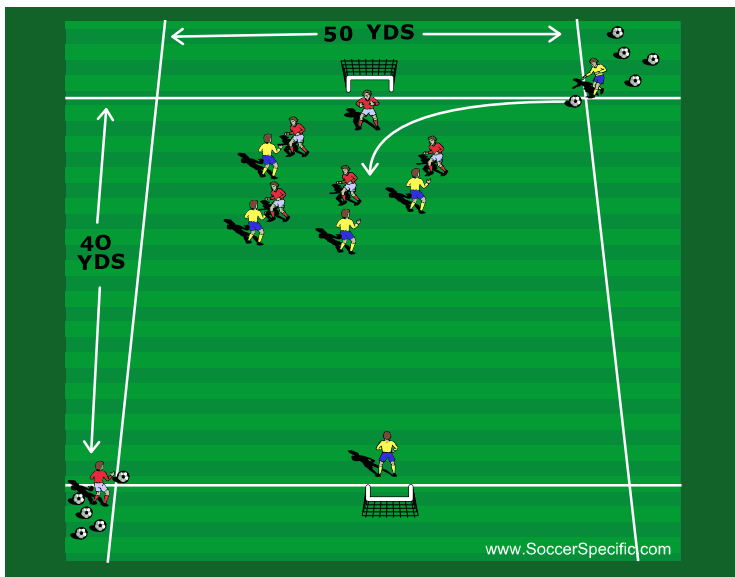


ACTIVITY #1

Set up: 0-20 Minutes. Set up 4 cones, two on each flank and two cones 10 yards apart just beyond the 18. Field should be at least 50 yards wide.

Instructions: Have players get into groups of three. 1-One of the players in the middle plays a pass to the player out wide. 2-Player out wide dribbles ball down line and 3-crosses it to two player making a near post run and a far post run. Make this into a game-one point=any goal scored on ground. two points=anything scored in air (volley, header etc.). First team to score 10 points wins. Variation-have players cross the ball with their left foot.

Coaching Points: 1)Timing-players making run should be sprinting into the box just as the ball is about to be crossed. 2)Crosser-dribble the ball all the way to the endline and lift your head up to see which player your playing the ball to. 3)Crosses-away from goalie-about 6 yards out.

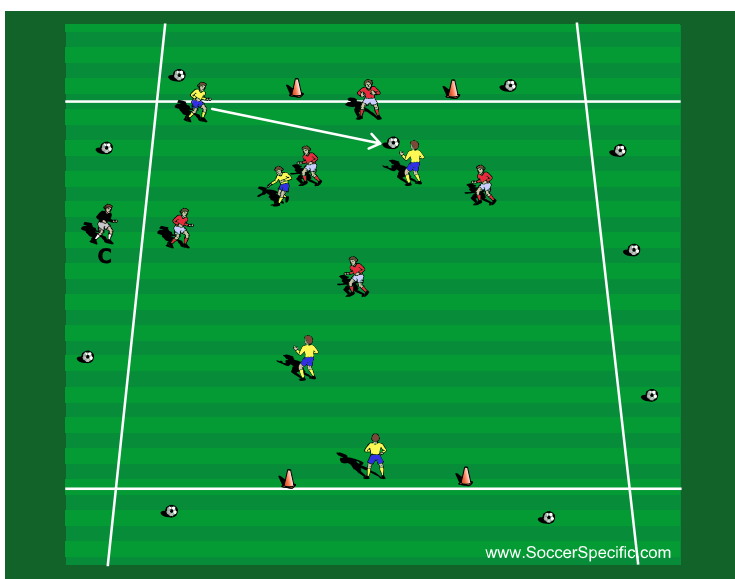


ACTIVITY #2

Set up: 20-40 Minutes. Set up a field 50 yards wide by 40 yards long. Set up two goals on each endline.

Instructions: Divide players up into two teams. (Pennies and non-pennies). Designate one crosser from each team. Game starts by one team crossing the ball. The ball is live (in play) until it goes in the goal, or over either endline or sideline. If the defending team steals the ball they can go attack the far goal. Teams then alternate to the far goal between being on offense and defense. Games played to 5 goals or until crossers run out of soccer balls.

Coaching Points: 1)Good crosses-away from goalie and in bounds 2)Runners-Attack the ball



ACTIVITY #3

Set up: 40-60 Minutes. Set up a field 40-50 yards wide by 50-60 yards long (depending on space available, make a rectangle, not a square). Depending on resources use two goal or 4 cones, or 4 flags. Cones need to be 8 yards apart (8 big steps).

Instructions: Divide players into two teams (one pennie team and one non-pennie team). Play with Goalkeepers. Put the team in some sort of formation to avoid bunching around the ball. After every 4-5 minutes switch out goalies. Play throwins and corners. Scatter soccer balls around endline and sidelines for quick restarts. Let them play!!! Variation-put emphasis on crossing and finishing-if goal scored off a cross worth 2 goals vs. a regular goal worth 1 goal.

Coaching Points: 1)Head up just before crossing the ball to see where teammates are 2)Cross the ball away from the goalie 3)Timing of runs-runners should not arrive too soon