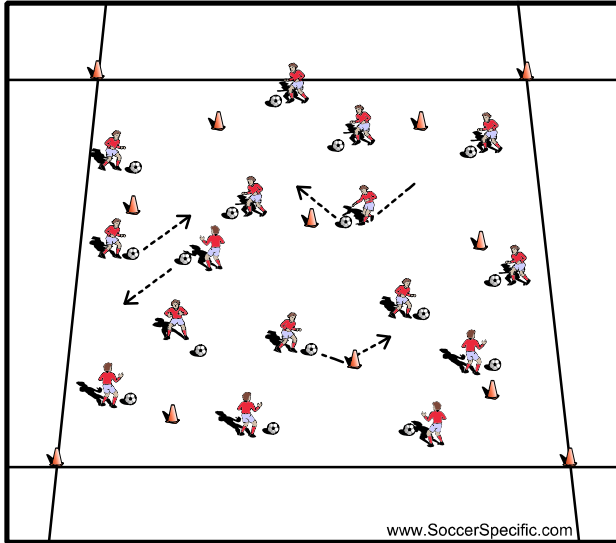


ACTIVITY #1

Set up: Warm Up. All players are positioned inside a 30x30 yard grid as shown. One ball for each player. Cones are placed randomly inside the grid.

Instructions: Objective of Warm Up: Players move freely dribbling inside the playing area. Players must concentrate on avoiding each other as well as the cones. Allow players to build up the tempo of the exercise over time. Players perform periods of static stretching throughout the warm up period. Time: 6-7 minutes. Progression: Players dribble towards a cone. On reaching the cone, players must perform a feint/fake and accelerate quickly past the cone for 5-10 yards. The cone acts as a stationary defender. Time: 4-5 minutes.

Coaching Points: Emphasize the use of feints/fakes. Changes of speed must be used. Accelerate past the cones and into space. Be positive in attacking the cones. Emphasis of entire session on developing a mentality to attack and decision making in 1v1 situations.

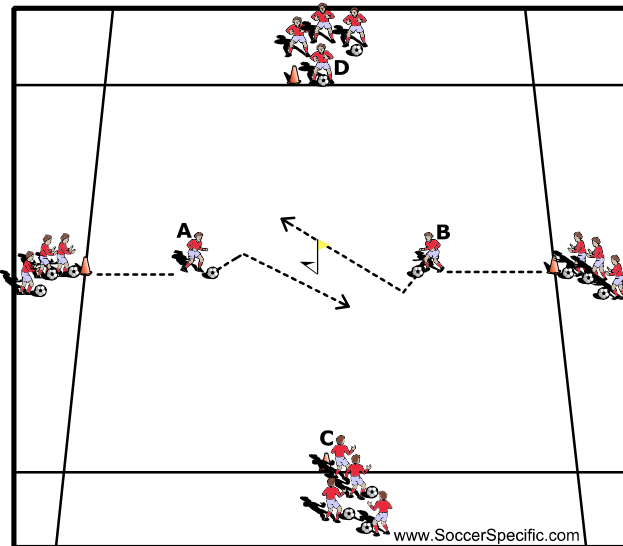


ACTIVITY #2

Set up: Players are divided into 4 groups and are positioned at the cones as shown. A flag is placed in the center of the grid. One ball for each player.

Instructions: Players (A) and (B) dribble towards the flag. Approximately 2 yards from the flag, each player performs a feint to the left before accelerating to the right of the flag. On completion of the "move", the next two players (C) and (D) repeat the sequence. Note: Players must fake to the same side and accelerate to the same side to avoid colliding (Ex: fake left, go right). Play is continuous for a designated period of time. The following moves are encouraged: dip and go, scissors, double scissors.

Coaching Points: Encourage players to use other "moves". Burst of speed past the flag - accelerate! Be direct - drive towards the flag and then accelerate. Players must communicate with the opposite group to ensure that they start at the same time.

