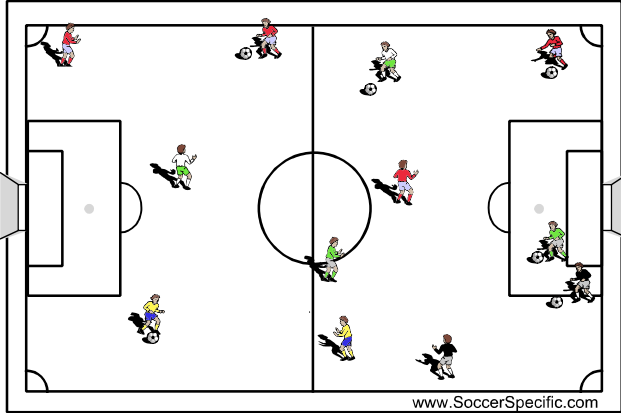


### ACTIVITY #1

**Set up:** Players Pass and Move inside the full field.

**Instructions:** Players should work at 50%, 75% and 100% while there bodies get warm. Players should stretch in between.

**Coaching Points:** Passing: Accuracy/Eye on the ball/Pace/weight/timing/part of foot/part of ball  
Receiving: Body behind the ball/Attack the ball/1st touch decision/eye on the ball/Head Up.

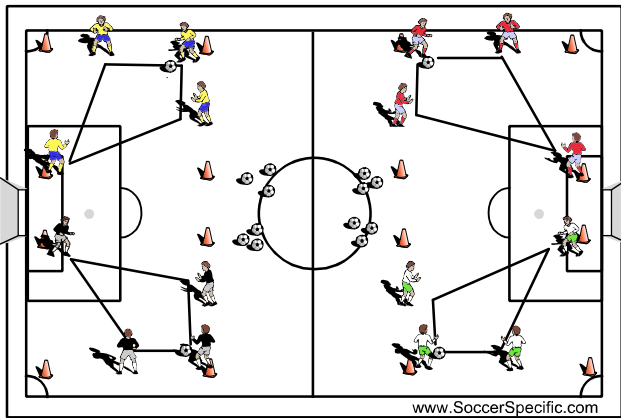


### ACTIVITY #2

**Set up:** Each square is 15x20 with 4 players in each square. 1 ball per square with spare balls set up in the middle

**Instructions:** Players are instructed to pass the ball around inside their square (unopposed) at game speed with the main emphasis being on support and gaining the correct shape, 2 short and 1 long (Diamond) Use this part of the practice for the players to understand the positions they should be in when the ball is at a certain position.

**Coaching Points:** Angle of Support  
Near, Far, Wide  
Communication, Eye contact  
Support the ball/Support the man  
Movement as the ball travels



### ACTIVITY #3

**Set up:** Each square is 15x20 with 5 players in each square. 1 ball per square with spare balls set up in the middle. 1 player now becomes the defender and the players play possession and try to keep the ball away from the defender. Once the defender wins the ball twice he/she switches with another player

**Instructions:** Players are instructed to play possession inside their square at game speed with the main emphasis being on support and gaining the correct shape, 2 short and 1 long (Diamond) while keeping the ball away from the defender.

**Coaching Points:** Angle of Support  
Near, Far, Wide  
Communication, Eye contact  
Support the ball/Support the man  
Movement as the ball travels

