



ACTIVITY #1

Set up: Field is 25 x 35. Divide team into groups of 5. Plenty of balls in goals.

Instructions: Teams rotate through: 1) Attacking, 2) Defending, 3) Ball retrieval. Games last 1 to 2 minutes. Attacking team has two or three man advantage. Challenge attacking team with conditional play each round: 1) Must score in three passes or less, 2) Must combine (specify combination or allow any overlap, 1-2, takeover, 1-3) before scoring, 3) One touch shooting only, 4) Must score from a cross, 5) Can only score from a back pass.

Defending team tries to score also, but plays without conditions.

Coaching Points: 1) Players should always consider shooting first whenever possible.

2) Players off ball should prepare to shoot (find shooting space and face goal if possible) in event ball is played to them.

3) Stay positive, have a short memory!

4) Encourage teammates to shoot.

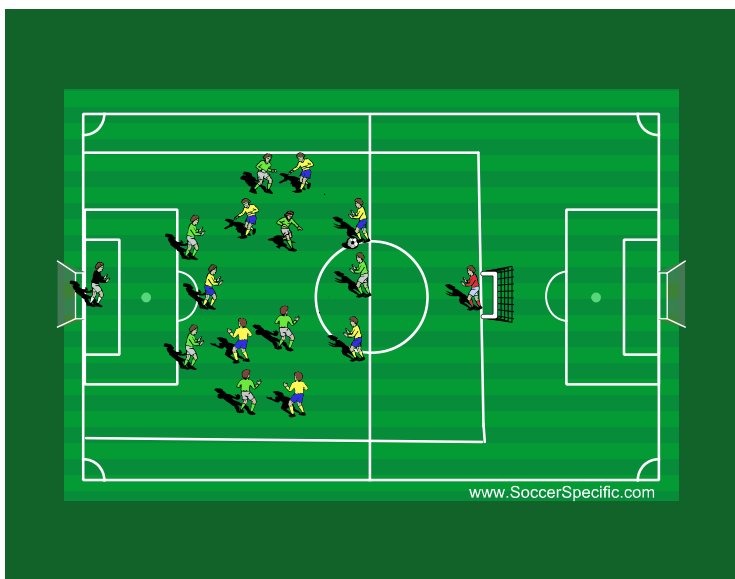


ACTIVITY #2

Set up: Field is 25 x 35 with extra balls in goals. Teams play 6 v 6 with extra team supplying one touch bumpers on endlines.

Instructions: Games are played for 1 to 2 minutes. Winning team remains in the game. Coach can instruct GKs to knock down all shots for second ball opportunities. Keep record of wins, losses, goals scored, etc. Can use conditions stated above to bring out specific aspect of play.

Coaching Points: All previous points.



ACTIVITY #3

Set up: Field is 55 x 70. Teams are 7, 8, or 9 a-side.

Instructions: Can use specific conditions in game to bring out aspect of play.

Coaching Points: All previous points.