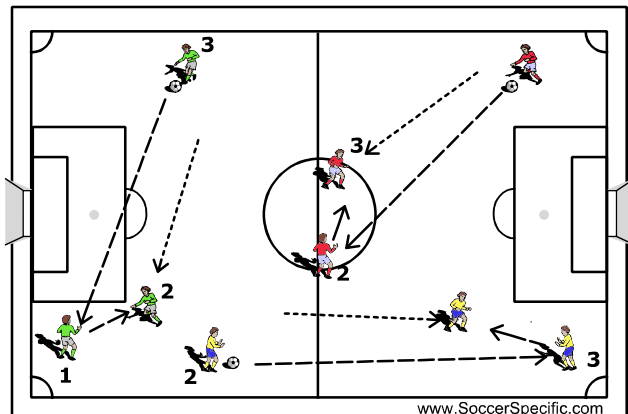


ACTIVITY #1

Set up: Players in groups of 3 passing and receiving, 1 ball per group. Player numbered 1, 2 and 3
 Concentrate on the pass and how the player receive the ball, Get players playing short passes as well as longer passes. Encourage players to play at game speed.



Instructions: Player 1 plays long pass to player 2. As ball travels player 3 supports the pass and player 2 plays 1st time back to player 3 who dribbles away. Player 3 now plays long into player 1, 2 supports and player 1 plays first time to player 2. Player 2 now plays to 3, player 1 supports and receives the pass from player 3 first time. Sequence continues.

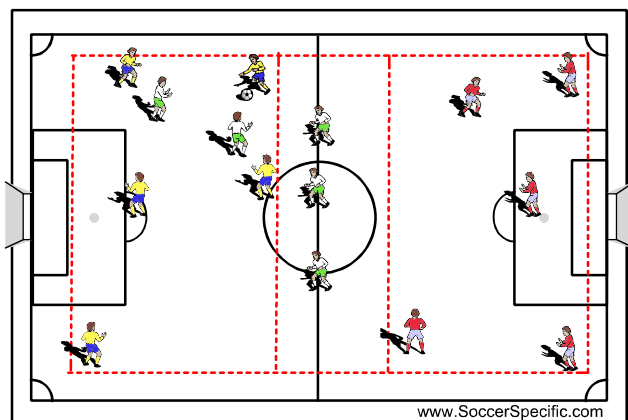
Coaching Points: Pass - Accuracy/eye on the ball/pace and weight of the pass/part of the foot/part of the ball
 Receiving - Body behind the ball/attack the ball/1st touch decision, back to supporting player. Play pass with the foot that the player is supporting you on. I.e. if player supports on your right play with right foot. Eye on the ball.
 Support player must be in front of player receiving the long pass.

ACTIVITY #2

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. Player in middle area can not stop the pass going across.
 Progression. Players in middle can now intercept the pass
 Progression. Players can now play across at any time (when the time is correct)

Instructions: Players have to look to work on there passing, receiving and support. 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



ACTIVITY #3

Set up: 5V5 +N. Playing towards target players in end zones
Instructions: When team is in possession of the ball they can play to the Neutral player. To score a goal team has to play ball to a Target player in the end zone. Once they have played to one they get the ball back and have to get the ball to the other end zone to score. Game continues

Coaching Points: Possession mentality
 Depth and Width
 Play past pressure (Penetration)
 Support
 Decision making

