

ACTIVITY #1

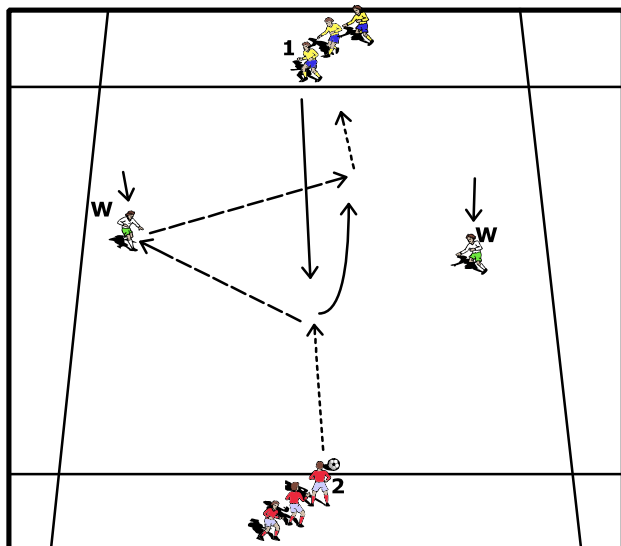
Set up: Wallpass.

4-8 players evenly divided & organized at either end of a 10 x 30 yard area with balls at 1 end. 2 players set-up on opposite flanks of the working area who operate as Wallpassers.

Instructions: Player 1 passes firm to P2 & follows pass to offer passive defending. Player 2 receives & runs at Player 1 to set up a wallpass. Repeat sequence. Change Wallpassers occasionally.

Progressions: Ask the defending player to be more active in their defending role to make it more realistic.

Coaching Points: Pace/Weight/Accuracy of pass, Message in pass, Eye contact/Communication, 1st touch control, Timing/Distance of release, Change of pace, Distance & angle of support



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ACTIVITY #2

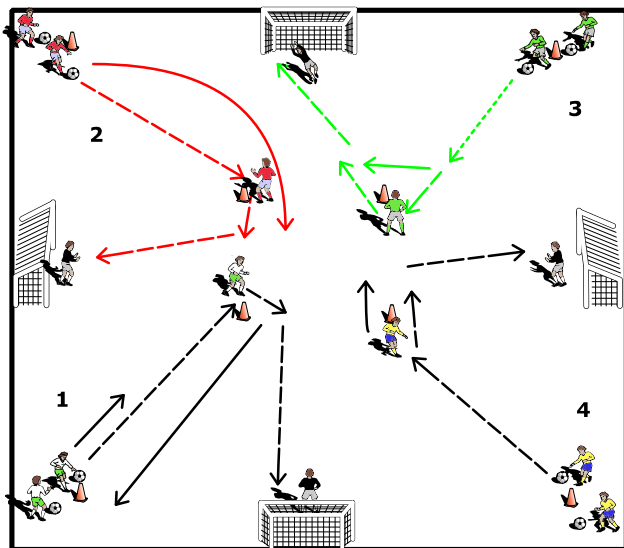
Set up: Combine & Shoot.

Divide players into groups & organize them as shown in a 30x30 yard working area with 4 goals and cones set up as shown. This practice can be set up with 1, 2, 3, or 4 goals. Adjust your groupings & working area to suit.

Instructions: Each group working towards a goal as shown performing the following pass & shoot movements. Each new movement is a progression:

- 1) Pass, Follow, Shoot
- 2) Pass, Overlap, Shoot
- 3) Wallpass, Shoot
- 4) Pass, Touch, Shoot

Coaching Points: Accuracy/Pace/Weight of pass, 1st touch control, Attitude & Accuracy, Part foot/ball, Follow Through



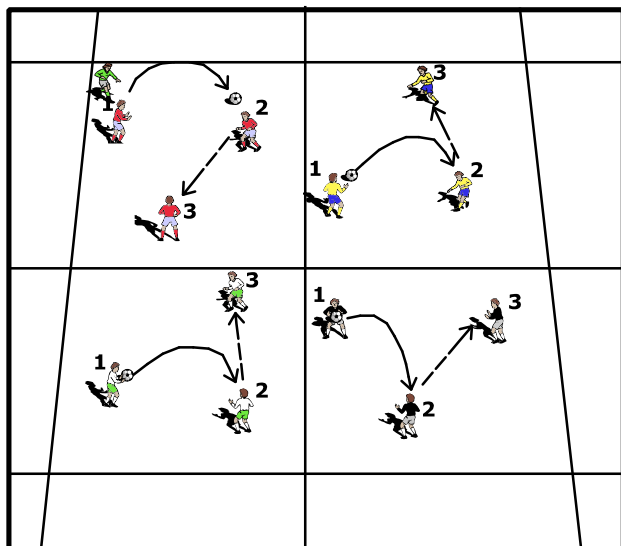
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ACTIVITY #3

Set up: Heading Introduction. Throw-Head-Catch. 1 ball between 3 players.

Instructions: All players moving inside working area. Player 1 throws the ball to Player 2 to head to Player 3. Repeat.

Coaching Points: Eyes on the ball, Attack the ball, Part of head & ball, Head ball down to target, One foot take off, Meet ball at highest point (Timing)



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ACTIVITY #4

Set up: Pass & Support 5v3 SSG. 30 x30 area with smaller 5x5 yard box set up centrally for Target to work in.

Instructions: Players 1-4 play keep away from the 3 defenders. A goal is scored when the ball is passed successfully into player T. Change T frequently. Progress by having the player making the final pass follow the pass & replace T.

Coaching Points: Possession mentality, Near & far support, 1st touch control, Support the man & ball

