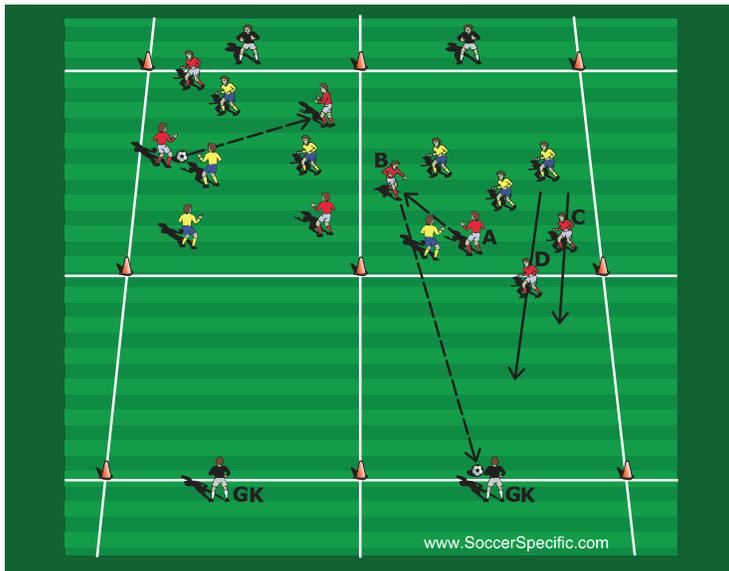


### ACTIVITY #1

**Set up:** The squad of players is split into 4 groups and positioned as shown. Five cones are placed approximately 1-yard apart and a 6th cone is placed a further 15 yards away, as shown.

**Instructions:** Players perform various footwork, including shuffles, zig-zaggins, etc. through the first 5 cones and then perform various dynamic movements to the cone placed 15 yards away. The players then jog back to the starting point to repeat the sequence.

**Coaching Points:** Build up the intensity as the warm-up progresses. Increase range of motion with various dynamic movements. Encourage correct mechanics for all movement patterns.

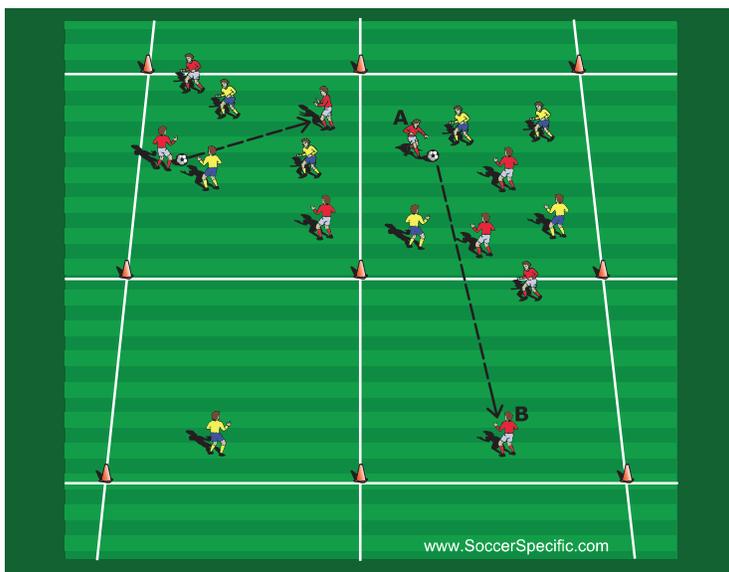


### ACTIVITY #2

**Set up:** Two 15x15 yard grids are created side-by-side as shown in diagram. Goalkeepers are positioned at each end of the grids to act as target players. A 4v4 is organized in each grid as shown. The setup is repeated to accommodate the entire team. Note: 2 games of 4v4 are illustrated below.

**Instructions:** Both teams attempt to maintain possession of the ball inside the grid. Points are awarded for playing the ball to a GK at the perimeter of the OPPOSITE grid and then traveling to the other grid to receive the return pass - play then continues in that grid. Emphasis is placed on quick transitions to support the play. GKs are limited to 2-touch. In diagram, player (B) has switched the ball to the opposite grid. Players (C,D) are already sprinting forward to support the play and receive a return pass from the GK. Note - Games are 3-4 minutes in duration due to the high intensity nature of the activity.

**Coaching Points:** Travel as the ball travels - "get there quickly". Correct timing and distance of support is vital. Quality of passing to target players must be high.



### ACTIVITY #3

**Set up:** Progression of previous activity. The same grids are utilized. The target GKs have been removed from the activity.

