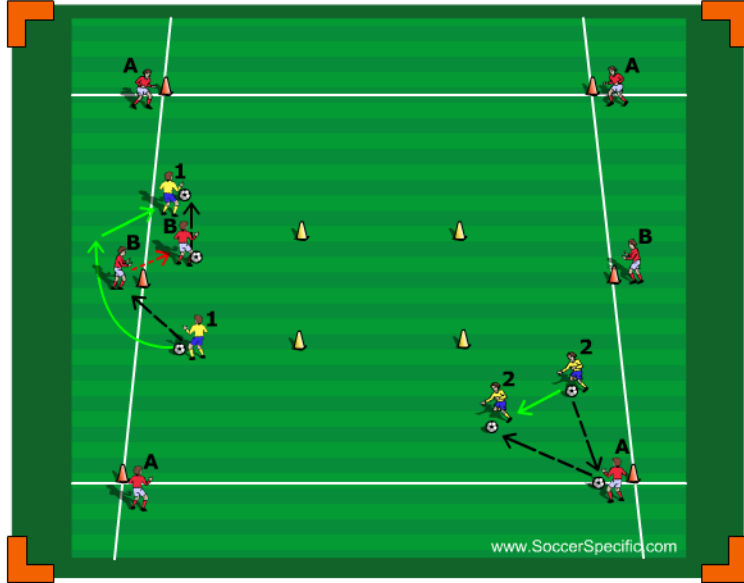


ACTIVITY #1

Set up: Small Sided Scrimmage for when players arrive

Instructions: Play no more than 4v4

Coaching Points: * No Coaching points allow the players to play



ACTIVITY #2

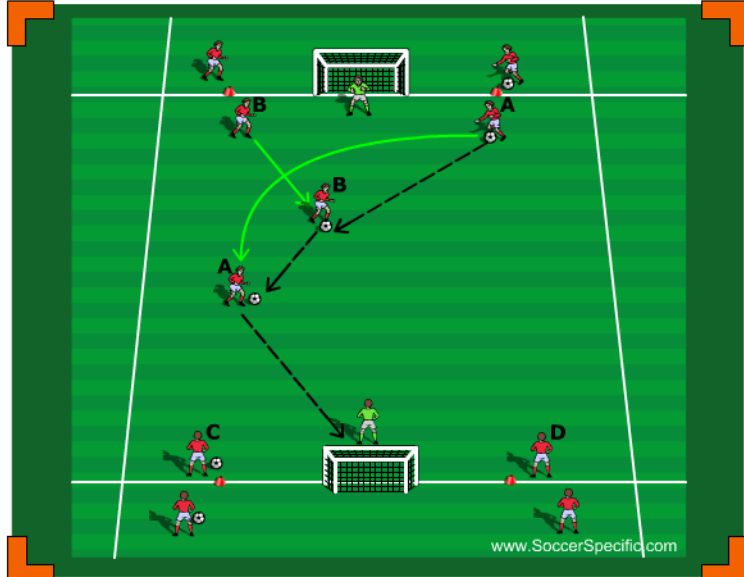
Set up: Team is split up into two groups of 6 players. Red team are position outside the big square and the yellow team are positioned in the middle square.

Instructions: If yellow passes to A they exchange a wall pass. If they pass to B they overlap them and then receive it back. Yellow players must dribble through the yellow square before they go to another feeder (red)

Coaching Points: * Accuracy and weight of pass

* Quality of touch, angle and weight

* Speed, timing and angle of supporting run



ACTIVITY #3

Set up: Split players in four groups and position as above. Select two goalkeepers

