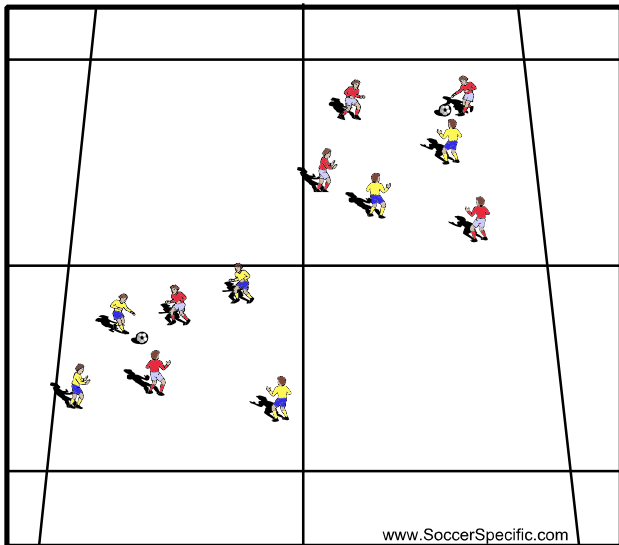


ACTIVITY #1

Set up: 10x10 yard grid. Two sets of colored bibs. 6 players per grid arranged in a 4v2 situation, as shown.

Instructions: Emphasis of this session is on improving the team's ability to create and exploit scoring opportunities. Objective: 4 players try to keep the ball without losing possession to the 2 opposing players.

Coaching Points: Always play away from pressure. Angles and distance of support.

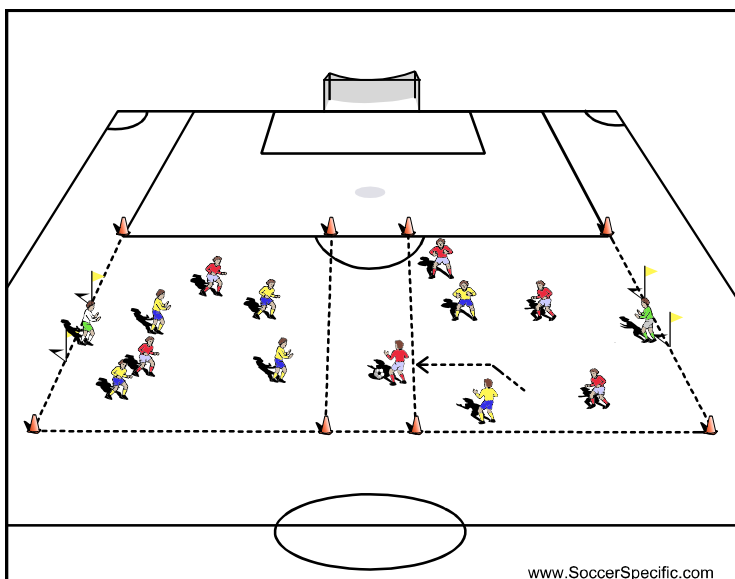


ACTIVITY #2

Set up: A 20x44 yard grid is set up as shown with a 7-yard wide middle zone. A 4v2 is arranged in each end zone. Goalkeepers are in each goal.

Instructions: Play begins with the goalkeeper. The 4 players try to keep possession in their zone until they create an opportunity to dribble forward into the middle (neutral) zone. Player (A) and (B) act as opposing forwards trying to win the ball in front of their opponent's goal. If a player dribbles into the neutral zone he must then shoot on the opponent's goal at the opposite end of the grid. Play is live in the other end zone once the shot is taken.

Coaching Points: Establish a rhythm in possession in order to create gaps to exploit. All strikes on goal must be at match speed (since the player is unopposed in the neutral zone). Teammates in opposite grid must act as strikers and follow up every shot in case the goalkeeper gives up a rebound.

