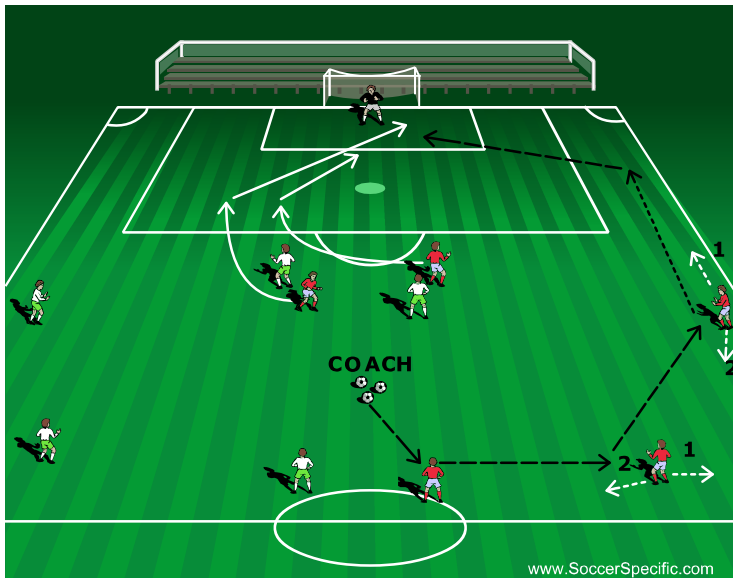


**ACTIVITY #1**

**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.

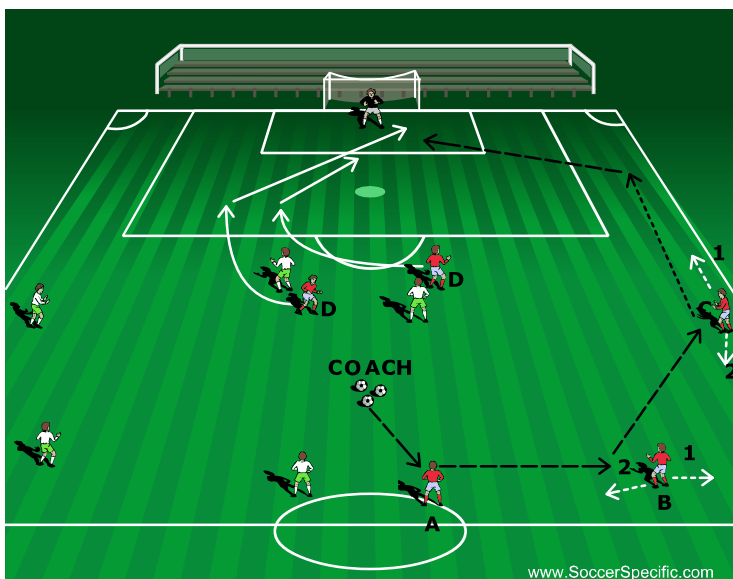


**ACTIVITY #2**

**Set up:** In half the field, set up a back 4 on the half way line (right hand side in red, left hand side in yellow) Have a wide midfielder on each touch line and 2 strikers. The phase of play always starts from the coach.

**Instructions:** The ball is played from the coach to the Centre back, who opens up and plays to the full back. On the centre backs first touch the full back checks out and then back to the ball. Ball should be played to the back foot. As the full back receives the ball the winger checks away and then back to the ball, again the ball is played to the back foot. The winger then dribbles into the space to deliver a cross. Movement of strikers must go away from the ball and then as the winger is about to strike the ball the players attack the correct areas.

**Coaching Points:** Movement of players as the ball is received  
 All passing, receiving and support key factors  
 Timing of strikers runs  
 positive mentality to finish  
 Accuracy of shot  
 Eyes on the ball



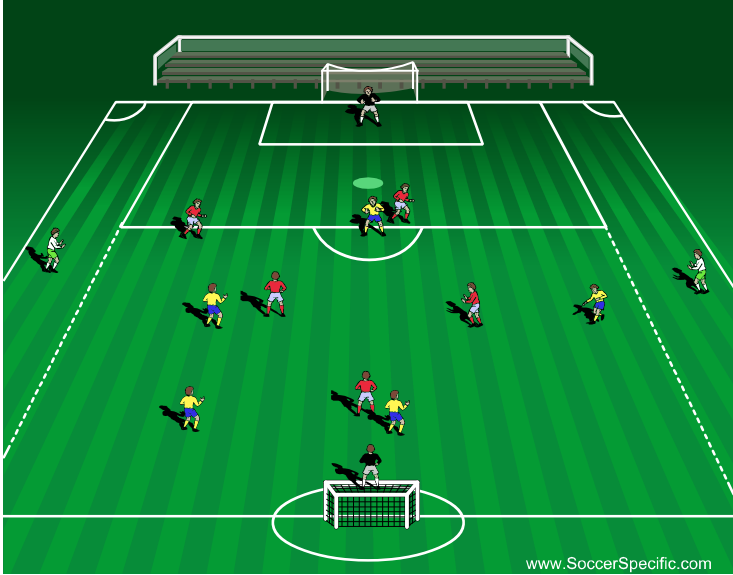
**ACTIVITY #3**

**Set up:** Progression.

once you have success from both sides. which involves A,B,C and D being correct you can now have the full back play into the space for the winger to move onto and also add 2 defenders in the box to defend the strikers.

**Instructions:** The ball is played from the coach to the Centre back, who opens up and plays to the full back. On the centre backs first touch the full back checks out and then back to the ball. Ball should be played to the back foot. As the full back receives the ball the winger checks towards the full back and then away. this is the visual clue that the wingers wants the ball into space. The winger then moves onto the ball to deliver a cross. Movement of strikers must go away from the ball and then as the winger is about to strike the ball the players attack the correct areas.

**Coaching Points:** Movement of players as the ball is received  
 All passing, receiving and support key factors  
 Timing of strikers runs  
 positive mentality to finish  
 Accuracy of shot  
 Eyes on the ball



#### **ACTIVITY #4**

**Set up:** Using half the field, split players into 2 teams. place cones out wide and place 1 player in each channel. These players are the wingers and can not be pressured. aim of the game is to work the ball out to either winger who will cross the ball towards the goal that you are attacking.

**Instructions:** Keep possession of the ball with the purpose of getting the ball wide. Once the ball goes wide players must time their runs into the box for the winger to deliver the ball to score a goal

**Coaching Points:** Movement of players as the ball is received  
All passing, receiving and support key factors  
Timing of strikers runs  
positive mentality to finish  
Accuracy of shot  
Eyes on the ball