**Instructions:** One player from the defensive team must remain in the opposite grid, as shown. The other 3 teammates must attempt to gain possession from the 4 opposing players. This creates a numbers-down situation for the defensive team and forces them to work as a "unit" to regain possession. If the defensive team wins possession they must quickly switch the ball to their teammate in the opposite grid. Immediately they must travel to support the play. In the diagram, player (A) has won possession of the ball and quickly passes to his/her teammate in the opposite grid. The reds will now transition quickly to support the play while the yellow team must send over 3 players to defend. Points are awarded for a successful "switch" and 7 consecutive passes.

**Coaching Points:** Work together to defend "as a unit". Attempt to regain possession quickly. Immediately look to switch the ball on gaining possession. Travel quickly to support the play.



#### ACTIVITY #4

**Set up:** A 15x15 yard grid is created at opposite sides of the pitch as shown. A half-pitch is needed for the following activity. A 4v3 in favor of the attacking team is organized in each grid and a 2v2 (2 center forwards, 2 central defenders) is organized approximately 25 yards from goal as shown. A goalkeeper is positioned in goal. The coach starts the activity with a supply of balls in the center circle.

**Instructions:** The coach begins the play EACH time with a pass into alternate grids. The coach must pass to the team of 3 players (yellow team). As soon as ball enters grid, Red team must attempt to quickly win possession before playing quickly into the center-forwards. As soon as the ball is played to either center-forward 3 of the Red team must sprint forward to support the attack - this creates a 5v2 in favor of the attacking team. The 5 players must attempt to QUICKLY attack the goal and attempt to score. Long passing is not encouraged - the emphasis is on quickly winning possession and quickly attacking. Rotate center-forwards to avoid fatigue.

**Coaching Points:**

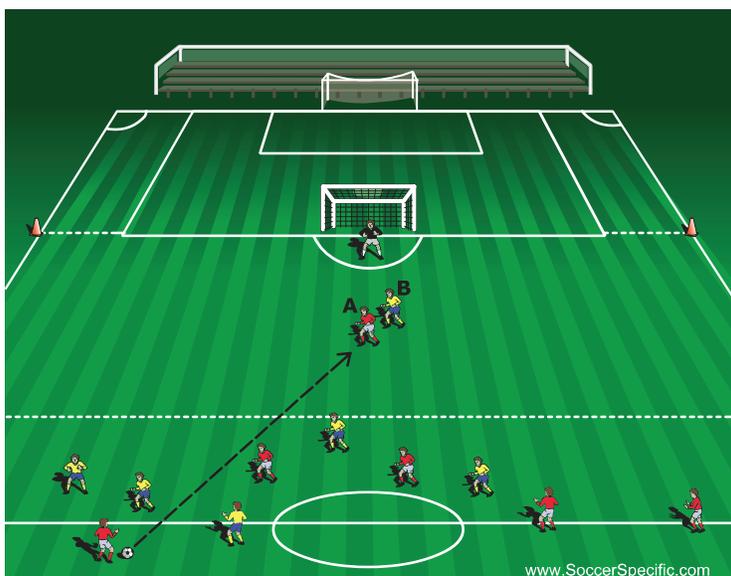


#### ACTIVITY #5

**Set up:** Continuation of previous drill.

**Instructions:** This diagram illustrates 3 players bursting out of the grid to support the attack. Player (A) has passed into the checking center-forward. Immediately 3 players have traveled to support the play - Player (A) is breaking wide, while (B,C) are showing underneath to give the center-forward 2 additional passing options.

**Coaching Points:** Play quickly into the center-forwards upon winning possession of the ball. Defend as a unit to quickly win back the ball. Travel quickly to support the attack. NO long passing sequences - players are encouraged to get the attack off quickly. Center-forwards may combine with each other or attempt 1v1 situations if opportunity arises. Timing of runs from center-forwards is crucial.



#### ACTIVITY #6

**Set up:** Goals are placed on top of the 18-yard boxes as shown. 3 zones are created on pitch - 7v7 in middle zone, 1v1 in each end zone. In the diagram, Player (A) is a target center-forward while (B) is a marking central defender. Note - Only half the pitch is diagrammed.

**Instructions:** Both teams compete in middle zone (7v7) for possession of ball. Players are encouraged to look for opportunities to play forward to target player in end zone. After playing the ball into target player, 3 players must "burst" forward into endzone to support attack - this creates a 4v1 going to goal. No defensive players from middle zone can track back to defend in end zone. After an attempt on goal, play resumes with a pass into central zone by the coach. Progressions: 1. Allow 1 and then 2 players from middle zone to track back and defend.

**Coaching Points:** Play quickly into center-forward upon winning possession of ball. Travel quickly to support attack. NO long passing sequences - encourage players to get an attack off quickly. Timing/angle of runs from center-forward is crucial.

**ACTIVITY #7**

**Set up:** A 9v9 with goals on the 18-yard boxes is organized.

**Instructions:** No restrictions are in place.

**Coaching Points:** All previous coaching points/concepts are emphasized and encouraged.

