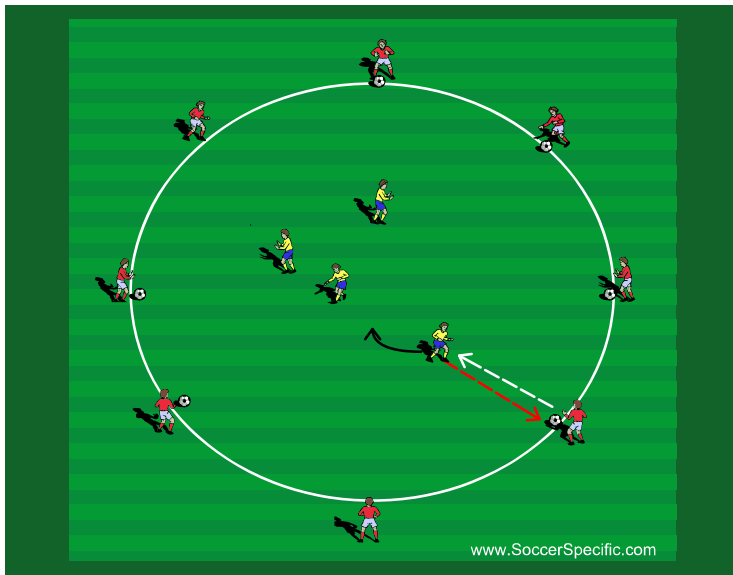


ACTIVITY #1

Set up: Players are placed on the outside of the circle with a ball. 4 players are placed inside the circle with out a ball.

Instructions: Players on the outside of the circle are instructed to keep the ball moving (unless its in there hands as we progress) Players inside move around to receive passes, once they receive the pass they control and play back to the passer. They then move away to receive another ball. players work in the middle for 2 minutes, Players work on receiving the ball on the ground with their feet, in the air with their feet, on there thigh, chest and then head. Players should relax there bodies when receiving the ball and not be tense.

Coaching Points: Body behind the ball
Attack the ball
1st touch decision (were are they going)
Eye on the ball
Head up and relax

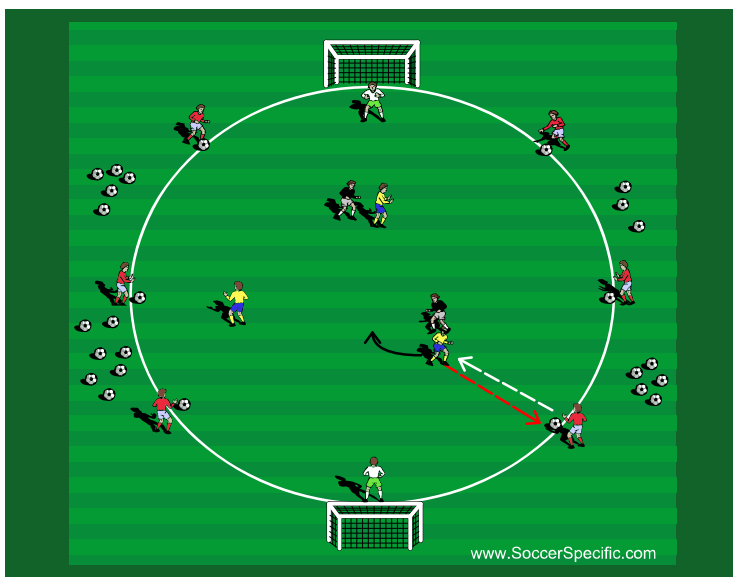


ACTIVITY #2

Set up: Players are placed on the outside of the circle with a ball. 4 players are placed inside the circle with out a ball.

Instructions: Players on the outside of the circle are instructed to keep the ball moving (unless its in there hands as we progress) Players inside move around to receive passes, once they receive the pass they control the ball turn and play to a passer with out the ball. They then move away to receive another ball. players work in the middle for 2 minutes, Players work on receiving the ball on the ground with their feet, in the air with their feet, on there thigh, chest and then head. Players should relax there bodies when receiving the ball and not be tense.

Coaching Points: Body behind the ball
Attack the ball
1st touch decision (were are they going)
Eye on the ball
Head up and relax



ACTIVITY #3

Set up: Players are placed on the outside of the circle with a ball. 3 players are placed inside as attackers and 2 as defenders. Have a supply of balls on the outside so the game keeps moving

Instructions: Players on the outside of the circle are instructed to keep the ball moving (unless its in there hands as we progress) Players inside move around to receive passes, once they receive the pass they control the ball turn and look to score in any goal, they now have a passive defender defending against them. They then move away to receive another ball. players work in the middle for 2 minutes, Players work on receiving the ball on the ground with their feet, in the air with their feet, on there thigh, chest and then head. Players should relax there bodies when receiving the ball and not be tense.

Coaching Points: Body behind the ball
Attack the ball