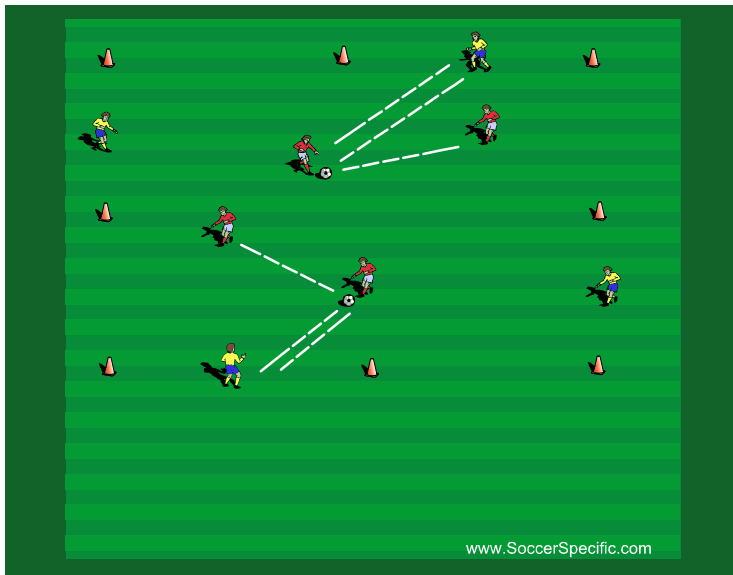


ACTIVITY #1

Set up: 30yards wide by 20 yards long; 15 yards between cones wide by 10 yards between cones long.

Instructions: 30 second intervals. Pass the ball to a player on the outside, get a pass back. Must find a new pass on the outside each time.

Coaching Points: Heel down, toe up. Ankle locked on contact of the ball. Follow through to the target.



ACTIVITY #2

Set up: 30yards wide by 20 yards long; 15 yards between cones wide by 10 yards between cones long.

Instructions: 30 second intervals. Pass the ball to a teammate on the inside, the new player must now pass the ball on the outside, get a pass back. Must find a new pass on the outside each time.

Coaching Points: Heel down, toe up. Ankle locked on contact of the ball. Follow through to the target. Head up looking for new teammates. Scan the entire area with eyes (vision).



ACTIVITY #3

Set up: 30yards wide by 20 yards long; 15 yards between cones wide by 10 yards between cones long.

Instructions: 30 second intervals. Play 2v2, 3v3 or 4v4 in the middle area. Teams play against each other and can pass the ball to teammates on the outside. If pass is made and return pass is in possession = 1 point. Play to 10 points; don't forget about the intervals!

Coaching Points: Heel down, toe up. Ankle locked on contact of the ball. Follow through to the target. Head up looking for new teammates. Scan the entire area with eyes (vision). Passing for possession.



ACTIVITY #4

Set up: 30yards wide by 20 yards long; 15 yards between cones wide by 10 yards between cones long. Goals on the endlines.

Instructions: Play a game! Look for quality passing. Place a few restrictions/demands on the game first. For example, have to get 3 consecutive passes before shooting and scoring; play without goalkeepers and then add them.

Coaching Points: Heel down, toe up. Ankle locked on contact of the ball. Follow through to the target. Head up looking for new teammates. Scan the entire area with eyes (vision). Passing for possession. Be positive and limit any criticism!