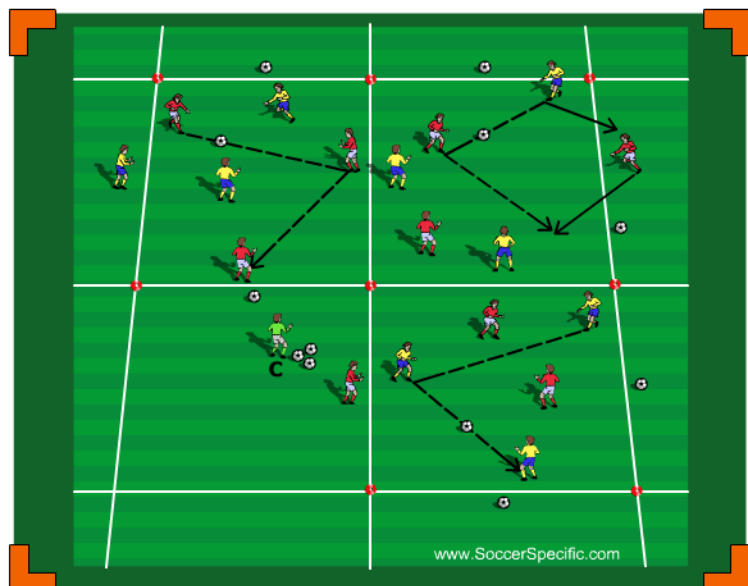


ACTIVITY #1

Set up: 40 x 40 area or as needed. Divide group into two teams. One team in the middle, and one team on the outside as shown. Team in the middle begins with 1/2 as many balls, as players.

Instructions: The team in the middle focuses on dribbling, passing and moving. The team on the outside must stay active on their toes and serve as bumpers when passed to. Focus on Coerver moves, sharp passing with various surfaces of the feet, and angled movements off of the ball. In addition, combine with players on the outside when the opportunity presents itself. Rotate inside to outside every two minutes or as needed.

Coaching Points: Body mechanics and technique. Accuracy and weight of the pass. Movement off of the ball. Correct angles of support. Verbal and visual communication. Develop timing, rhythm, and tempo.

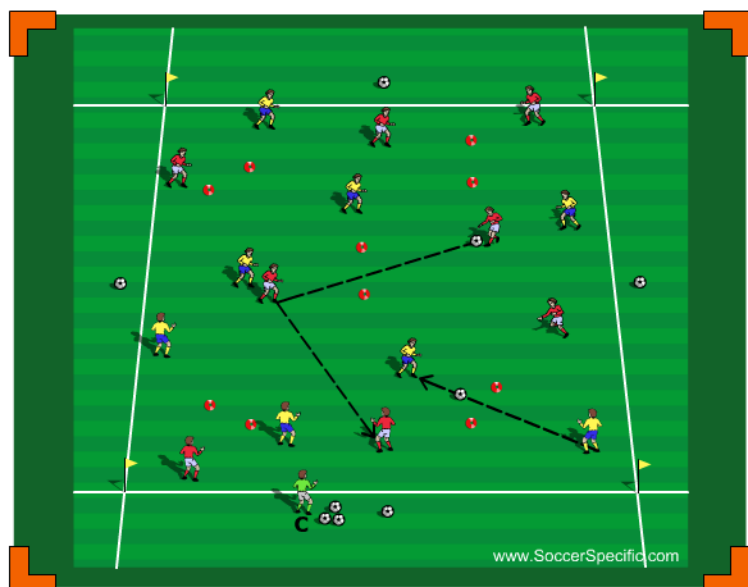


ACTIVITY #2

Set up: 20 x 20 grids or as needed. 6 players per grid. Play consists of 3 v 2 with one player outside the grid waiting to transition into the grid as shown. Extra balls will be needed.

