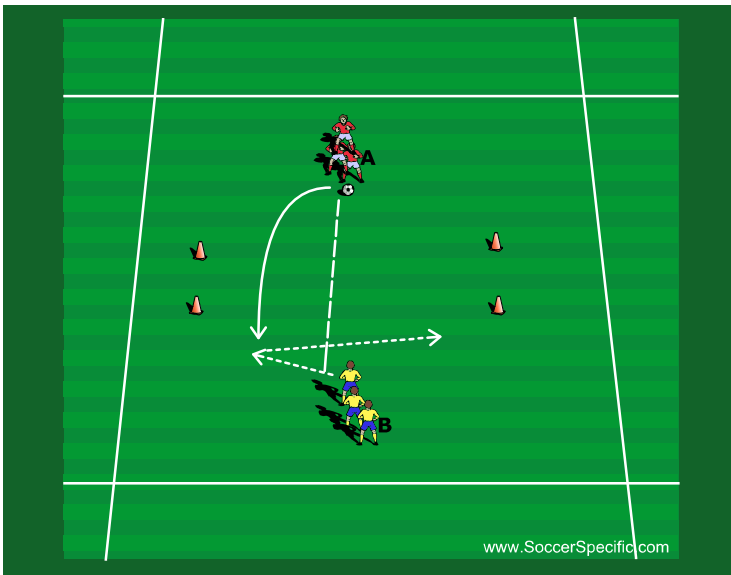


### ACTIVITY #1

**Set up:** 20x20 every one with ball

**Instructions:** 20x 20 every one with ball, when coach shouts a part of the body ,players have to stop the ball with that part of the body. The last one to do that does penalty/ sprint to the cone, push ups or.....

**Coaching Points:** keep the ball close and in control.

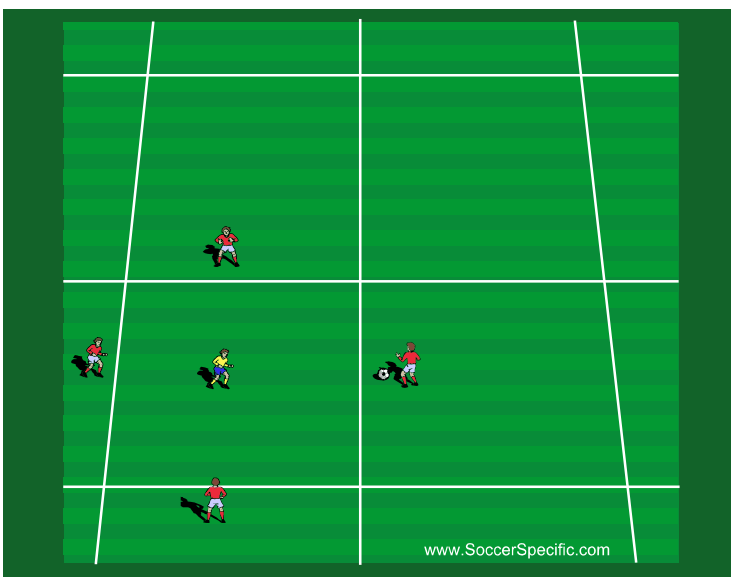


### ACTIVITY #2

**Set up:** 1v1 15 yards a part to 2 goals

**Instructions:** Player A passes to Player B and defends 2 goals, Player B attacks 2 goals, difence can score. Point by dribble thru.

**Coaching Points:** play ball in space and change a directon to go and score.



### ACTIVITY #3

**Set up:** 4v1 passing in 10x10

**Instructions:** Defender play in grid. Players outside are passing the ball. Defender touch the ball and switches with passer. 2 touch max. 6 passes on row for a point

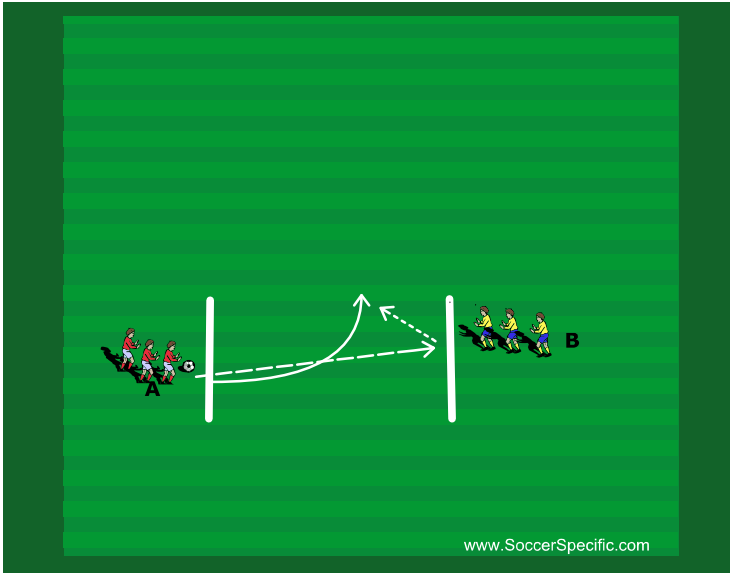
**Coaching Points:** Move to create a passing angle.

**ACTIVITY #4**

**Set up:** 2 teams 15 yards apart 1v1 to end zone

**Instructions:** Player A passes to Player B and defend. Score by dribble thru the end zone.

**Coaching Points:** Immediate pressure, bend your run, make the play predictable. Use the 3 S - Sprint, Slow down, Stop.



**ACTIVITY #5**

**Set up:** 20x30 4v4 +goalie

**Instructions:** Play the game. 4v4 on field to the goal.

**Coaching Points:** work with defenders. Pressure, and cover. Don't over run it.

