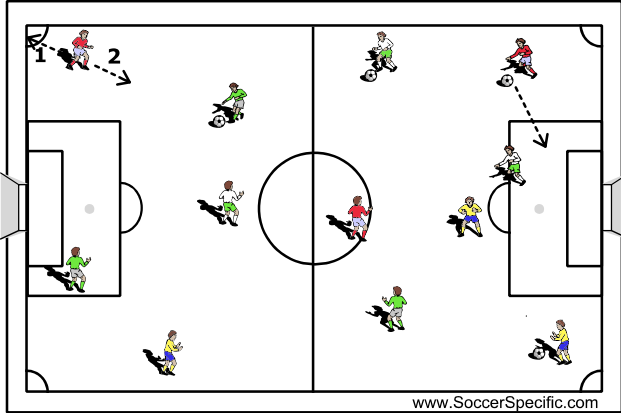


ACTIVITY #1

Set up: Players in groups of 3 passing and receiving, 1 ball per group

Instructions: Players are passing and moving in groups of 3. Concentrate on the pass and how the players receive the ball, Introduce 2 player combinations. Give and go, take over, fake over and over lap.

Coaching Points: Pass - Accuracy/eye on the ball/pace and weight of the pass/part of the foot/part of the ball
Receiving - Body behind the ball/attack the ball/1st touch decision (forward and away from pressure) Eye on the ball

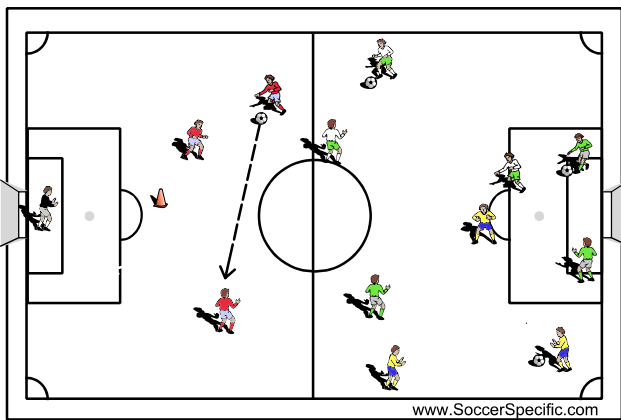


ACTIVITY #2

Set up: Players in groups of 3 passing and receiving, 1 ball per group - this time in half the field. Players in each group have a letter and each player has a number 1-3

Instructions: Players are passing and moving in groups of 3. Concentrate on the pass and how the players receive the ball, Introduce 2 player combinations. The coach will shout out a letter and Number. The letter is the group that becomes live, the number is the defender who must run to the cone to become active. While the player runs to the cone the 2 players make 3 first touch passes then attack the goal. Again look at how the players pass and receive, show them how to use the 2 player combinations and encourage them to be positive.

Coaching Points: Pass - Accuracy/eye on the ball/pace and weight of the pass/part of the foot/part of the ball
Receiving - Body behind the ball/attack the ball/1st touch decision (forward and away from pressure) Eye on the ball
Timing of runs



ACTIVITY #3

Set up: Split Players into 2 teams. Place a gk in each goal. Coach stands on side line with a set of balls. Only Coach 1 team.

Instructions: Call out a color and Number, Ex Yellow 3. Yellow sends 3 players towards the cone where the arrow is pointing. Red would then release 2 players. the color that is not called always sends 1 less player. this way you have a numbers up situation where the players will be able to create 2 player combinations to score on goal. Once ball as gone out of play, coach calls out a new number. First of all allow players to figure out how to create the combinations, this may not be possible every time.

Coaching Points: Passing - As before
Receiving - As before
Movement and Support as ball moves
Timing of runs
Decision making of players

