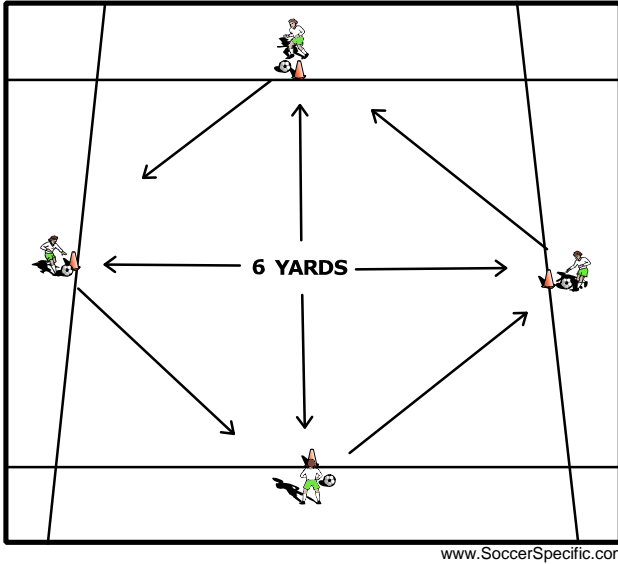


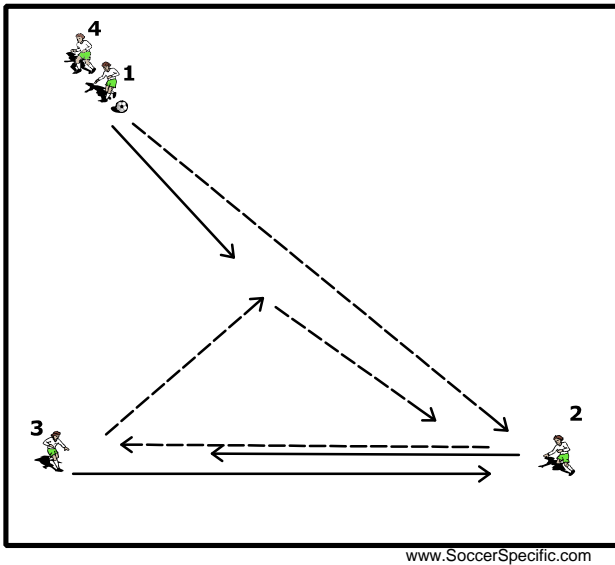
ACTIVITY #1

Set up: Players working in groups of 4 in a 6-yard diamond shape with a ball each.
Instructions: The coach instructs the players through a series of moves in front and behind the ball.
Coaching Points: Body shape, Hide laces behind the ball, Point the toe down, Touch out of feet, Change of speed.



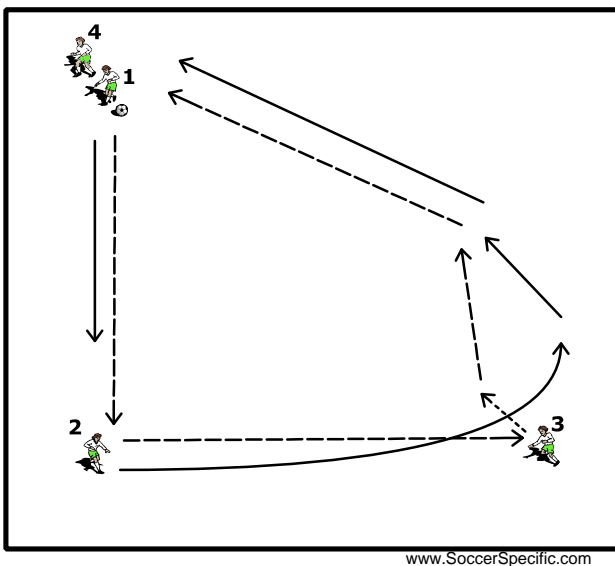
ACTIVITY #2

Set up: Wall Pass.
Instructions: X1 passes to X2. X2 passes to X3. X2 defends X3 PASSIVELY. X1 offers support for wall pass. X3 passes to X4 and follows pass. X1 takes X2 initial starting position. X2 takes X3 initial starting position.
Coaching Points: Create space, Body shape, Weight and accuracy of pass, Angle and distance of support, Communication



ACTIVITY #3

Set up: Overlap.
Instructions: X1 passes to X2. X2 passes to X3. X2 overlaps X3. X3 passes to X2. X2 passes to X4. X3 holds position. X1 takes X2 initial starting position. X2 goes to back of line.
Coaching Points: Create space, Body shape, Weight and accuracy of pass, Angle and distance of support, Communication



ACTIVITY #4

Set up: 4v4 Small-sided game. Each team attacks 3 goals & defends 3 goals.

Instructions: Small sided game to develop previous practices. Goalkeepers defend 3 goals.

Coaching Points: Create space, Decision to pass or dribble, Weight and accuracy of pass, Body shape, 1st touch control, Distance and angle of support, Communication

