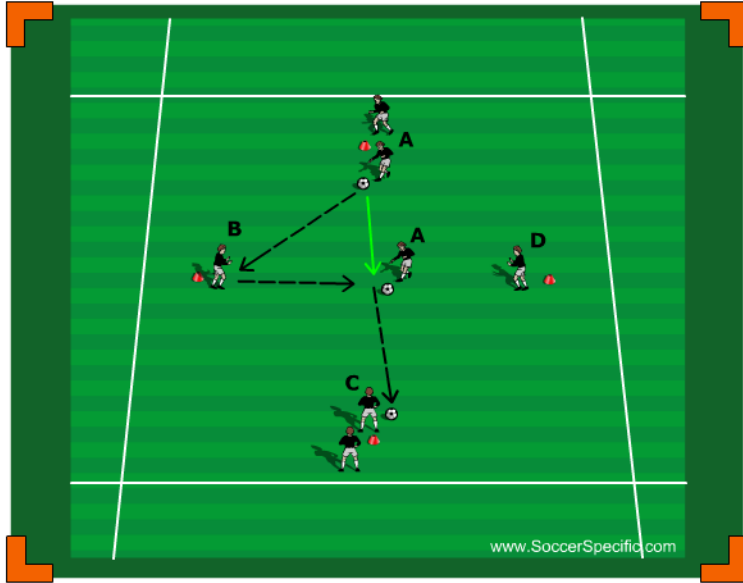


ACTIVITY #1

Set up: Set up small-sided fields approx 15 x 20 yard field with small goals

Instructions: 3 v 3/4 v 4 game so players can play a game as soon as they arrive to training

Coaching Points: No coaching points, let the players enjoy themselves and just play



ACTIVITY #2

Set up: Set up Diamond approx 15 yards from middle of the diamond

Put players into groups of 5/6

Instructions: Player A passes to player B and makes forward run, player B passes into path of player A, player A passes to player C and follows pass to join line on opposite side. Player C receives pass and repeats exercise on other side by passing to player D.

Players B & D stay at cone until switched by coach

Switch direction after approx 5 mins

Progression - Player A passes to player B and makes overlapping run, player B takes touch inside and passes back to player A with 2nd touch, player A passes to player C. Exercise repeats itself going other side from player C

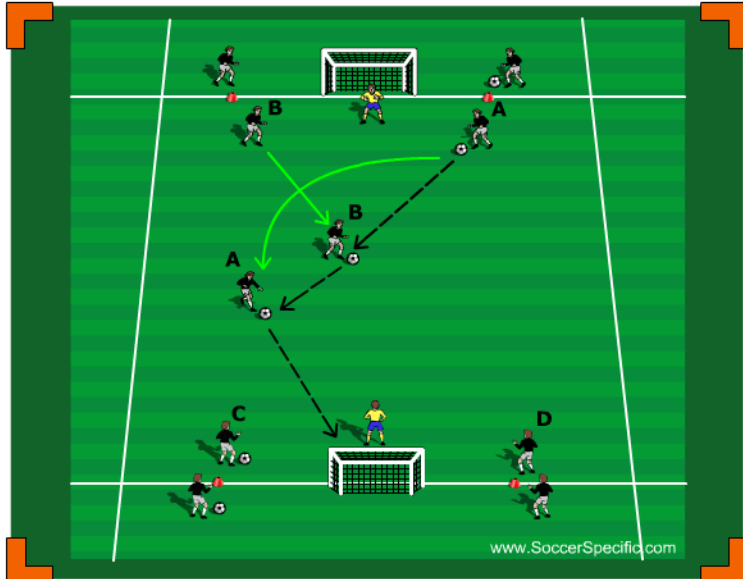
Switch direction after 5 mins

Coaching Points: Accuracy & weight of pass

Quality of touch, angle and weight

Speed/timing/angle of support runs

Communication



ACTIVITY #3

Set up: Set up two goals approx 25-30 yards apart

Put players in pairs as shown

Instructions: Player B starts exercise by making run to center of field, player A then passes to player B and makes overlapping run, player B plays reverse pass to player A, player A takes touch and shoots on goal/shoots first time depending on weight and accuracy of pass. Players A and B join back of lines on end they just attacked

