composed with the ball to find the switch.  
Make the zone as big as possible.  
Where does your first touch take you.  
Technique of pass and control.



#### ACTIVITY #4

**Set up:** Half field. Play 7v7+2 with keepers (8v8+2). 5v5 in middle zone. 1v1+1 (2v1) in two wide zones. Keepers in goal.  
**Instructions:** Keepers or coach serve the ball into the middle zone where teams play 5v5. Teams can only attack the goal by first playing the ball through either flank zone.  
**Coaching Points:** Look to connect going forward. Be patient in possession. When needed switch the field of play to attack from the other flank. Coach forwards where to make their runs. Coach crosser where to play the ball - space or to target.



#### ACTIVITY #5

**Set up:** Half field. Play 7v7+2 with keepers (8v8+2). 2v2 in attacking and defensive zones, 1v1 in midfield zone. 1v1+1 (2v1) in two wide zones. Keepers in goal.  
**Instructions:** Keepers starts with the ball and plays to an attacking defender or attacking player in one of the wide zones. In wide zones the players look to attack using a 2v1 combination. Defenders and midfield players can join attack to create a 4v3 overload.  
**Coaching Points:** Same points as previous activity. How do we connect? Where do we need to make the offensive runs?



#### ACTIVITY #6

**Set up:** Two teams play 8v8 on half field. Adjust the size of the field for the level of the team.  
**Instructions:** Play game with regular rules and offside rule enforced.  
**Coaching Points:** Reinforce all the previous coaching points. Emphasis on using the flanks to attack. Coach in the game.