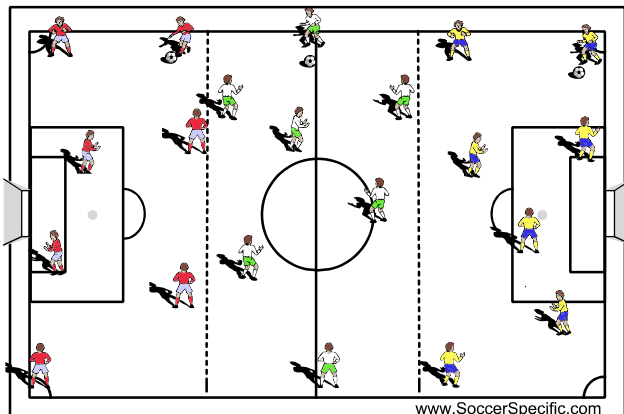


ACTIVITY #1

Set up: 7 players in each area. 1 ball per group. 3 groups.
Instructions: Players start with 1 ball and pass and move the ball around, playing the ball to feet with lots of game realistic movements. Players are numbered 1-7 and they pass in sequence. Progress to having 2 and 3 balls inside each half. Players must be aware of what is going on around them and must look to get another ball as soon as they have played a ball

Coaching Points: Accuracy of pass, eye on the ball, pace and weight of the pass, part of foot/part of ball
 body behind the ball, attack the ball, 1st touch decision, eye on the ball, head up
 Support ball as it travels, communicate visual and verbal, eye contact, support the man, support the ball



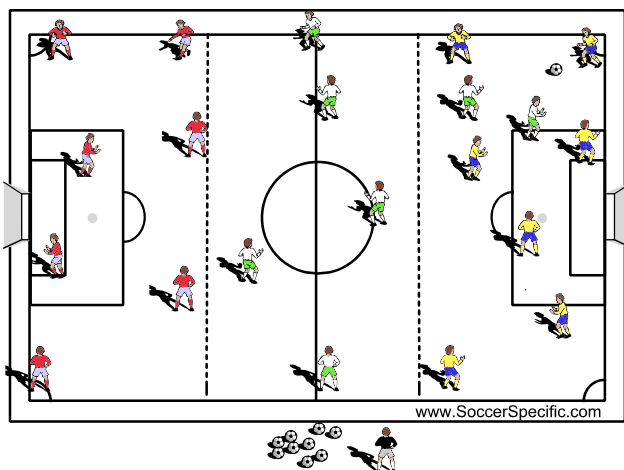
ACTIVITY #2

Set up: 3 teams of 7 players. Aim of the game is to keep possession and make 5 passes, once 5 passes have been completed to score you have to play in to opposite square, 2 new defenders would then enter. Team that loses the ball becomes defending team. Player in middle area cannot stop the pass going across.

Progression - Players in middle can now intercept the pass
 Progression - Players can now play across at any time (when the time is correct)

Instructions: Players have to look to work on their passing, receiving and support. Now once they have made 5 passes can they make the correct decision to get the ball into the next square? Don't force the pass. If you have to make a few more passes to open up space that is ok.

Coaching Points: Passing and receiving key factors.
 Movement as the ball travels,
 Communicate verbally and visually.
 Decision making. Players in opposite end zone must keep moving.



ACTIVITY #3

Set up: 5v5 +N. Playing towards target players in end zones

Instructions: When team is in possession of the ball they can play to the Neutral player. To score a goal team has to play ball to a Target player in the end zone. Once they have played to one they get the ball back and have to get the ball to the other end zone to score. Game continues

Coaching Points: Possession mentality
 Depth and Width
 Play past pressure (Penetration)
 Support
 Decision making