Player C repeats exercise attacking goal on opposite end

Switch starting position of ball to encourage combining/shooting on both sides

Variation - Make fun/competitive by splitting into teams and keeping score

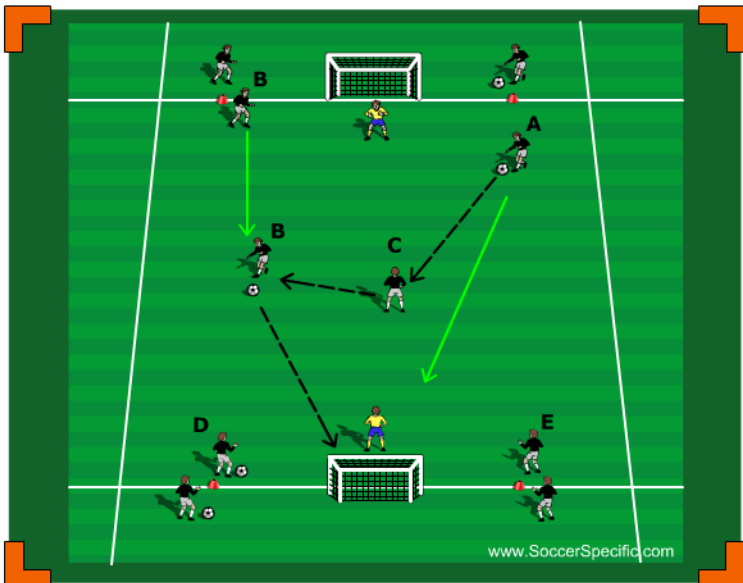
Variation - Players play wall pass instead of overlap

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 the keeper, player not shooting follows in for rebound/option for pass



ACTIVITY #4

Set up: Set up two goals approx 30 yards apart
Put players in pairs as shown

Instructions: Player A passes to player C, player B makes supporting run and receives pass/lay-off from player C, player B takes touch and shoots on goal, player A follows up shot for rebounds, players A and B join back of lines of the goal they just attacked, player C always stays in the middle until coach makes change

Players D and E repeat the exercise attacking goal on opposite side. Start balls on other side to encourage players combining/shooting from both sides

Variation - Have two players in the middle and have both sides attacking at the same time for more repetition

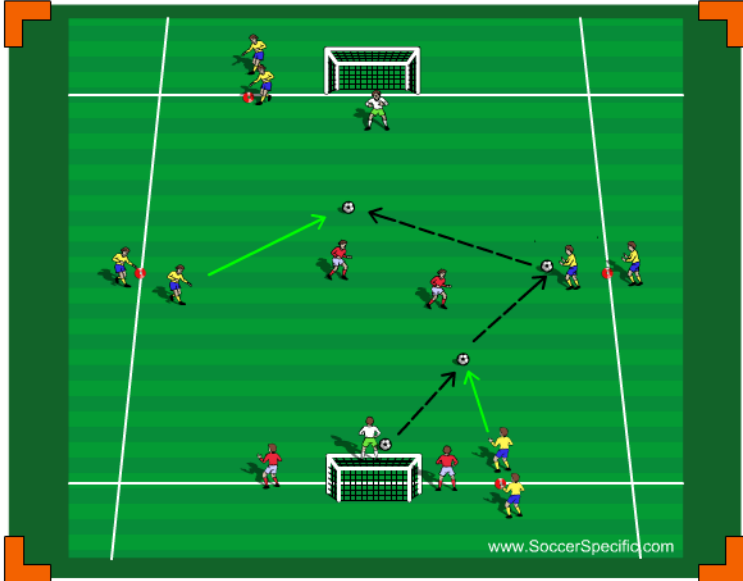
Variation - Players make diagonal run across central player (player C as shown) and go to goal

Coaching Points: Weight, accuracy and timing of pass

Timing/angle of support runs

Angle of preparation touch before shooting

Shooting technique, hips and shoulders facing target, toe down



ACTIVITY #5

Set up: 40 yards long x 48 yards wide, two goals needed

Instructions: Three Yellows attack two red defenders, players on ends receive ball from GK to start attack and two players from wide areas join in to create 3 v 2 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 defenders for a point

Coaching Points: Speed/angle of dribble to encourage players to attack space/commit & move defenders with touches, support angles/runs from wide players, timing/accuracy/weight of pass, positive first touch & quality of finish.



ACTIVITY #6

Set up:

Instructions:

Coaching Points: