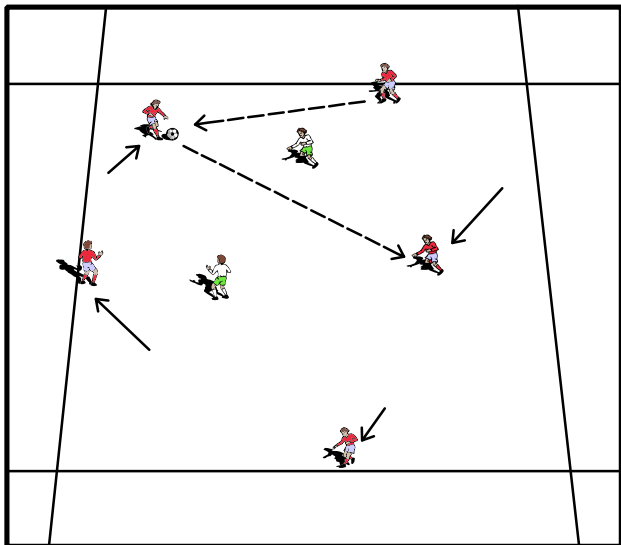


ACTIVITY #1

Set up: Pass & Support. 5v2 Possession in a 20 x 20 yard area.

Instructions: 5 players keep possession by passing & supporting against 2 defenders.

Coaching Points: Message in pass, 1st touch control, Distance & angle of support, Support the ball & the man



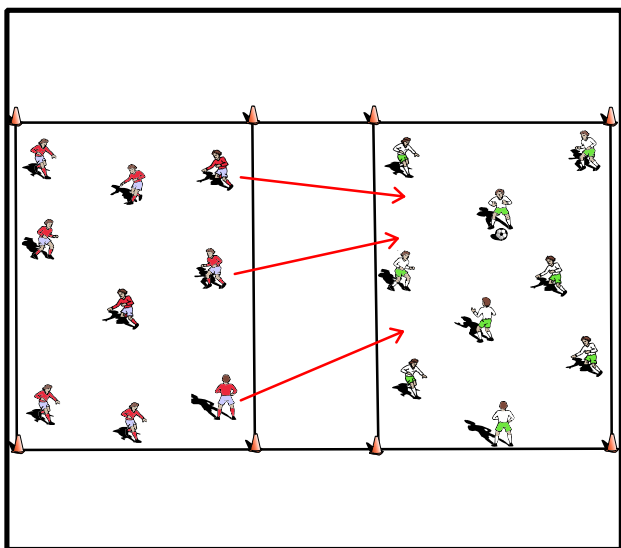
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ACTIVITY #2

Set up: Exchanging Boxes: Thereafter one ball is removed and three 'defending' players are sent to the box with the ball. In this example a 9v3 exercise is then put in operation, but it could be any numbers to suit the coach.

Instructions: If the 3 defending players win possession, or if the ball is played outside the playing area, the 3 players return to their own box followed by 3 new defenders. The defenders can run straight into the new box or be asked to undertake 3 x 10 yard shuttles before assuming their defensive duties against the new group in possession.

Coaching Points: Type Coaching Points Here...



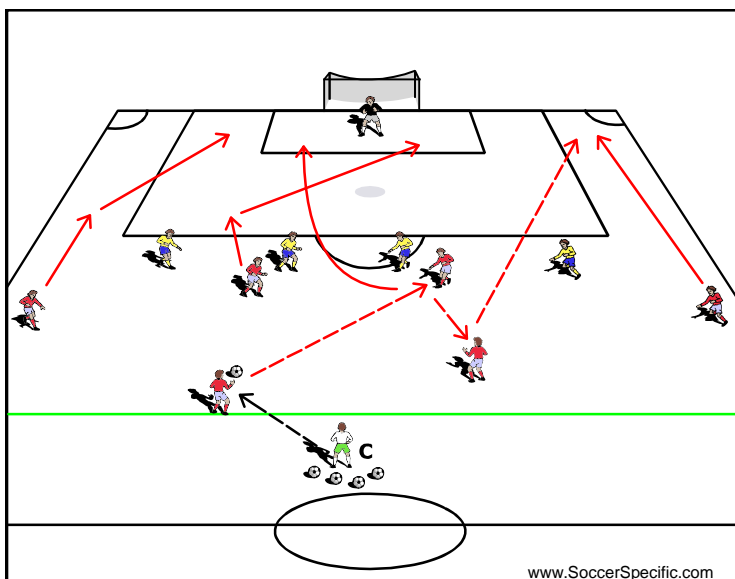
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ACTIVITY #3

Set up: Team Attacking Play. 6v5 in the final third. Players organized into 6 attackers, 4 defenders operating as a back 4 (or as a back 3 plus 1 midfielder player), & a goalkeeper.

Instructions: Coach triggers practice passing the ball to the attackers who attempt to use possession to penetrate for a strike at goal. When the defenders win possession they should play the ball early & quickly to the coach who restarts the practice.

Coaching Points: All passing, receiving, support, shooting, crossing & finishing Key Factors will apply.



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ACTIVITY #4

Set up: Heading Wars. 5v5+GK's up to 10v10+GK's set up in a tight area double the 6-yard box

Instructions: GK's trigger practice by serving for an attacking header in opponents goal. Each service must be intended for a direct header on goal - no passing. If the ball touches the ground the first player to the ball can play wide to a supporting player to cross. Double headers count double. Infractions are a penalty kick offense (diving header).

Coaching Points: Mentality to finish, Eyes on the ball, Attack the ball, Out to get in, Pace & accuracy of service, Part of head & ball