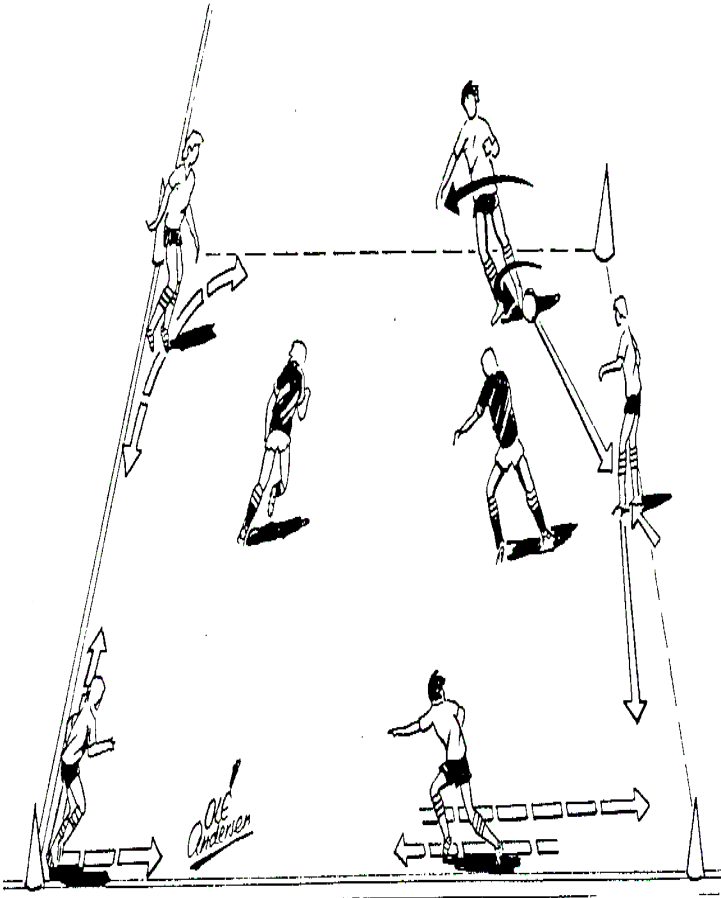


| Activity Name | Description | Diagram | Purpose/Coaching Points |
|--------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>1 5 V 2</p> <p>Five offense players try to keep possession from two defensive players and look for the opportunity to “split” them.</p> | <p>Using a circle shape or a grid shape play a game of keep away. The size of the playing space will depend upon the skill level of the players...lesser skill uses a larger space...greater skill use a smaller space. The offensive players should be encouraged to try various types of passes on the ground and possibly in the air:</p> <ul style="list-style-type: none"> • Inside of foot – push pass • Outside of foot – bent pass • Heel pass • Toe poke pass • Chip pass • Inside of foot bent pass • Flicks |  <p>5v2</p> | <ul style="list-style-type: none"> • Be sure the players have their hips open so they can make passes left, right of through the middle. • Be sure the attacking players are moving their heads to scan the playing area so they are aware of where the defending players are, passing lanes and teammate support. |

Lesson Plan

2 SHORT-SHORT-LONG

Groups of seven play a rhythm of two short passes followed by a long pass.

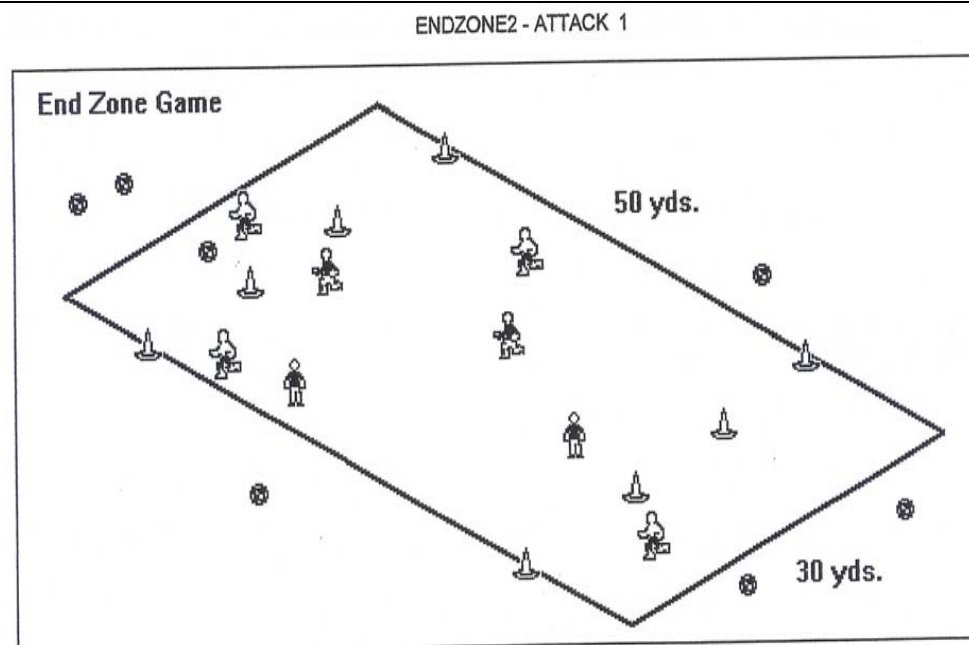
All of the players must be on the move all of the time. Play passing combinations of two shorts passes played crisply on the ground to feet. These passes are followed by one long pass, on the ground or in the air, to the teammate in the group furthest from the first attacker. Two players off the ball must spring to support the receiver who must play a first touch knock-off to the supporting players. Resume the sequence.



- Focus on the passing and receiving techniques of the players.
- Are the players moving off the ball at proper angles to give the first attacker easy passing options?
- Are the support runners moving to the player receiving the long pass getting into that player's line of vision to make for the good combination on the knock-off.



3 END ZONE GAME

Play 4 v 4 up to 7 v 7 with an end zone marked off at each end of the grid. The players must make a pass to a teammate running into the end zone with the pass collected under good control to count as a point. When a team scores they simply turn and attack the opposite end zone.



- Does the team shape have width, depth and support of the ball?
- Is there movement of players' off the ball, knowing when and how to run?
- Look at the players' decisions on when to dribble and when to make a pass.
- Ability of front player to receive and protect the ball under pressure.

Lesson Plan

| | | | |
|------------------------------------------|------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <h3>4 HALF FIELD</h3> | | | |
| <p>6 v 4 + 1 goalkeeper to one goal.</p> | <p>Play on half the pitch to one goal. In particular look for opportunities to penetrate in the flank zones.</p> |  | <ul style="list-style-type: none"> • Work on combination passing to penetrate into the attacking third for a shot on goal. • Do the players recognize when to play possession and when to try to penetrate? |
| <h3>5 FULL FIELD</h3> | | | |
| <p>8 v 8 + goalkeepers.</p> | <p>Play on a full size pitch with eight field players and a goalkeeper on each team.</p> |  | <ul style="list-style-type: none"> • Observe the players decision-making on recognizing the tactical situation of when it is “on” to penetrate. • Observe the technique the first attacker chooses to penetrate. • Shoot • Pass • Dribble |

COOL-DOWN & REHYDRATION