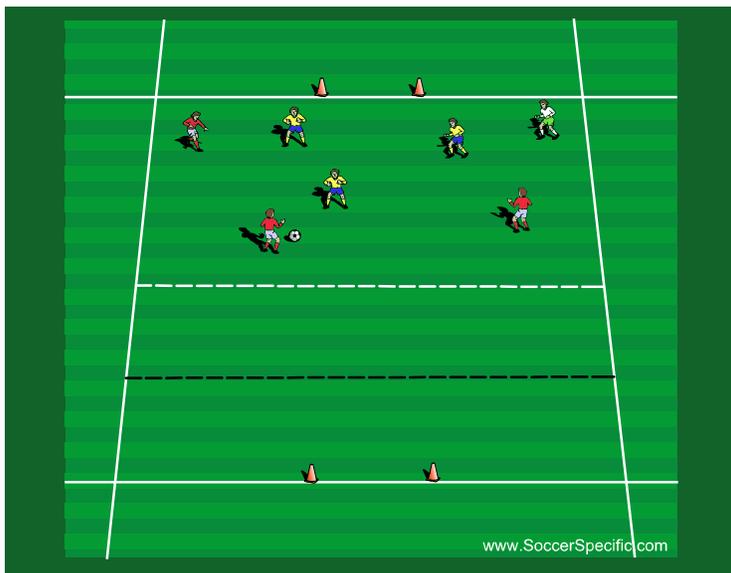


ACTIVITY #1

Set up: 3v2 Possession (Warm-Up)

Instructions: In a 20x20 grid the players play 3v2 possession with one player on the outside of the grid waiting to enter. If the two yellow players win the ball the outside yellow player can enter the grid & one of the red players must exit the grid, so there is always 3v2 inside the grid. Play 1 minute games and tabulate the scores. After 2-3 minutes stop the exercise & have the players perform dynamic stretches within the grid.

Coaching Points: Not too many coaching points, if any, at this stage since this is a warm-up. However, I would ask the player entering the grid when his side go up to 3 players, to think about their supporting run & the angle & distance they take up to support the player on the ball. I would also ask them to move around the grid so they can immediately take up a good supporting position as well as try to anticipate when their team is going to win the ball.



ACTIVITY #2

Set up: 3v3 + 1 (Small Group Activity)

You can use an off-side line if needed. The white dotted line in the diagram is shown as a half-way line, but the off-side line or markers can be placed closer to the goals as shown by the black dotted line.

Instructions: The floater/neutral plays for the team in possession of the ball so there is always a 4v3 situation. The objective is to exploit a numbers up situation as quickly as possible as well as take up quick & effective defending positions when the ball is lost. The players must be aware that transitioning from attacking to defending & vice versa happens in a matter of seconds. Play 3 minute games & no longer to keep up the intensity & then tabulate the scores & rotate players & teams.

Coaching Points: Attacking: attacking mind-set, running w/ball supporting angles & distance, diagonal runs, dropping short, timing of the runs & choice of runs. Defending: tracking runs & defending positions, covering angles & distances, body shape & communication. Immediately defend the danger areas i.e. where the ball is

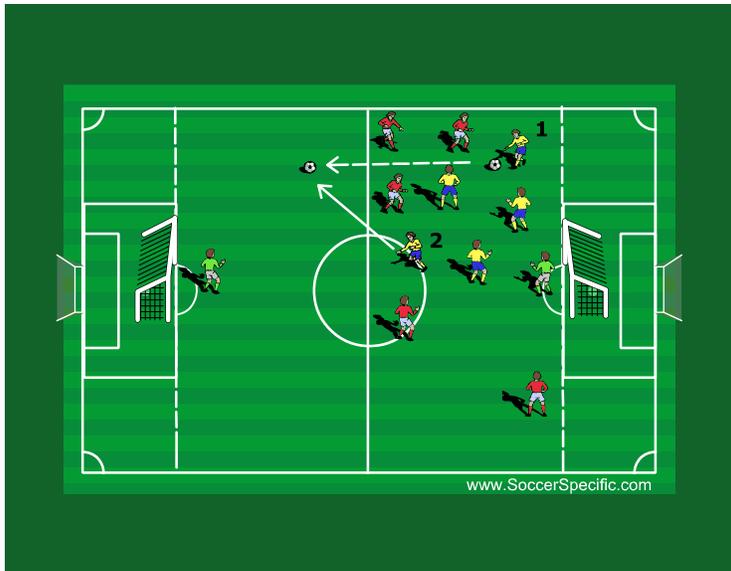


ACTIVITY #3

Set up: 5v5 w/gks in Thirds of the Field (Expanded Small Group Activity)

Instructions: 2v1 in the attacking & defending thirds & 2v2 in the middle third. You can use a floater/neutral in the middle third to gain more success. Any player can join the next third of the field when the ball is played into that area. As shown, player 3 moves into a supporting position into the middle third when player 1 plays into player 2. The ball can also be played from player 1 to 4, which is the best option if available & then player 5 or 2 can enter the attacking third to support the striker.

Coaching Points: Attacking: speed of attack, exploit the numbers up situation, timing & choice of supporting runs, don't kill your space by getting there too early, pace of pass & choice of pass, must be zipped in with pace if playing straight to the front man or possibly dropped short to allow the striker to get off his marker. Defending: immediate pressure on the ball, take up effective defending positions to cut off passing lanes, get compact & tight.



ACTIVITY #4

Set up: 6v6 With Goalkeepers (Expanded Group Activity)

Instructions: All players must play in one half of the field & try and score. When the ball turns over the attacking team must transition as quickly as possible into the attacking half. All runs must be on-side runs. Once the ball is played into the attacking half, as shown with player 1 passing to player 2, all players from both teams must transfer into the other half of the field. All players must remain in the other half until the defending teams wins the ball & is able to get into the attacking half of the field. Depending upon the size of the field there is a lot of running involved in this transition exercise, so games should be no longer than 4 minutes to maintain intensity.

Coaching Points: Attacking: anticipation, speed of play & speed of action, diagonal & bent runs, timing of the runs (don't get caught off-side), precise weighted passes, read the situation. Defending: immediate pressure on the ball, tracking runs, delay, organizing as a unit behind the ball & taking up good defending positions & correct body shape such as sideways on when the ball is in the wide areas, anticipating winning the ball & immediately taking up good attacking positions and mentality.

ACTIVITY #5

Set up: 6v6 With Goalkeepers Final Game

Instructions: No restrictions. Must use off-side lines or markers or play regular off-sides. Play 5 minute games and tabulate the scores.

Coaching Points: Observe the transition from attacking to defending. Are the players taking up the correct attacking and defending positions & is this done at speed? Are they reading the game & able to understand the best options available.

