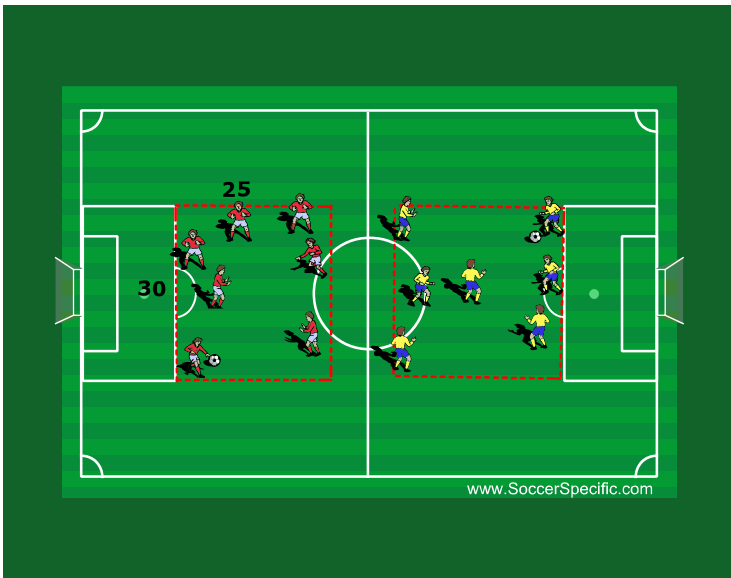


ACTIVITY #1

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.

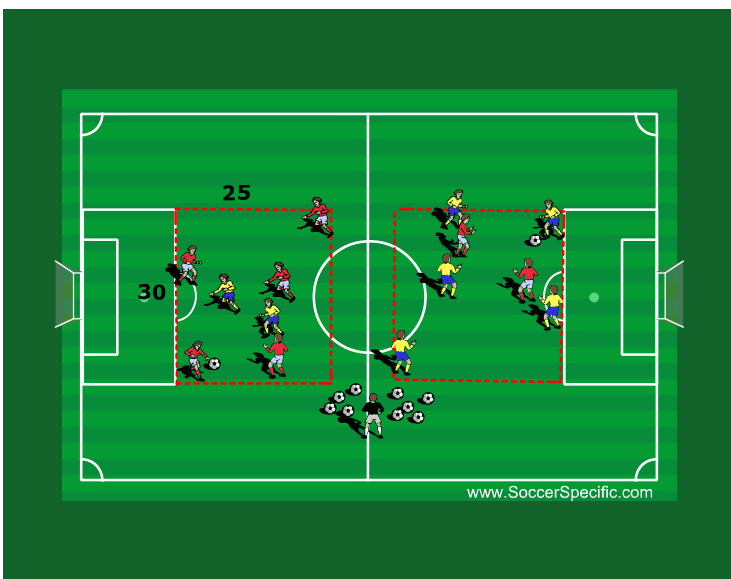


ACTIVITY #2

Set up: 7 players in red, 7 players in Yellow, One ball in each group.

Instructions: Players Pass and move in there own square, each player has a number and players pass in sequence 1-2-3-4-5-6-7-1 and so on. Players are to think about finding space, checking there shoulders as they recieve and being in the position to support as the ball travel.

Coaching Points: Passing and receiving as before.
Movement as the ball travels, Payer should be in front of the pass er by the time he receives the ball.
Eye contact and communicate

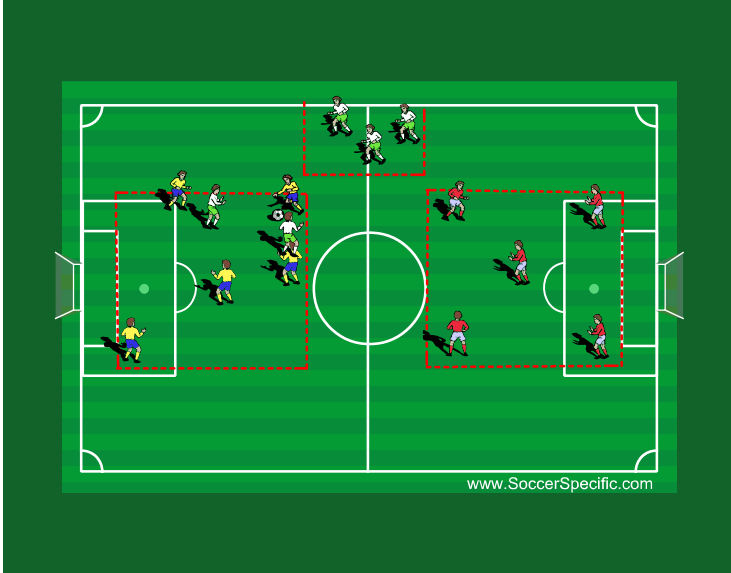


ACTIVITY #3

Set up: 7 players in red, 7 players in Yellow, One ball in each group.

Instructions: Players Pass and move in there own square, each player has a number and players pass in sequence 1-2-3-4-5-6-7-1 and so on. Players are to think about finding space, checking there shoulders as they recieve and being in the position to support as the ball. Once the coach calls 2 numbers out those numbers go to the oppersite square and defend for 2 minutes. players attempt to keep possession as long as possible. 7 passes = 1 point. Defender winning the ball = 1 point.

Coaching Points: Passing and receiving as before.
Movement as the ball travels, Payer should be in front of the pass er by the time he receives the ball.
Eye contact and communicate
Player on the ball should always have 2 short support, 1 link player and 1 long player as passing options.



ACTIVITY #4

Set up: 3 teams of 5 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.

Instructions: Players have to look to work on all of the things from before and 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.

Coaching Points: Passing and receiving key factors.
Movement as the ball travels,
Communicate verbally and visually.
decision making