

ACTIVITY #1

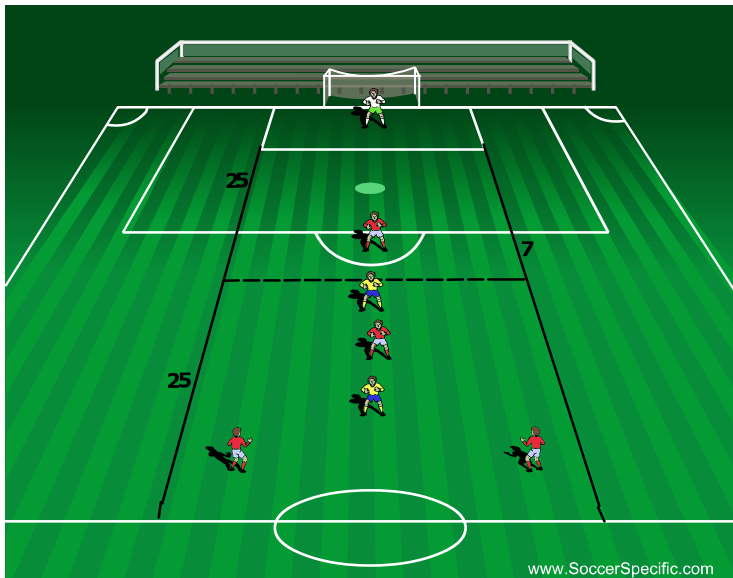
Set up: 3 v 0 + T--In 25 x 15 yd grids...start with three players at one end with the ball while a fourth player sets up at the opposite end of the grid.

Instructions:

The three build-up by passing and moving. Upon executing a coach determined combination (wall pass, overlap, takeover, 1-2-thru, the three then play to their target at the opposite end of the grid. Two of the three join the target to form a new three while the remaining player stays at his end to become the new target. Repeat the process.

Coaching Points:

- 1) Make sure the three in build up are spaced well and form a triangle.
- 2) Encourage target to remain as deep as possible as long as possible to help promote penetration from the three build-up players.
- 3) Combination play should be executed as quickly as possible.
- 4) Ball forward to target should be played crisply.

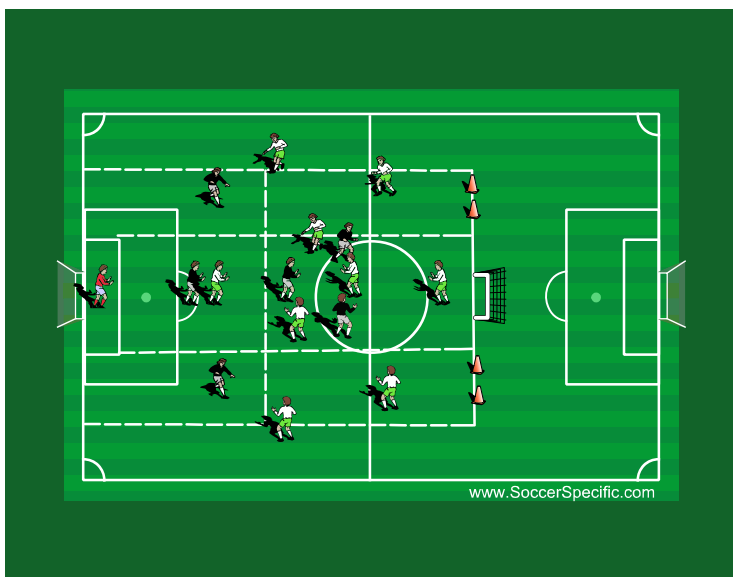


ACTIVITY #2

Set up: 3 v 2 + T--Midfield build-up to penetrate

Instructions: Attacking team starts with ball in midfield and looks to break down defense through quick play and combinations. After attack progresses, start by giving ball to defense so attacking team must win ball then counter attack.

Coaching Points: Same as above



ACTIVITY #3

Set up:

9 v 7 to goal with counter goals for defending team

Instructions:

Create central and wide channels and distribute players as shown. Initially keep players in their channels. As game progresses allow for more freedom. Encourage the attacking team upon winning ball to play through the center forward in order to break down the defense.

Coaching Points:

- 1) Play into center forward early.
- 2) Look to support center forward immediately
- 3) Wingers/ midfielder not involved in initial support should look to receive next pass wide or behind defense.