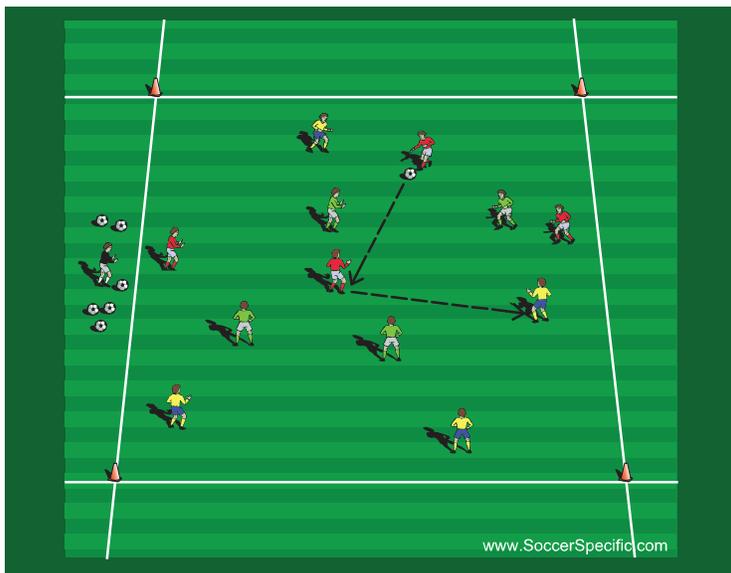


ACTIVITY #1

Set up: A 30x20 yard grid is set up as shown. Three teams of four players are positioned inside the grid. One ball per group of four players.

Instructions: Players move freely inside the grid interpassing with members of their group. Players are encouraged to play combinations as they move through the playing area. Players stop and perform static stretches several times during the warm-up activity. Total time: 15-20 minutes.

Coaching Points: Accurate and sharp passing. Encourage appropriate weight of passes. Coordinate movement with teammates. Eye contact and visual cues for passing. Encourage the use of the inside of the foot for all passes.



ACTIVITY #2

Set up: Players are arranged inside the same 30x20 yard grid as shown. A supply of balls is positioned with the coach at the side of the grid to allow the game to develop a rhythm.

Instructions: Two teams (yellow and red) attempt to keep possession of the ball without the defensive team (green) gaining possession. This creates an 8v4 situation inside the playing area. If a loss of possession occurs then the team that made the error immediately becomes the defensive team. In this diagram, the green team is attempting to win back possession from red and yellow. Players are restricted to two-touch maximum. Play is continuous for a designated period of time.

Coaching Points: Angles and distance of support players in relation to ball. Focus on when to "go forward" (penetrate) and when to maintain possession.

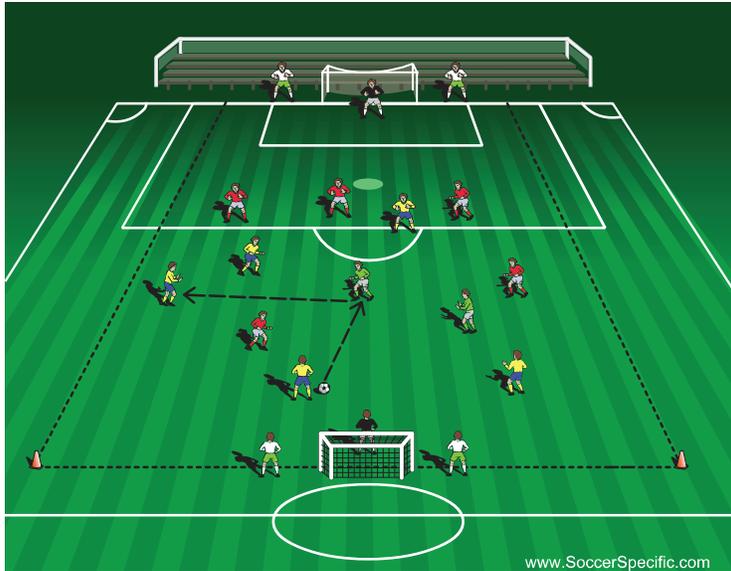


ACTIVITY #3

Set up: A 6v6 is organized in a 44x25 yard grid as shown. Target players (A) are positioned at each end of the grid.

Instructions: Both teams compete for possession of the ball. Points are awarded for 10 consecutive passes or for successfully passing to a target player on the end of the grid. Players are encouraged to create penetrating opportunities through sharp movement and quick ball movement. Play is continuous for a designated period of time.

Coaching Points: Keep the ball moving to unbalance opponents and create space. Angles and distance of support in relation to the ball. Penetrate at the earliest opportunity. Find the target players early and often. Encourage defensive pressure to put a greater demand on the team in possession.



ACTIVITY #4

Set up: A 5v5 plus two neutral players (green) are positioned inside a 50x30 yard grid. Goalkeepers are in each goal. Two target players (white) are positioned approximately 3-4 yards from each goalpost.

Instructions: Both teams attempt to maintain possession of ball. The neutral players create a numbers-up situation for team in possession of ball. The attacking team can also utilize target layers next to goalposts. The team in possession can use the neutral players as well as target players thereby creating a 9v5 situation inside grid. Players are encouraged to look for penetrating passes to target players. Target players are limited to one touch therefore support players must arrive quickly to receive a return pass. Play is continuous for a designated period of time.

Coaching Points: Decisions by players - when to penetrate and when to simply maintain possession. Angles and distance of support players. Support target players as the ball is traveling. Create space with forward runs and sharp ball movement. Quality of finishing.



ACTIVITY #5

Set up: An 8v8 plus goalkeepers is organized as shown. The playing area is from the 18-yard box to the other 18-yard box. Both teams attempt to maintain possession of the ball and penetrate when the opportunity arises. Play is for a designated period of time.

Instructions:

Coaching Points: Speed of attack - penetrate at earliest opportunity if possible. Speed in transition. Keep the ball moving to unbalance opponents to create opportunities to penetrate.

Activity #6 - Warm down: Light job and static stretches for 5 minutes. Recap of coaching points.