



### ACTIVITY #1

**Set up:** Players in groups of 3 passing and receiving, 1 ball per group. Player numbered 1, 2 and 3

Concentrate on the pass and how the player receive the ball, Get players playing short passes as well as longer passes. Encourage players to play at game speed.

**Instructions:** Player 1 plays long pass to player 2. As ball travels player 3 supports the pass and player 2 plays 1st time back to player 3 who dribbles away. Player 3 now plays long into player 1, 2 supports and player 1 plays first time to player 2. Player 2 now plays to 3, player 1 supports and receives the pass from player 3 first time. Sequence continues.

**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, back to supporting player. Play pass with the foot that the player is supporting you on. I.e. if player supports on your right play with right foot. Eye on the ball.

Support player must be in front of player receiving the long pass.

### ACTIVITY #2

**Set up:** 2 wingers, 6 strikers, 1 or 2 Goalkeepers, 6 strikers, 3 center midfielder players

Progress by adding a full back to create over lap

Progress by adding a defender in the box.

**Instructions:** Center midfielder plays ball into Striker who receives and plays back to Center midfielder. CM then plays ball out to winger who has checked in and out. Winger Takes a touch towards the by line. Once strikers have played ball back to CM they position them selfs to tttack cross. Winger delivers cross for 1st time finish.

**Coaching Points:** Pass - Accuracy/Pace/part of foot.

Receiving - body behind the ball/attack the ball/Decision/ Eye on the ball/Head up

Attack the flank space, Movement of wide players, Pace/weight/timing of Cross, Head down/eye on ball, Follow through

Strikers - Movement away from Winger/Timing of runs/ Eye on the ball to finish.

follow through, Timing of striking runs, Attitude & accuracy to finish.

### ACTIVITY #3

**Set up:** Using half the field, split players into 2 teams. place cones out wide and place 1 player in each channell. These players are the wingers and can not be pressured. aim of the game is to work the ball out to either winger who will cross the ball towards the goal that you are attacking.

**Instructions:** Keep possession of the ball with the purpose of getting the ball wide. Once the ball goes wide players must time there runs into the box for the winger to deliver the ball to score a goal

**Coaching Points:** Movement of players as the ball is received All passing, receiving and support key factors

Timing of strikers runs

positive mentality to finish

Accuracy of shot

Eyes on the ball

