

### ACTIVITY #1

**Set up:**

Up, Back, Through

- 1) In groups of four with one ball each
- 2) Pair the group and position the pairs 10 to 15 yards from each other.

**Instructions:**

Ball starts at one end; Pair with ball combine with wall pass (up, back); Ball is played to opposite pair's deepest player; Opposite pair repeat sequence; Have players reverse roles each repetition; Increase distance, type of combo, pass, after time

**Coaching Points:** Before receiving, make space to receive in, i.e. check away; Before passing, make space to pass from and prepare body to pass, i.e. open to ball and to target; When passing, position plant foot to point at target; Passing foot should have toe up with ankle locked if passing with inside of foot; passing foot should have toe down and out if passing with inside of the instep; Plant foot should be next to ball at hip width distance; Follow through to target



### ACTIVITY #2

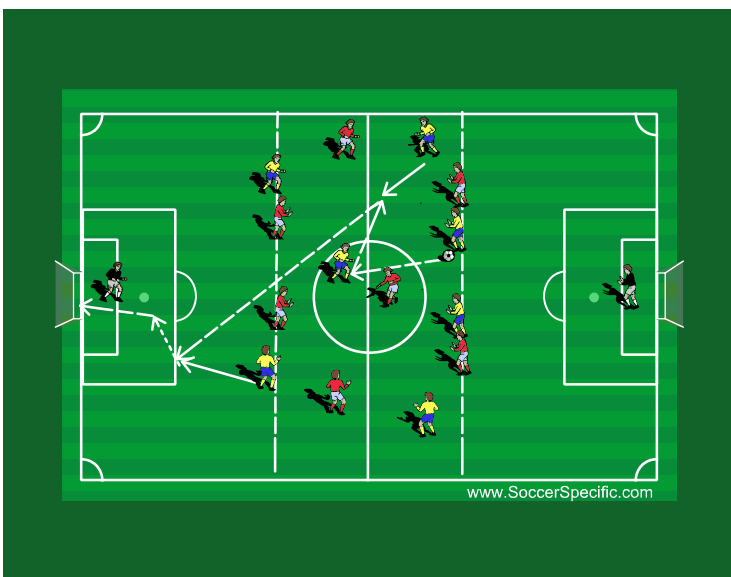
**Set up:** Striking Long Balls

- 1) Divide teams into 3 groups of 5 or 6
- 2) Two teams occupy their own half of a field
- 3) The third team is divided in half and each half supports as targets one of the two teams, the third team is positioned on the edge of a middle zone situated between each half.
- 4) Both end zone teams have one ball for each player

**Instructions:**

- 1) On coaches signal, each team tries to combine with a target and plays an up, back through combo.
- 2) Play lasts for 30-45 seconds.
- 3) Team that has fewest balls at end of time scores a point. Keep score!
- 4) Rotate teams

**Coaching Points:** All previous points.



### ACTIVITY #3

**Set up:** 8 v 8 in a middle third zone (25 yards deep x width of field) Teams play with 2 or 3 forward players and 3 or 4 backs/midfielders who play from behind midfield line.

**Instructions:** Attacking team must play ball into a forward who must lay ball back to an oncoming back who then plays long to another forward for an up, back, through sequence.

Progress from 1 v GK to 3 v 3 in final third to full match.

**Coaching Points:** Previous technical points and...

Forward players must support for first ball forward and be ready for next pass to be played through or long.