

### ACTIVITY #1

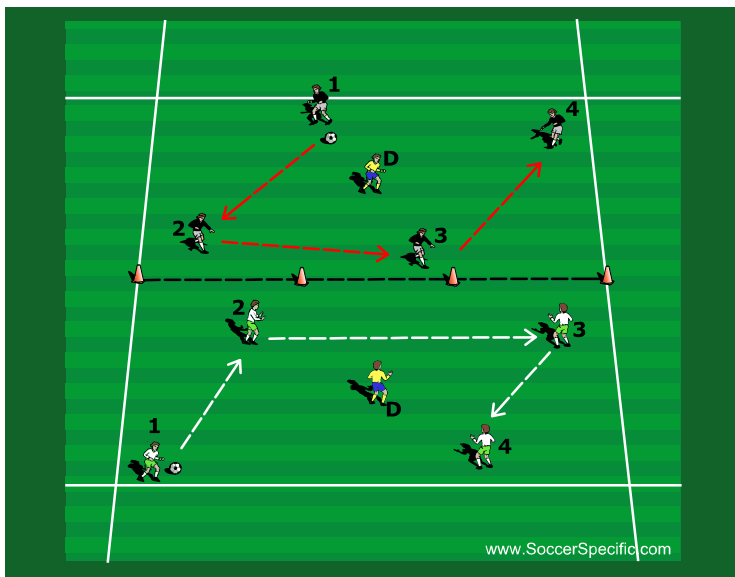
**Set up:** Field dimensions should be 30yd by 40yd. Or 30x30.

**Instructions:** WARM-UP:

Divide players into 2 groups. Then assign numbers within those groups. Players are to pass in numerical order (1 to 2, 2 to 3, 3 to 4, etc.) Rule #1: Ball must be moving at all times! Rule #2: All players must be moving at all times!

**Coaching Points:** Technical Coaching points for receiving should emphasize:

- 1) Get your body behind the ball as it comes to you (not just your foot).
- 2) Prepare the surface to receive the ball (open your foot to the ball).
- 3) "Put a Roof on the Ball" As you receive the ball concentrate on the top half of the ball to keep it from bouncing up. This will also help you cushion the ball .



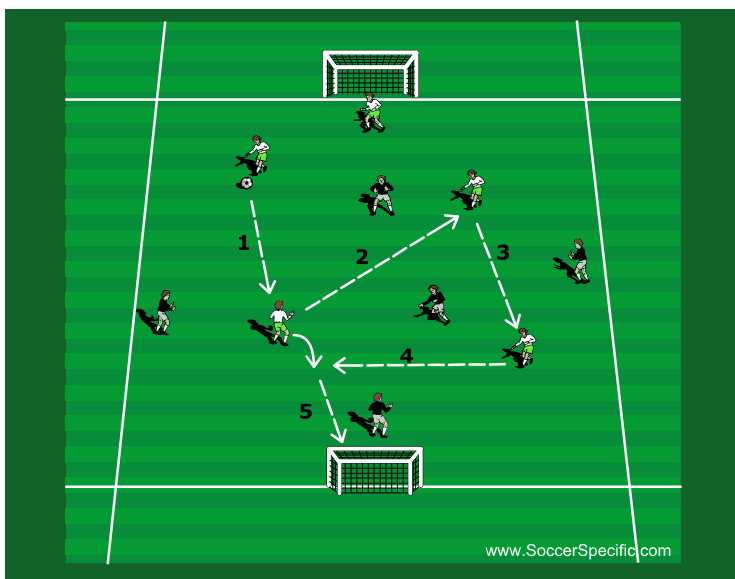
### ACTIVITY #2

**Set up:** Setup is the same as above... but divide the field into 2 halves...

**Instructions:** Play 2 KeepAway Games. Split as best you can into 3v1 or 4v1. Object of the game is to get 6 passes before the defender (D) touches the ball or the ball goes out of play. If the defender (D) touches the ball, he switched spots with someone on the outside. If players on the outside connect 6 passes= Defender stays in the middle once he touches the ball. If the ball goes out, last player to touch it goes in the middle (becomes D).

**Coaching Points:** Technical points are the same as above.

- 1) Players on the outside must look to get into good passing lanes to receive the ball.
- 2) When receiving, the touch should be rolling in the direction you want to play next. You don't want to stop the ball dead (so that it is not moving).



### ACTIVITY #3

**Set up:** As close to full sided as possible... 60yd by 40yd. 5v5 or 6v6 at U10.

**Instructions:** Scrimmage game with modification. Score a goal=1 point. Connect 4 passes=1 point.

**Coaching Points:** Same as above... Encourage players to try to connect passes because often times it is easier to string 4 passes together than it is to score. Also, as you pass the ball around, it will create openings for your team to score a goal.