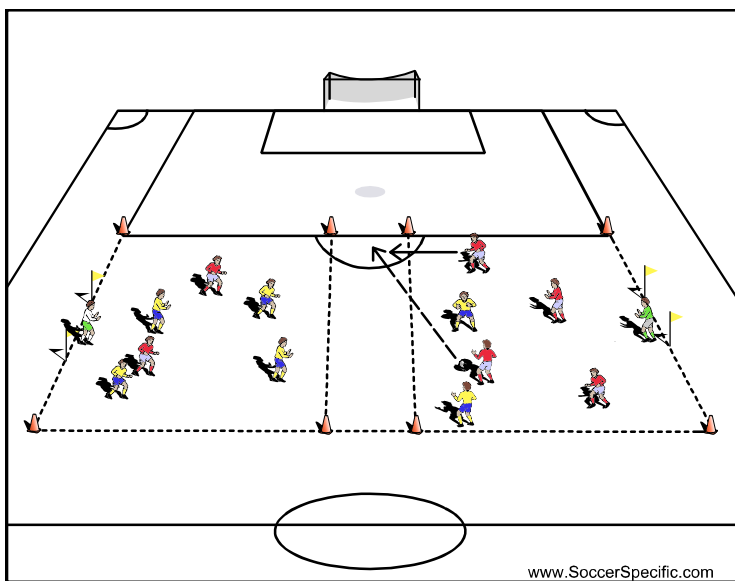


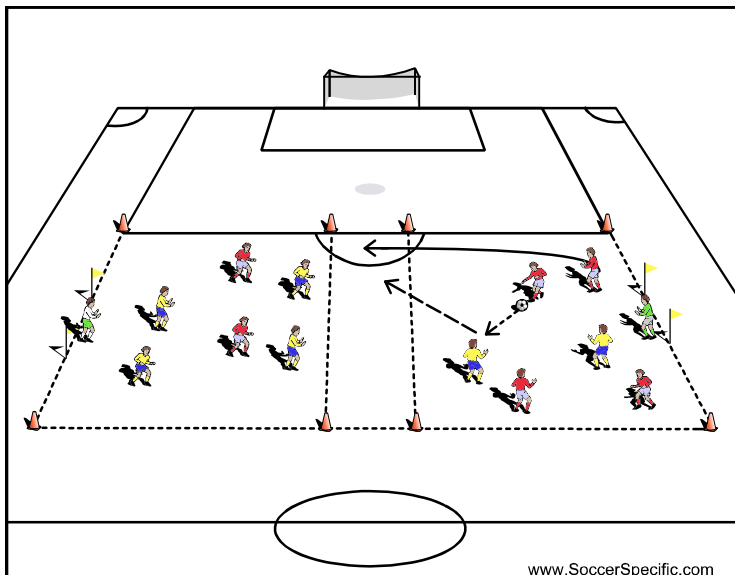
ACTIVITY #3

Set up: Progression of previous activity.

Instructions: Players in possession must pass their teammate into the neutral zone.

Coaching Points: Players must balance between safety in possession of the ball and attempting through balls. All strikes at match speed.



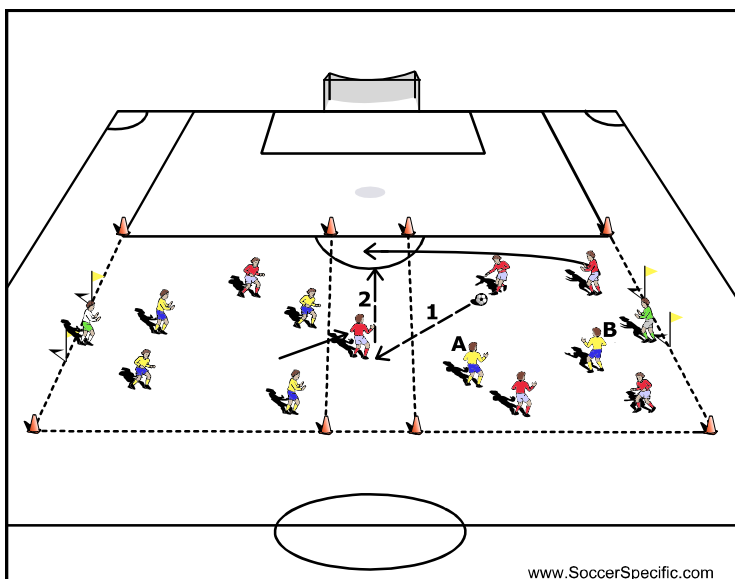


ACTIVITY #4

Set up: Progression of previous activity.

Instructions: Players must combine (1-2 pass, double pass, overlap, etc.) before entering the neutral zone. Coach can start implementing offside into the neutral zone to encourage well-timed runs.

Coaching Points: Timing and angle of support to create goal-scoring opportunities. Communication between teammates.

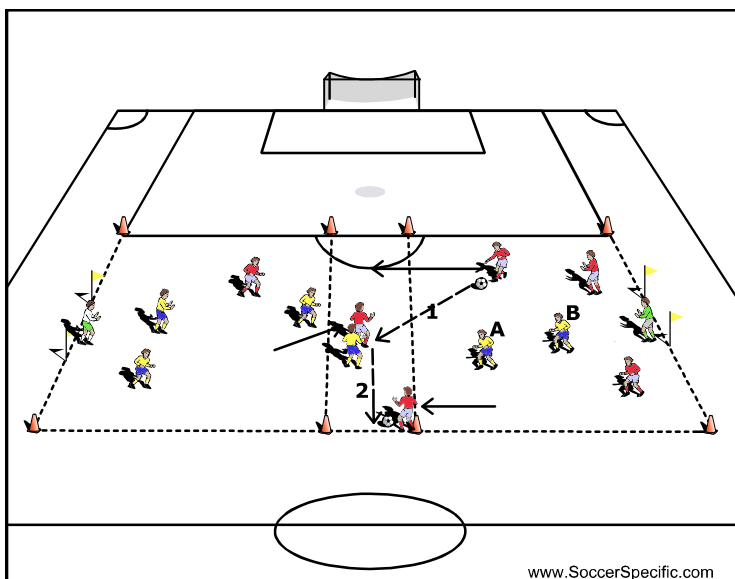


ACTIVITY #5

Set up: Progression of previous activity.

Instructions: A forward from the other grid can check into the neutral zone and receive a pass from any of his four teammates. One supporting player may join the forward in the neutral zone. Once the forward receives the ball, all players in the final two thirds of the field are live. Defenders may now enter the neutral zone to challenge for the ball. If possession is lost, all players must retreat to their original positions. See diagram.

Coaching Points: Timing and angle of runs from forwards. Decisions by forwards (turn and shoot, layoff for incoming runner, etc.). Must get shot off quick since the attacking team is in a numbers down situation once they enter the neutral zone (3v4).



ACTIVITY #6

Set up: Progression of previous activity.

Instructions: Forwards checking back into the neutral zone can now be marked (followed) by defenders. 2 players may now enter the neutral zone to support the checking forward to create a 4v4 situation.

Coaching Points: Timing and angle of forwards' run is imperative in order to lose marker. Decisions by forwards to combine with other forward, shoot or lay-off to oncoming teammates.