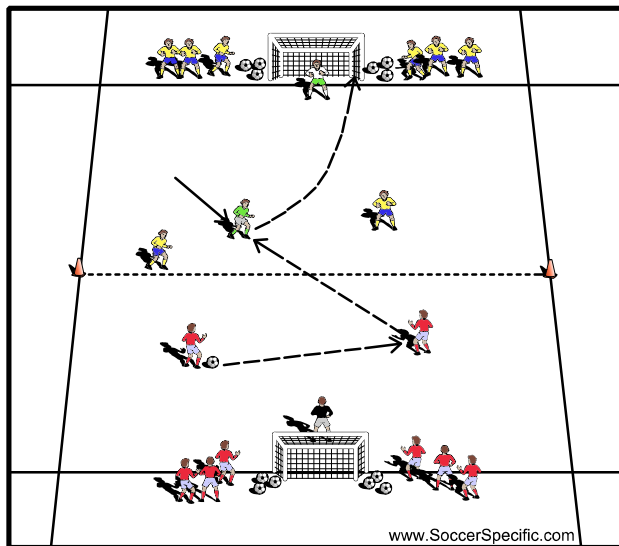


### ACTIVITY #1

**Set up:** Players work in pairs with one ball. Use half a field and create numerous 4-yard wide goals with cones as shown.

**Instructions:** Players begin by passing the ball through the cones to their partner. After each pass, the players must job to a different mini goal and repeat the sequence. Players must move to a new set of cones each time. Players must focus on using the inside, instep and bending balls on the ground. In this diagram, (A) bends the ball through the mini goal to partner (B). Players stop and perform static stretches periodically as the activity progresses. Progression: 1. Add 2-4 neutral defenders inside the playing area. Rotate the defenders often to avoid fatigue.

**Coaching Points:** Body mechanics and control. Body position and balance. Eye on the ball. Quality of preparation touch. Proper selection of contact surface.

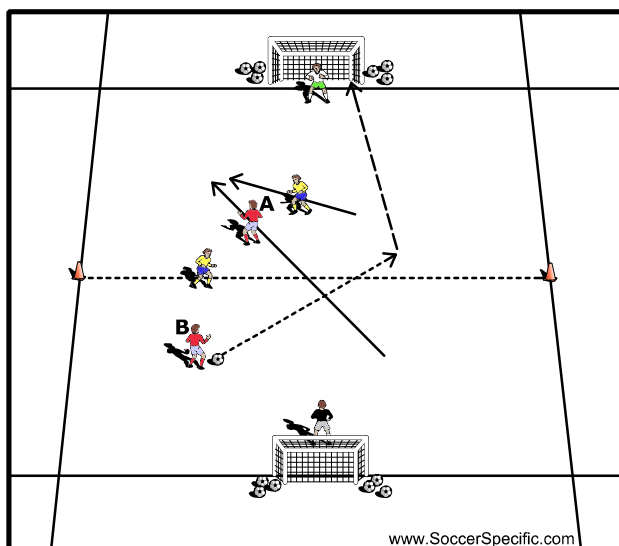


### ACTIVITY #2

**Set up:** 20x25 yard area or as needed. 2v2 +1 with GKs in two full-size goals as shown. The remaining players are positioned on the end-lines. A supply of balls is placed next to each goal to maintain the flow of the activity. Neutral player plays for team in possession.

**Instructions:** Players rotate attack between the Yellow and Red teams each time - Example: Red team attacks and Yellow defends, once the Red team shoots or scores, etc. the Yellow team receives the next ball and become the attackers as two NEW Reds enter the field to act as defenders - flying changes.

**Coaching Points:** Aggressive and positive mentality to go to goal. When to pass, shoot or dribble? Supporting angle and distance to ball. Combination play. Unbalancing the defense.



### ACTIVITY #3

**Set up:** 20x25 yard area. 2v2 with GKs in two full-size goals as shown.

**Instructions:** Players compete for possession of the ball and attempt to score in their opponent's goal. A goal scored by combining with a teammate is awarded two goals. Players are encouraged to be creative in front of goal as well as create space for themselves and teammate. In this diagram, (A) has made a positive forward run to create space for teammate (B). (B) can now burst forward into the space and into a good goal-scoring position. Progression: 1. Add 2 neutral players (one on each half of grid) who can combine with the team in possession of the ball. Note: Limit the neutral players to one or two touch to maintain a realistic speed of play.

**Coaching Points:** Creativity and deception. Vision and anticipation. Tactical application to the game (i.e. placement vs. power and positioning to gain an advantage). Timing and shape of attacking runs. Ability to create space for each other.

**ACTIVITY #4**

**Set up:** 30x40 yard playing area. 4v4 with GKs in two full-size goals as shown.

**Instructions:** Both teams compete for possession of the ball and attempt to score in their opponent's goal. Players are encouraged to be aggressive and positive in front of goal. No restrictions are placed on the players during this phase. In this diagram, (A) passes to teammate (B). (B) lays the ball off for a shot by player (C).

**Coaching Points:** Correct attacking shape and balance of team. Frame the goal. Find a way to score. Resiliency - rebound mentality. All technical aspects of finishing.  
**COOL DOWN:** Player perform dynamic movements and static stretches focusing on major muscle groups. Heart rate is reduced.

