



ACTIVITY #1

Set up: Grid 25 x 45, 16 players

Warmup: 8 players dribble at will using various moves, step overs etc. Outside players jog around the grid and will sprint to cover a goal upon the coach's command to shoot on goal. Inside players are assigned one goal to shoot at.

Instructions: 1) On the coach's command, players will shoot on goal.

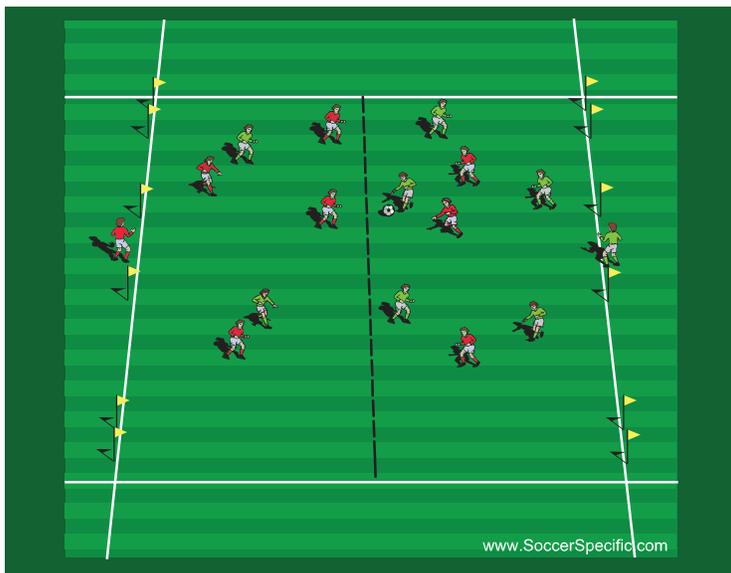
2) Players chip the ball to outside players who will then serve a ball for a header on goal.

3) Inside players pair up with one ball and shoot on goal after an overlap, take over or wall pass.

Outside players are active juggling the ball or exercising before the shot is taken, switch every two minutes.

Coaching Points: Inside of foot shot, instep shot, finishing header, timing of runs, proper takeovers.

This activity runs approx 16 - 20 mins

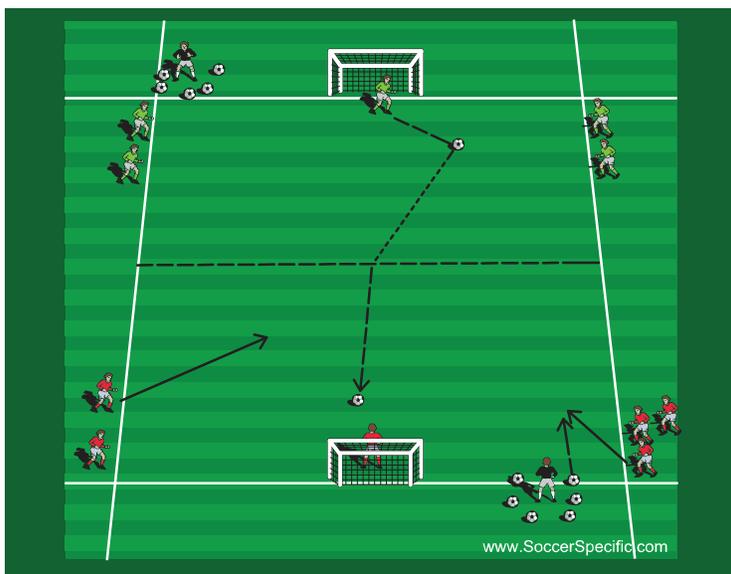


ACTIVITY #2

Set up: Multiple goals: 7v7 plus goalkeepers. 40 x 50 Grid

Instructions: Team A and B attack on 3 goals and defend 3 goals each. When attacking on the left flank they must score with the left foot and right foot on the right flank. Middle goal is defended by a GK who will only defend headers (no shots). GK must be active in play but alert at all times. Goals scored with a header are worth 3 points

Coaching Points: Look to switch point of attack in order to outnumber the opponent

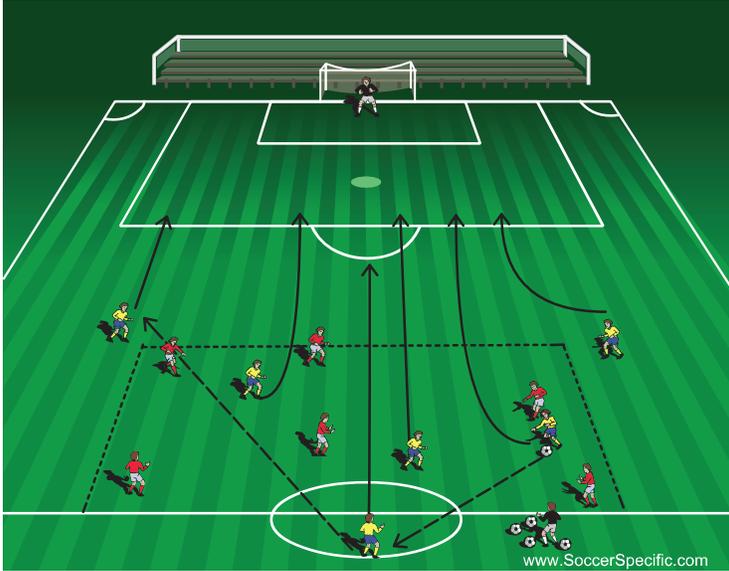


ACTIVITY #3

Set up: Grid 25 x 35, two goals and GKs

Instructions: GK serves ball to attacker who dribbles and must shoot on goal within 5 seconds without crossing the halfline, after the shot he defends against two attackers coming in from the backfield as the coach serves a ball to them. They must shoot within 10 secs. After the attackers shot they defend against 3 attackers who must shoot within 10secs, and so forth. Build it up until they play 5v5 plus GKs. Offside rule is in effect, attackers must always outnumber defenders in the first 3 stages

Coaching Points: Look for takeovers, overlaps, wall pass. All activities must be done at game speed. Make quick decisions and good passes. Look for attackers outnumbering defenders. Two attackers join in after every round making it one man up against defenders.



ACTIVITY #4

Set up: Grid area 40 x 30

Adjust grid according to player skills and maturity

Instructions: Team A (6 players) plays possession for two minutes vs Team B (3 defenders). When defenders win the ball they must pass to either one of the outside player who will join the attack toward goal. The key is to get the ball to the wide players in front of them and not behind; these player must center the ball early in front of both the defenders and attackers as they race toward the goal. The cross must be on the ground. If defenders manage to face attackers, then the cross must be a diagonal back pass

Coaching Points: If wide players get the ball behind them they must play it back inside to their teammates and resume play. If central attacking midfielder receives the ball, he must make a long forward diagonal pass in front of wide attackers. After the run of play is over due to a shot, save or miss, the coach will resume play by placing a ball inside the grid, the first team to get back in the grid and has possession of the ball will attack on goal. Give them time to set up and organize.