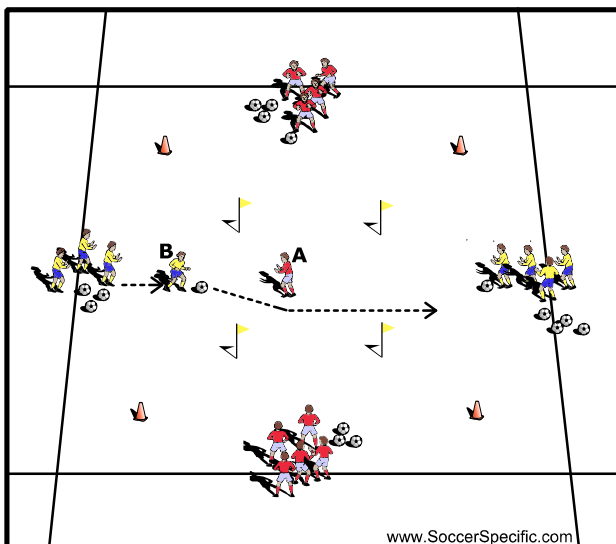


ACTIVITY #3

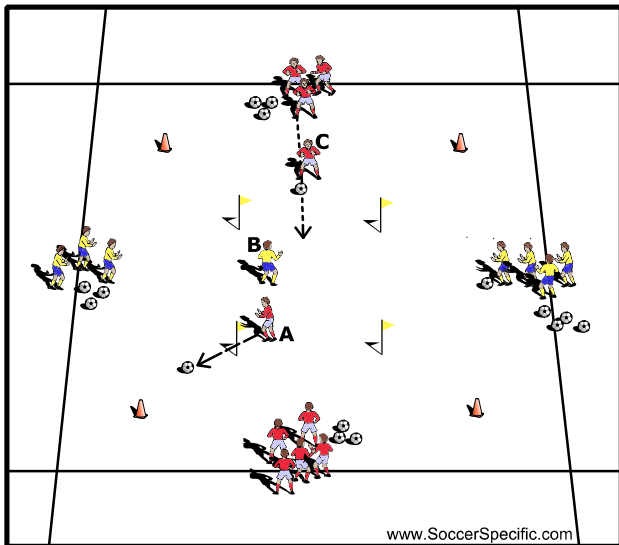
Set up: The squad is split into two teams (Red and Yellow). The teams are positioned around the perimeter of a 20x20 yard grid as shown below. A smaller central grid (6x6 yards) is created using flags as shown. A supply of balls is placed next to each group.

Instructions: One player from the red team (A) begins inside the smaller central grid and acts as the defender as shown. The first player in line for the Yellow team (B) must attempt to drive at the defender, perform a "move" and dribble successfully through the central grid. If the player reaches his/her teammates on the other side, the sequence is repeated with the next person in line. Points are awarded for each player successfully making it through the grid. The same defender remains in the central grid until he/she stops an attack.

Coaching Points:



ACTIVITY #4

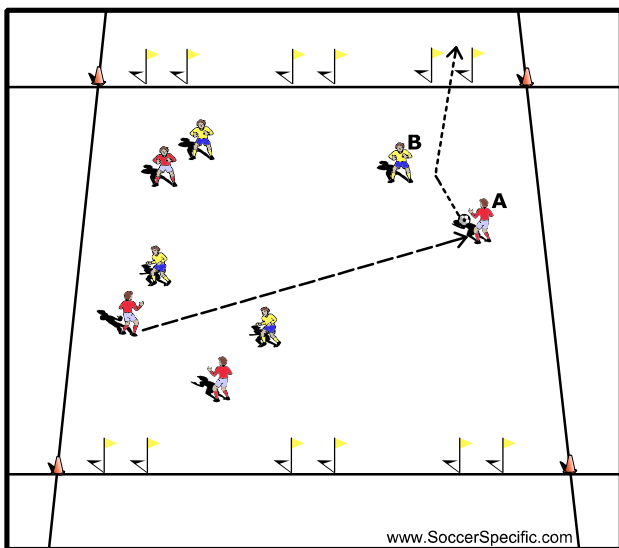


Set up: Progression of previous activity.

Instructions: If the defender intercepts or knocks the ball out of play, the roles immediately switch - the attacker becomes the next defender and must quickly react to the next attacker entering the play. In this diagram, defender (A) has knocked the ball out of play. (B) becomes the next defender and must attempt to stop attacker (C). The tempo of the activity must be high. Do not allow the opposition time to get ready - attack at speed. First team to 20 points wins. Repeat game as time permits.

Coaching Points: GO at pace - accelerate past defender. Be positive in attacking. Attack quickly - don't delay the attack with a lot of "moves". Take chances.

