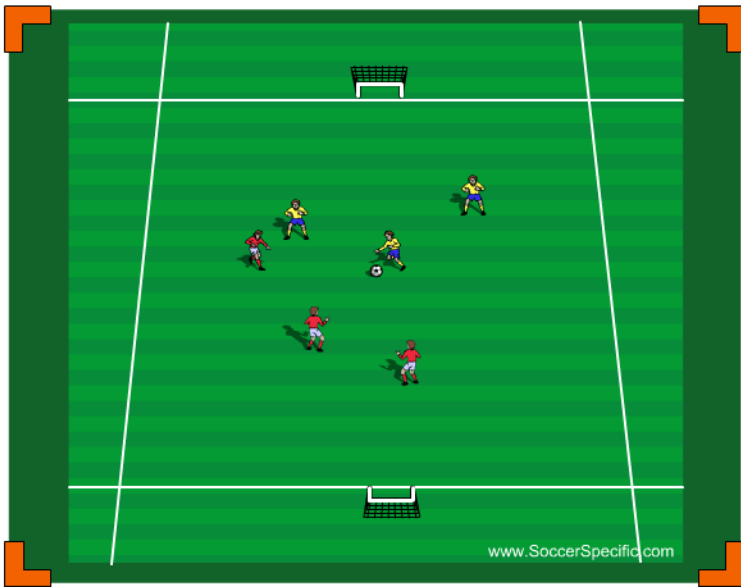


ACTIVITY #1

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

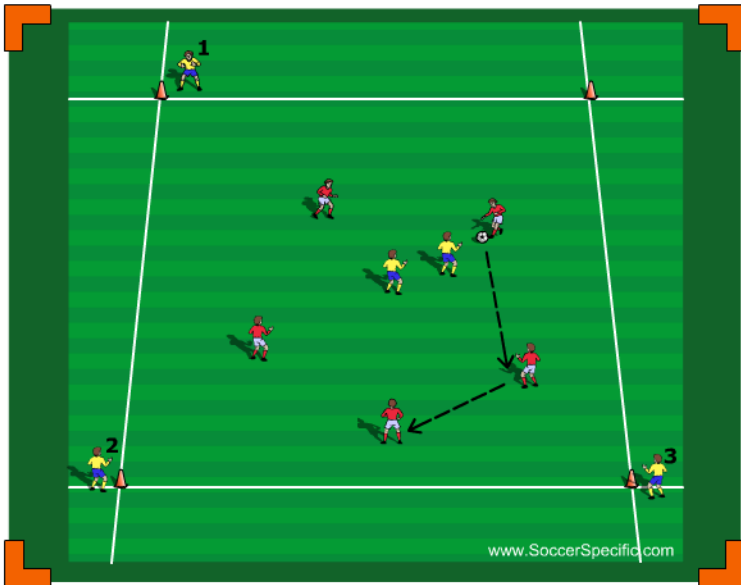
Set up: 5v2 (With extra defenders on 3 of the 4 corners.

Instructions: Play starts with 5v2 after every 2 passes a defender can join in the play. Red attempt to score by achieving as many passes as possible without losing possession. If Red are able to achieve the 6 passes they then win the game by dribbling the ball out of the square. Yellow score by stealing the ball and dribbling it out of the square or passing to any player that still remains on the cone. Swap roles every few minutes.

Coaching Points: * Decision: Pass, shield or dribble

* Angles of support

* Quality of touch and pass



ACTIVITY #3

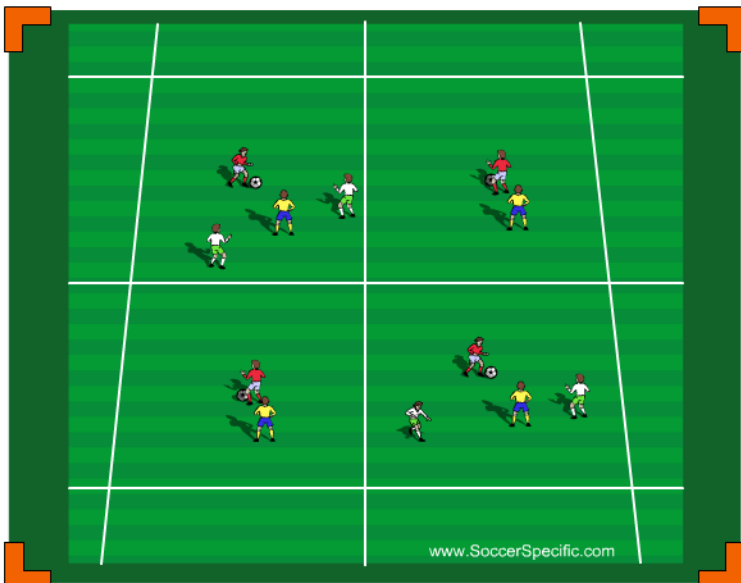
Set up: 4 Red players and 4 Yellow players (One of each in each box)

Instructions: Red players look to keep possession throughout the time limit. There are 2 neutral pairs (pairs can not split up) who can support any of the four boxes. Can Red retain possession for the whole time? Swap roles after a few minutes.

Coaching Points: * Awareness of support or lack off

* Quality of Shielding until support arrives

* Angle of support and communication of neutrals.

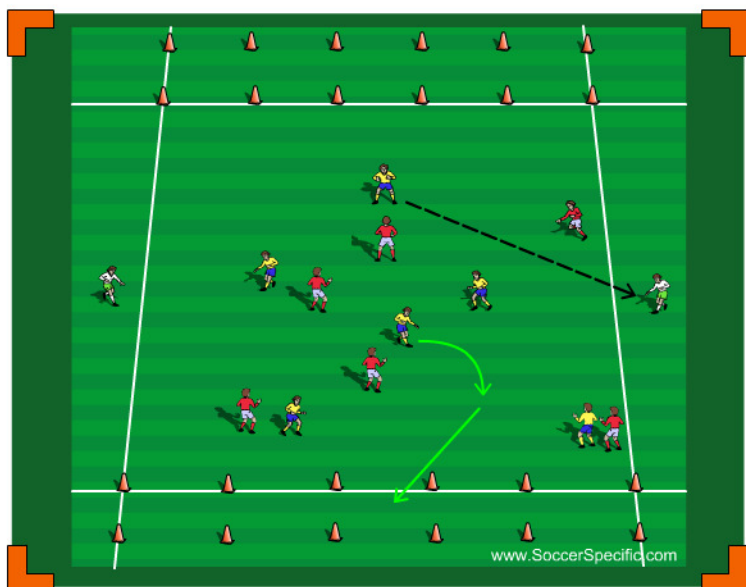


ACTIVITY #4

Set up: 40by50 yard grid with endzones and two netural outside players

Instructions: 8v8 Directional. Team in possession scores by passing or dribbling through the endzone

Coaching Points: * Decision making: Dribble, pass or shield



ACTIVITY #5

Set up: 8v8 Scrimmage

Instructions: Regular rules no restrictions

Coaching Points: * As above

