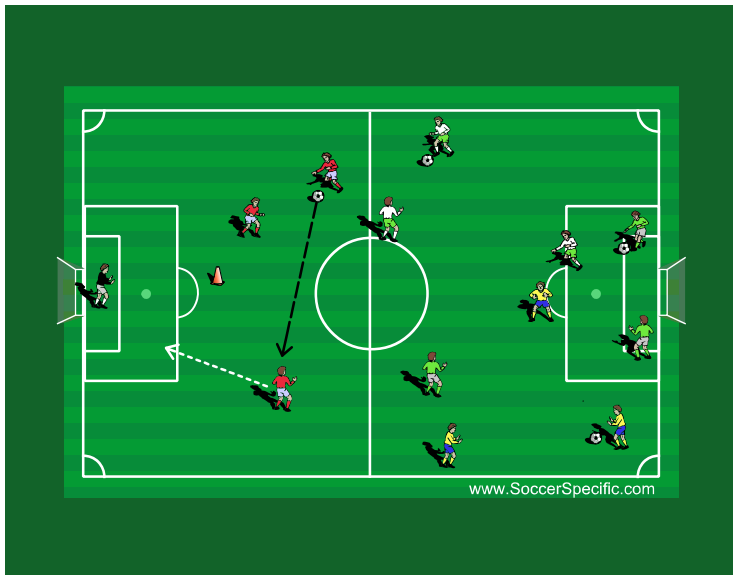


ACTIVITY #1

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 and also take over

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/inst 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 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. Give and go and also take over Once the coach shouts put a number that's number become the defender and runs to the cone, Once the player gets to the cone the 2 players now play 2v1 to goal and attempt to score a 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/inst touch decision (forward and away from pressure) Eye on the ball
Finish with a shot at goal (Don't need to coach this though as it would be overload, best thing to do is show correct demos.