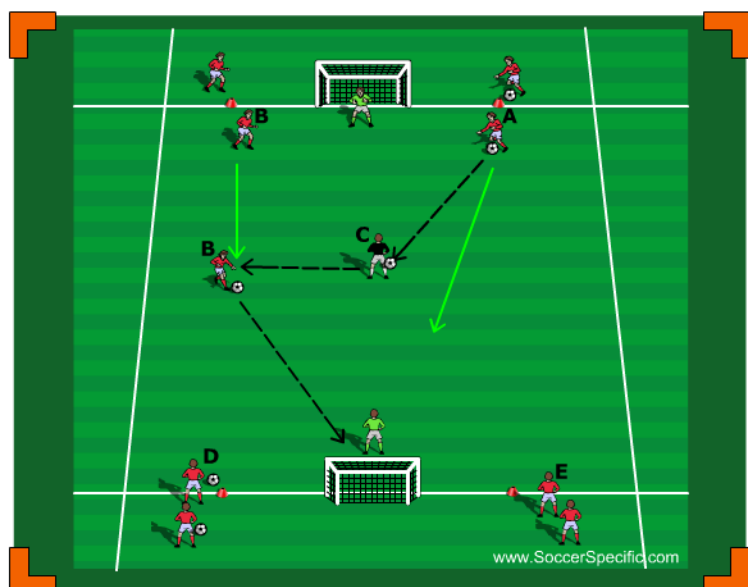
Instructions: Player B starts the exercise by making forward run to center of field, Player A then passes to Player B and makes overlapping run. Player B plays reverse pass to Player A who takes a shot at goal. When finished players collect ball and go back to there line. C and D do the exercise from their side. Coach should rotate players to every few minutes.

Coaching Points: * Weight, accuracy and timing of pass

* Speed, timing of support runs

* Body shape when shooting, hips/shoulders facing target, head/toe down

* Shoot across goalkeeper. Player not shooting should follow in for rebound



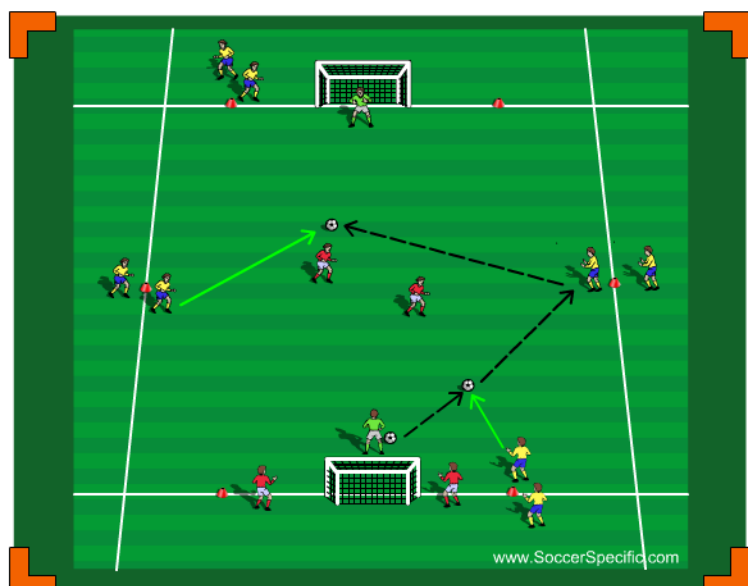
ACTIVITY #4

Set up: Split players in four groups and position as above. Select two goalkeepers

Instructions: Player A passes to Player C to start the exercise. Player B makes a supporting run off Player A's pass. Player C passes the ball into the run of Player B who goes to go goal. Player A should be following in for any rebound. Players go back to same line. Player C stays in the same position until coach changes him out. The exercise continues with D playing to C.

Coaching Points:

- * Weight, accuracy and timing of pass
- * Speed, timing of support runs
- * Body shape when shooting, hips/shoulders facing target, head/toe down
- * Shoot across goalkeeper. Player not shooting should follow in for rebound



ACTIVITY #5

Set up: 2 Team and 2 Goals

Instructions: Three Yellows attack two red defenders, players on the ends receive ball from GK to start attack and two players from wide areas join in to create a 3v2 attack. When ball goes out of play/goal is scored GK starts the next attack & the exercise repeats itself with new players attacking the defenders at opposite goal. New wide players join in the attack. If defenders win the ball they can counter attack and score or connect pass to other defender to score a point.

Coaching Points:

- * Speed, angle of dribbling to encourage players to attack space, commit and move defenders with touches
- * Support angles, runs from wide players
- * Timing, accuracy and weight of pass
- * Positive first touch and accuracy of finish



ACTIVITY #6

Set up:

Instructions:

Coaching Points: