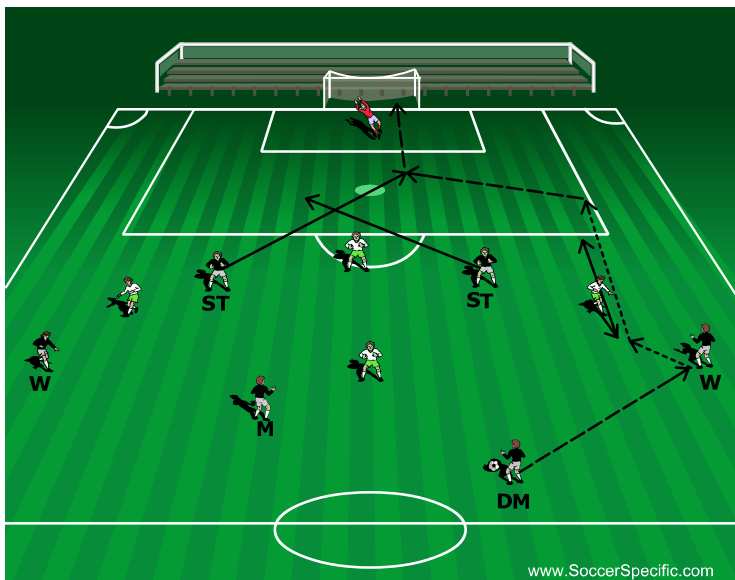


ACTIVITY #1

Set up: Organize a MF line A next to goals, a W line B midway on touchline and two ST lines C and D. In second stage add defender to pressure W. Balls are placed at MF positions.

Instructions: MF (A) plays ball to checking W (B) who turns and performs move then accelerates at match speed through cones (Stage 1) and then crosses to ST (C and D) pair making near and far post runs. MF (A) plays to W (B) who takes on restricted defender (C) before accelerating past to cross to incoming ST (D and E) pair. Rotation MF...W...D...ST1...ST2...MF on opposite side

Coaching Points: W-Monitor D before executing move. Add acceleration to move to make space. Look to connect with ST. ST-Hold runs to get into scoring position at right moment. Be aggressive in the penalty area. Be ready for rebounds. Challenge team to score X number of goals in a set time limit.



ACTIVITY #2

Set up: 6 V 4 + GK in 1/2 field (60 x 50)...

Instructions: Ball should be circulated to find open W who is to take on 1 v 1 the WD on opposing team.

Coaching Points: W-recognize correct moments to take on. Accelerate past D after creating space. ST-Shape and support while ball is being circulated. Timing of runs into penalty area. MF-Support in build-up. Firm passes wide. Attacking shape as ball is being crossed.



ACTIVITY #3

Set up: Set up two equal teams of 7 v 7-->11 v 11. Play from 18 to 18 if 7 v 7-->9 v 9...expand space for 11 v 11.

Instructions: Encourage wide attacking. Goals resulting from a cross=3 pts. Goals resulting from a cross after a W has beaten a defender 1 v 1=5 points. All other goals=1 point.

Coaching Points: All previous points.