

ACTIVITY #1

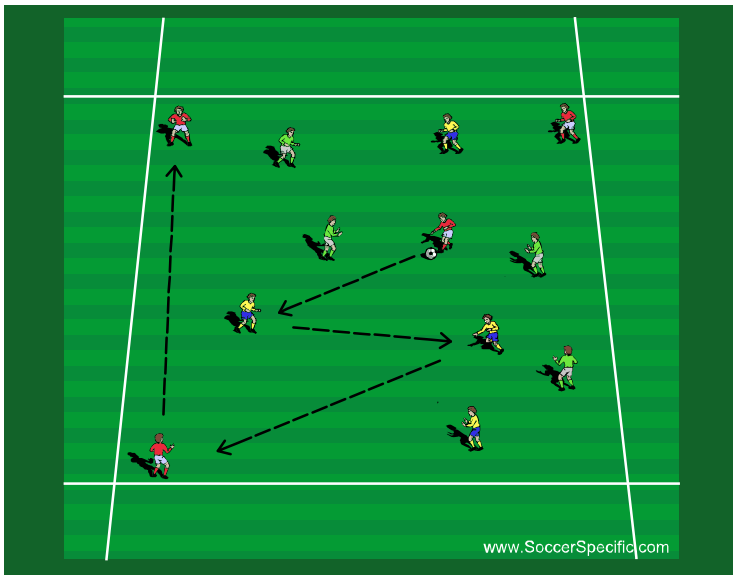
Set up: Technical Warm-Up: 12 players; Unrestricted space; 3 balls. No pressure.

Instructions: Players passing and moving, with an emphasis on proper technique. Passing - receiving ground balls, balls in air, running with the ball, passes to feet versus space, touch restrictions. Allow stoppages to stretch in between.

Coaching Points:

Some points to consider throughout the session:

1. Quality of first touch.
2. Pace, accuracy, timing of pass...Creativity with the dribble...essentially knowing when to dribble, when to pass.
3. Early support (good angles); movement off ball; seeing options BEFORE ball arrives.
4. Stretching the field 'high and wide'.
5. Change of rhythm to unbalance defense, exploit opportunities to penetrate.

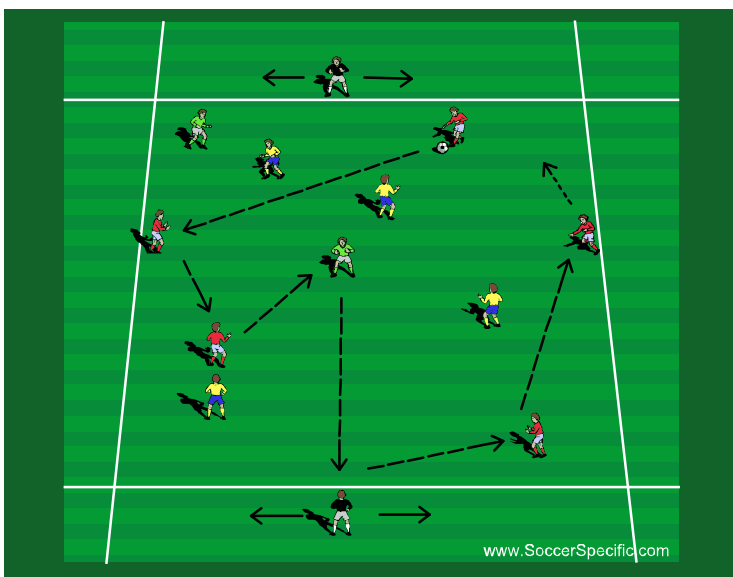


ACTIVITY #2

Set up: Small-Sided Activity: 4 v 4 v 4 for possession; Area: 25 yards x 45 yards.

Instructions: Three teams of different colors (Red, Green, Yellow). Team losing possession transitions to defend. Award goals for consecutive passes. Vary touch restrictions.

Coaching Points:

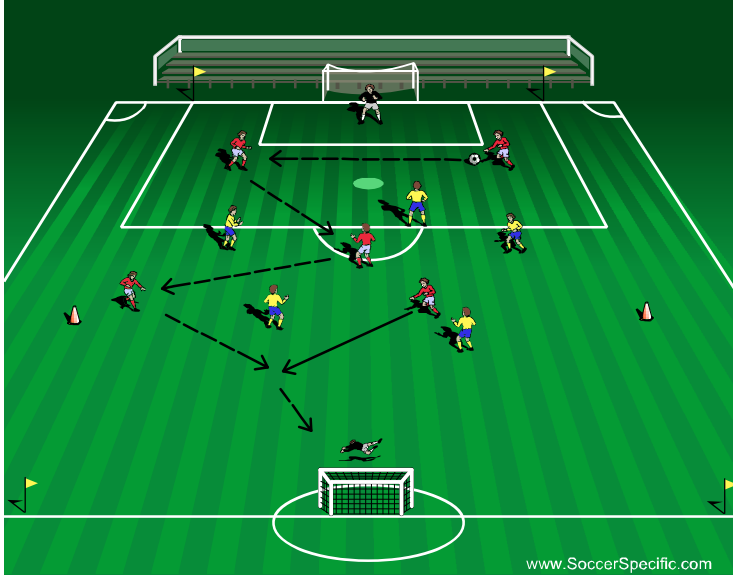


ACTIVITY #3

Set up: Expanded Small-Sided Activity: 4 v 4 + 2 with 2 targets; Area: 25 yards x 45 yards.

Instructions: Directional. Keep possession, find and score on target, then get ball back and go in opposite direction.

Coaching Points:



ACTIVITY #4

Set up: Final Activity: The Game; 6 v 6; Area: 44 yards x 60 yards.

Instructions: Play the game, no restrictions; Organize teams into 1:2:3 and 1:3:2

Coaching Points:

Final Thoughts:

1. Keep ball moving.
2. Go at defenders with speed.
3. Play away from pressure.
4. Show into seams early.
5. Speed of thought enhances speed of play!