Instructions: Play begins 3 v 2. If the two defending players win the ball, the outside player immediately transitions into the grid in support of the ball, and one original attacking player must immediately leave the grid. Play for time, rotate colors from grid to grid. Increase space and progress to 4 v 3 or 5 v 4.

Coaching Points: Angles of support. Speed of play and decision making. Exploit the numbers-up situation. When to hold it, dribble or pass. Transition quickly in support once possession of the ball is won. Verbal and visual communication.



ACTIVITY #3

Set up: 40 x 40 area or as needed. Divide group into two teams. One ball per team. Make sure plenty of additional balls are available.

Instructions: Teams begin by passing and possessing the ball within their respective team (do not steal the ball). Apply touch-restrictions as the players become comfortable with the environment (2 touch, 1 touch). Progress by allowing the opponent to steal the ball, if one team has both balls, they get a point. Award each team an additional point by passing through a gate, first team to 21 wins. Final progression, remove one ball, and points are awarded only for passing through the gate and maintaining possession, first to 11 wins.

Coaching Points: Body mechanics and technique. Accuracy and weight of the pass. Movement off of the ball. Correct angles of support. Verbal and visual communication. Develop timing, rhythm, and tempo. Speed of Play and decision making.

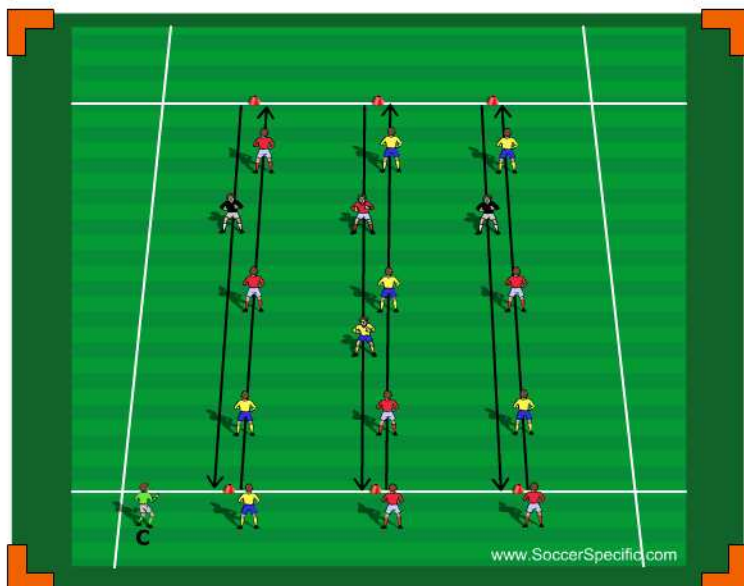


ACTIVITY #4

Set up: Half field with wide flank channels. 8 v 8 with two players from each team starting in the wide flank channels as shown.

Instructions: Play begins with one team in possession, if the ball is passed to one of the target players in the wide flank channels, the target player should receive the ball with 1 touch (if possible) into the field of play, and the player passing the ball to the target player becomes the new target player as shown. If the target player does not receive the ball 1 touch into the field of play, they must penetrate the flank and cross the ball, and no player exchange occurs. Players are not allowed to defend inside the flank channels. Final phase, remove all restrictions, channels, and finish 8 v 8.

Coaching Points: Find the most efficient and effective way to score. Reward creative and decisive actions. Find a way to win. All of the above.



ACTIVITY #5

Set up: Cool down. 20 x 30 area or as needed. Create 3 lines with players equally distributed in each line as shown.

Instructions: Designate a 'team captain' to lead the cool down exercises. Players begin with a simple jog back and forth between the cones. Gradually progress by performing various dynamic exercises, flexibility movements to include, but aren't limited to: skipping, lunge walks, squats, toe touches and raises, leg swings, side-stepping, grapevine, gate (groin) movements, knee hugs, heel kicks, etc. Reduce heart-rate. Final stretch.

Coaching Points: Reinforce the topic and theme of the session. Briefly review the session and key coaching points. Remind the players of upcoming training, games, or events.