

ACTIVITY #1

Set up: 5 players in red, 5 players in Yellow, One ball in each group.

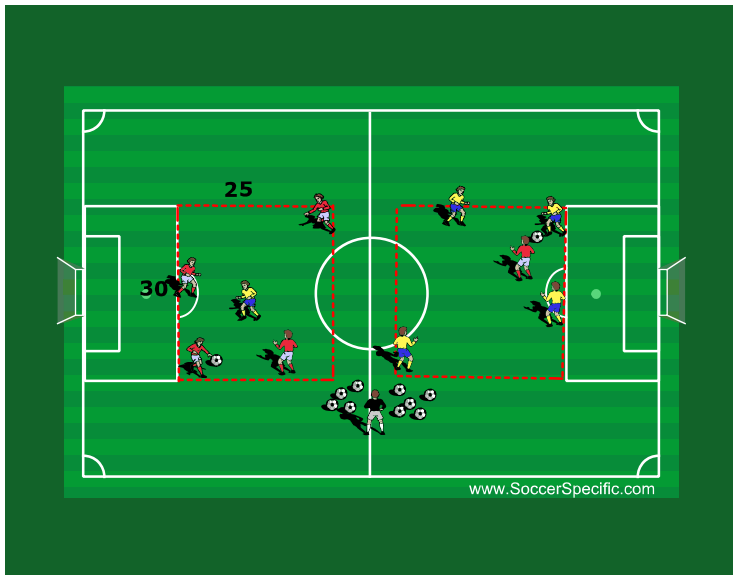
Instructions: Players Pass and move in there own square, each player has a number and players pass in sequence 1-2-3-4-5-1 and so on. Players are to think about finding space, checking there shoulders as they receive and being in the position to support as the ball travels.

Coaching Points: Passing Accuracy/eye on the ball/pace/weight/part of foot.

Receiving. Body behind the ball/Attack the ball/1st touch decision/eye on the ball

Movement as the ball travels, Payer should be in front of the passer by the time he receives the ball.

Eye contact and communicate



ACTIVITY #2

Set up: 5 players in red, 5 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 1-2-3-4-5-1 and so on. Players are to think about finding space, checking there shoulders as they receive and being in the position to support as the ball. Once the coach calls 1 number out that number goes to the opposite square and defends for 2 minutes. Players attempt to keep possession as long as possible. 5 passes = 1 point. Defender winning the ball = 1 point.

Coaching Points: Passing and recieving as before.

Movement as the ball travels, Players should be in correct supporting position as the ball travels, Not once the ball gets there.

Eye contact and communicate

Player on the ball should always have 2 short support and 1 long player as passing options.



ACTIVITY #3

Set up: 5 v 5 with 2 goalkeepers, emphasis on keeping possession of the ball

Instructions: As above

Coaching Points: Possession Mentality

Positive first touch

Eye contact/commutation

Movement as the ball travels (Check and show)

Create width and Depth

Support the man

Support the ball