ACTIVITY #5

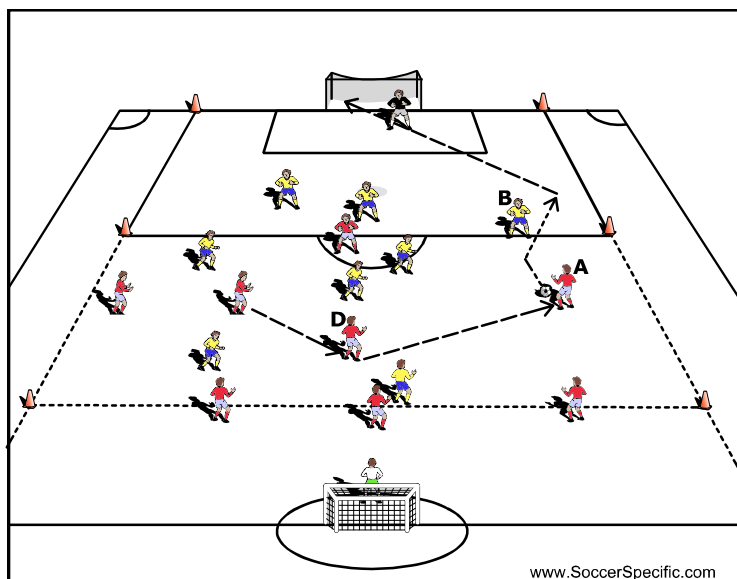


Set up: A 4v4 is organized as shown. Three mini goals are created with flags at each end of the playing area. Repeat setup to accommodate entire team.

Instructions: Players compete for possession of the ball and attempt to score by dribbling through their opponent's mini goals. Players are encouraged to take advantage of 1v1 situations - take chances, try to isolate and beat the defender. In this diagram, (A) isolates opponent (B) in a 1v1 situation. (A) should attempt to take advantage of the situation by driving aggressively to goal.

Coaching Points:

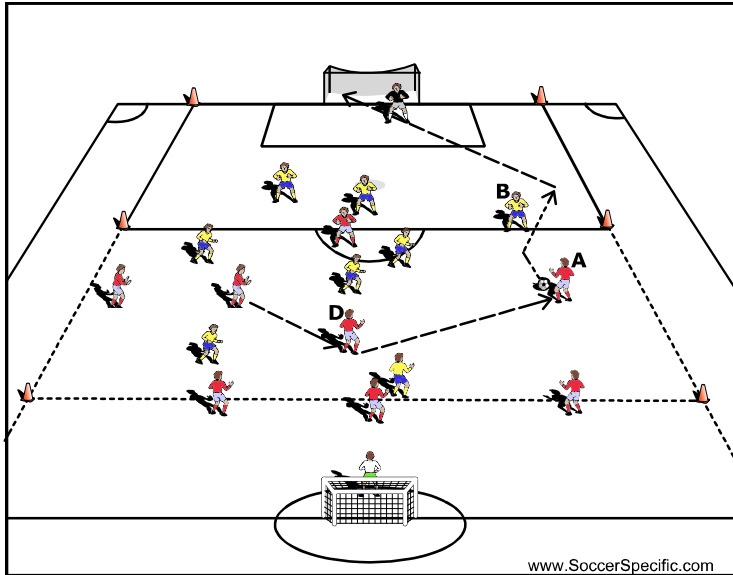
ACTIVITY #6



Set up: An 8v8 plus goalkeepers is organized as shown. Playing area is 44 yards wide x approximately 60 yards long. The pitch is divided into 3 zones as shown. The end zones (final third) are 18 yards from goal.

Instructions: Both teams compete for possession of the ball and attempt to score in their opponent's goal. The only restriction is as follows: if a player dribbles into the opponent's final third of the pitch, NO PASSING is allowed. Therefore, if a player enters the final third, he/she must be direct and go for goal.

Coaching Points: Maintain possession until opportunities to attack develop. Isolate and attack defenders. Be positive, take chances - go for goal! Changes of speed, accelerate, go at pace. Decision making - when to attack, when to pass, etc.



ACTIVITY #7

Set up: Continuation of previous drill.

Instructions: At the start, players may make poor decisions and dribble into the final third even when heavily outnumbered. This usually results in a loss of possession. As the exercise progresses, players will begin to make better decisions in relation to the best time to attack. This diagram illustrates a good time to attack. (A) has received a pass from (D). (A) is in a good position to drive into the final third since defender (B) has no immediate support.

FINAL GAME: 8v8 as above. No restrictions. Focus on all coaching points.

Coaching Points: Maintain possession until opportunities to attack develop. Isolate and attack defenders. Be positive, take changes - go for goal! Changes of speed, accelerate, go at pace. Decision making - when to attack, when to pass, etc.