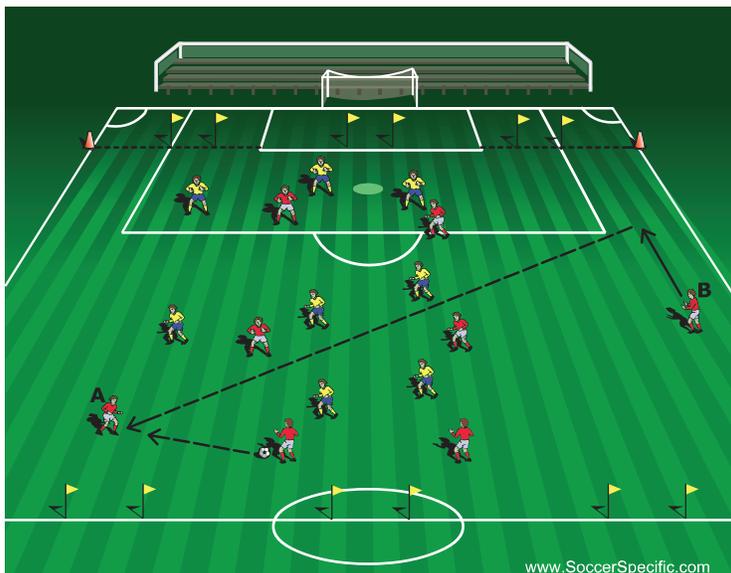


ACTIVITY #1

Set up: Warm Up: 16 players are positioned in a 50x30 yard grid as shown. Squad is split into two teams of 8 players (Red and Yellow). 8 balls for 16 players. Players move freely around the playing area interpassing.

Instructions: Emphasis is on developing a player's ability to recognize and find open space with an emphasis on switching the point of attack. Progressions: 1. Players may only pass to a player wearing an opposite color. 2. Players are encouraged to use combinations such as the wall pass. 3. Play the game silently - forces players to scan the playing area for passing options.

Coaching Points: Body shape to receive ball, side-ways on at all times, first touch must be sharp, accuracy and weight of passing, read visual cues.



ACTIVITY #2

Set up: A 55x70 yard area is organized as shown. Three mini goals are created at each end of the grid using flags. Teams of 8 players are organized in the following formations: Red - 2:4:2, Yellow - 3:3:2.

Instructions: Both teams compete for possession of the ball. Players score by successfully dribbling or passing through any of the opponent's mini goals. Players must pass the ball around to create opportunities to score. This diagram illustrates (A) receiving a pass before quickly switching the ball to (B). The defensive team (yellow) has shifted towards the ball creating this opportunity to switch the point of attack.

Coaching Points: Build a rhythm to unbalance the opposing team. Switch the ball early if opportunity arises. Choice of pass - visual cues. Preparation touch - keep the ball moving. Encourage first touch of attacker to get behind defender.



ACTIVITY #3

Set up: 8v8 plus GKs. Field is organized as shown. Flags are used to create goals on each 18-yard line. Cones are placed to create a 10x15 yard grid (jail) at each side of the field on the halfway line. Each team starts with a player in "jail" as shown.

Instructions: To score, all players from the scoring team must be out of jail. Players are freed from jail when they receive a pass from a teammate. Once a player is freed from jail, a player from the opposing team must enter jail. This creates a numbers up situation for the attacking team. In this diagram, (B) receives a pass from (A). (B) can now leave the jail. (B) attacks the space to create a goal scoring opportunity. As (B) leaves the jail, he is replaced by player (C) on the opposing team.

Coaching Points: Exploit numbers up situation. Find appropriate passing option. Switch the ball to unbalance the defenders. Scan the playing area to make penetrating passes. Recognize pressure - play away from pressure.

ACTIVITY #4

Set up: 8v8 plus GKs. Field is organized as shown. Teams are arranged in the following formations: Red - 2:4:2, Yellow - 3:3:2.

Instructions: Both teams compete for possession of the ball and attempt to score in the opponent's goal. Players are encouraged to be positive in their overall play. In this diagram, (A) is switching the point of attack with a diagonal ball to (B). (B) has made a positive run inside his marker and behind the two red defenders.

Coaching Points: Exploit numbers up situations. Switch the ball early if possible. Encourage players to take chances once the ball is switched. Recognize pressure - play away from pressure. Find penetrating passing options.

