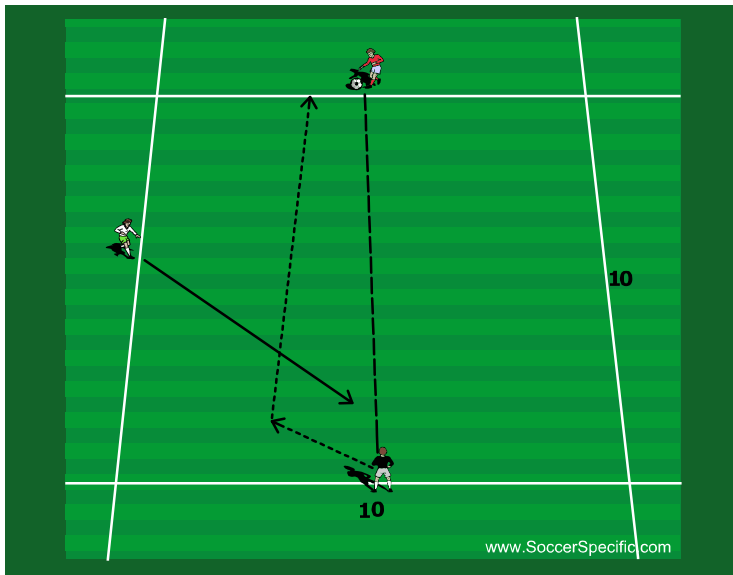


ACTIVITY #1

Set up:

Instructions:

- Coaching Points:**
- 1) Check away to create space while ball is in flight to teammate
 - 2) When teammate is ready to pass, check to get ball
 - 3) Receive ball while facing opposite side of field
 - 4) Receive with back foot or by letting ball across body
 - 5) Prepare ball with first touch for pass
 - 6) Pass to teammate's back foot

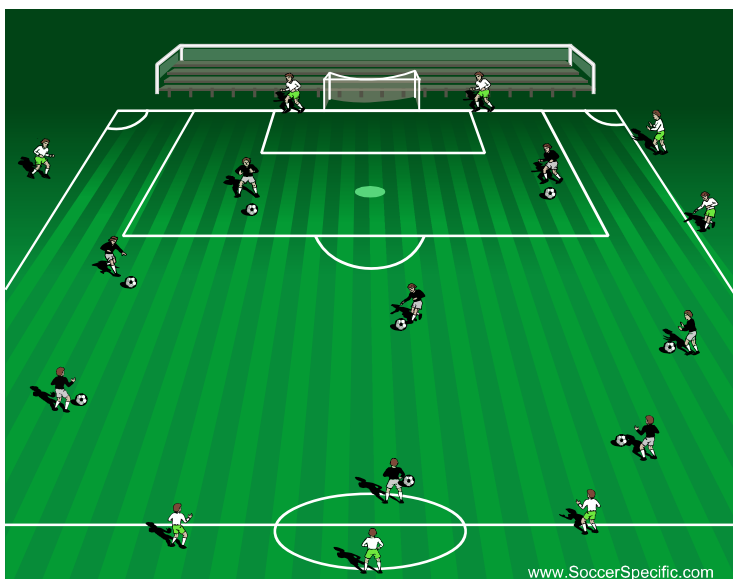


ACTIVITY #2

Set up: Groups of three players with a supply of balls in a 10 x 10 space.

Instructions: Players rotate through each position after set number of reps. Extend length of service and type of service eg. driven balls, lofted balls, vary weight of passes. Receiving player returns ball to server by passing or dribbling to line.

- Coaching Points:**
- 1) Scan for pressure
 - 2) Be ready
 - 3) Get in line of flight...Scan
 - 4) Offer controlling surface
 - 5) Cushion ball on impact
 - 6) Cushion on impact into available space



ACTIVITY #3

Set up: Half of team, each player with a ball is in one half of the field. The other half of team starts outside of playing space.

Instructions: On coaches signal, team on outside of field enters the field and tries to win balls from opponents. After winning ball, team tries to score on goal. Team with the balls tries to keep the balls as long as possible. Game will progress from several 1 v 1 duels to a larger 8 v 8 game.

Coaching Points: Technical points stated above. Progress to final game 8 v 8.