

ACTIVITY #1

Set up: Players stand 25 yds away from each other in groups of 2 to create a long, short, short situation.

Instructions: Player A plays in to player B who receives the ball. As soon as player A plays he/she supports the ball A1. Player B then plays short pass to A1 who then lays the ball off for B to play long pass to the next player in the line. The combination continues.

Coaching Points: Accuracy of the pass

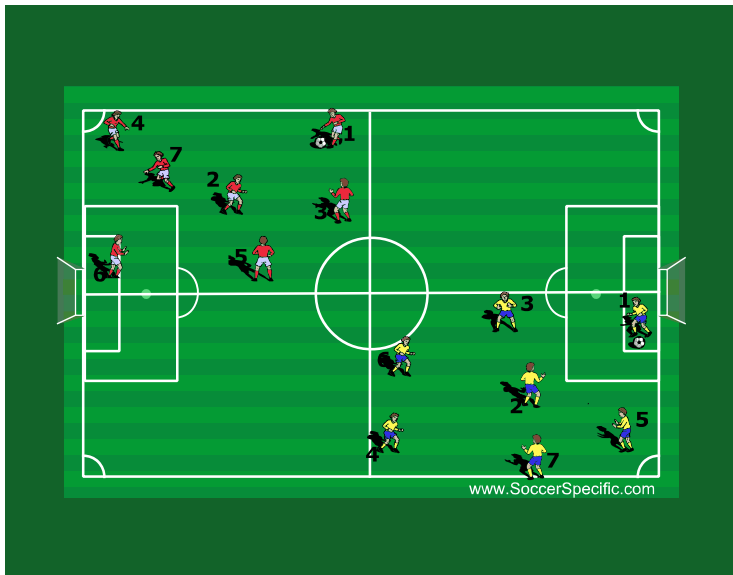
Pace and weight of the pass

Body behind the ball to receive the pass

Player receiving the long pass should check out and in

As soon as you play the long pass you must support the ball

As soon as you play short passes you need to hold your space to support



ACTIVITY #2

Set up: 7 players placed in 1/4 of the field. All players are numbered 1-7. Players pass and move in sequence.

Instructions: Players must pass and move at speed. Players have to read the game to make sure they are in the correct supporting position (in front to make eye contact) Players should be moving to support as the ball travels and not after it gets to the player who is going to pass to them.

Coaching Points: Same as above

Support:

Eye contact

Communicate

Move as ball travels.



ACTIVITY #3

Set up: 1 goal in each corner of field. 6 players on each team.

Instructions: Team in possession of the ball has 6 players out on the field. The defending team once they lose possession of the ball must drop one player back in each of these goals, creating a 6v4 situation for the attacking team.

Coaching Points: Team in possession:

Must create width and depth

Support player as ball travels

Short support (Support ball)

Long support (support Man)

Communicate, verbal and visual

Penetration - Pass - dribble -shoot

Play Beyond pressure