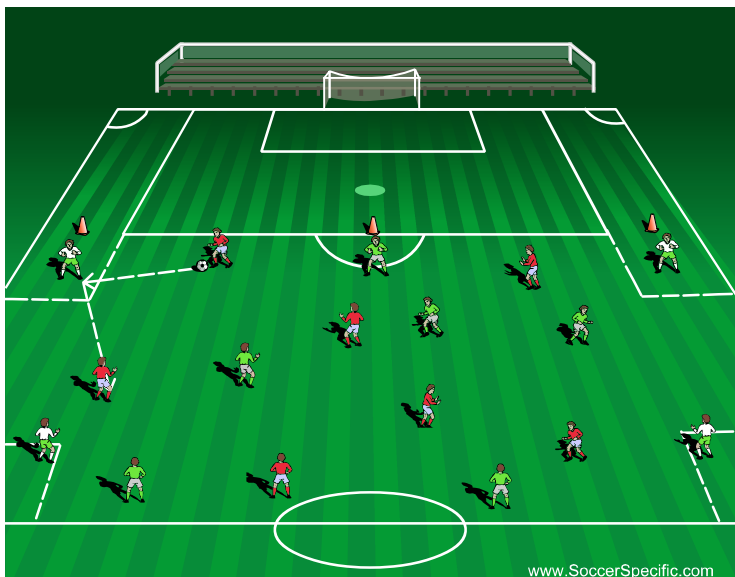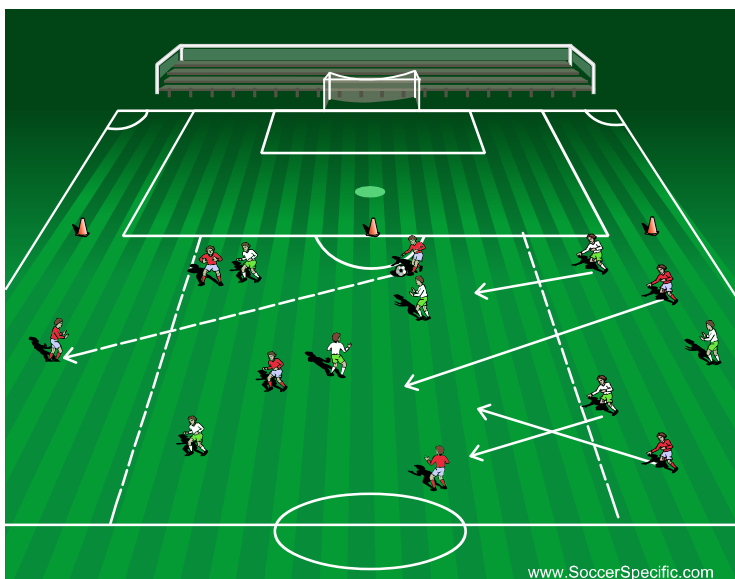## ACTIVITY #1

Set up: 3 teams of 5. As illustrated Yellow and Red vs. Green. Loss of possession results in team transitioning to defense.
Instructions: Unrestricted to begin. No more than 2 touches. Player must dribble, penetrate before passing. Unrestricted again. Note: any team in possession caught standing, transitions to defense.
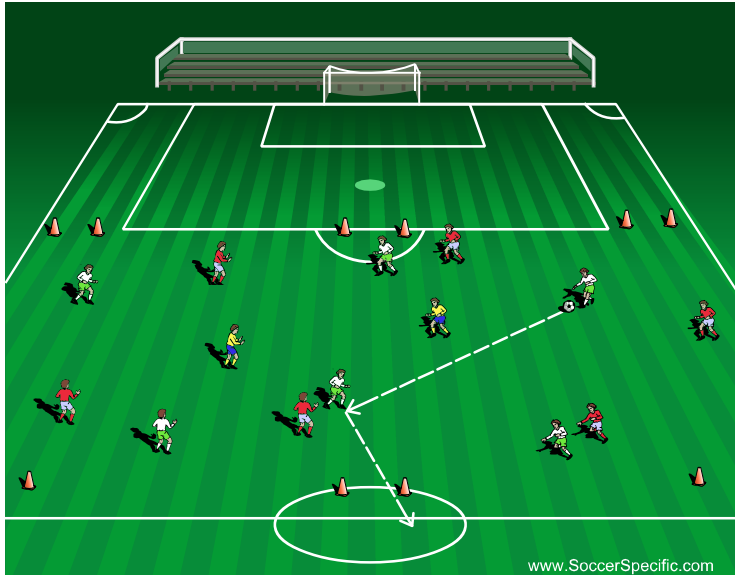**Coaching Points:** Address all principles of play as needed.

ACTIVITY #2

Set up: 6 v 6 + 4 target players in corner grids.
Instructions: Possession with target players. Target players a limited to 2 touches. Object to maintain possession and connecting to all 4 target players -- once this is done, a point is awarded and target players rotate.
Coaching Points: Address all principles of play as needed.

ACTIVITY #3

Set up: 7 v 7 with restrictive lines. As illustrated, the Red team is defending against the White team, once they win possession from the White team, they must transition to their target player and Red maintains possession in 2/3 of the field. Green is then defending, and 1 player stays in the target zone for Green in transition.
Instructions: Attacking and defending transition, speed of play, and changing the point of attack.
Coaching Points: Address all principles of play as needed.

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ACTIVITY #4

Set up: 6 v 6 + 2 to a six goal game.
Instructions: Attacking and defending transition, speed of play, and changing the point of attack.
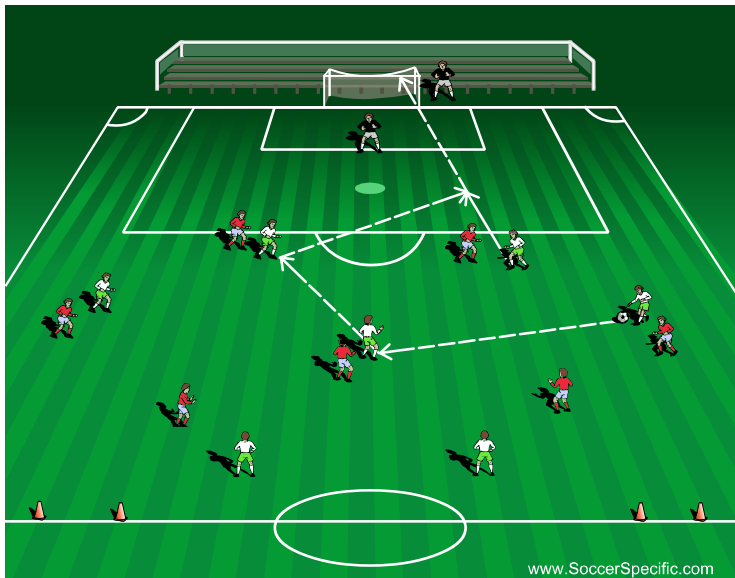**Coaching Points:** Address all principles of play as needed.

ACTIVITY #5

Set up: 7 v 7 + GK's. Large goal and two counter goals as illustrated.
Instructions: Attacking and defending transition, speed of play, and changing the point of attack.
Coaching Points: Address all principles of play as needed.

ACTIVITY #6

Set up: Create an 11 v 11 game and organize teams into various systems of play. For example, a 1:4:4:2 v 1:3:4:3 is shown.
Instructions: No restrictions.
Coaching Points: Address all principles of play as needed.