

Activity	Coaching Points
<b>1<sup>st</sup> Activity (warm-up)</b> <i>Partner Passing</i> 2 players are passing 10 yards apart, on coach's signal whoever has ball tries and keeps it and partner now tries to take it away. After approx. 30 seconds. Stop and start passing ball again.  Progressions: Have players move around and pass. Make groups of 4 who are passing but have two teams (2 blue, 2 red). On signal they play 2v2. Cooperative/Competitive. 3v3? 4v4?	<ul style="list-style-type: none"> <li>Good passing/receiving technique. Transition on signal. Support angles.</li> <li>Shielding, turning, change of speed</li> <li>Have endlines behind players to try and attack as another progression</li> </ul>
<b>2<sup>nd</sup> Activity</b> <i>1v1 Duals</i>  Set-up: 2 players stand with ball between them, other 2 players are about 20-25 yards apart with a ball in their hands and have legs about shoulder width apart. On signal "draw", X and Y play a 1v1 game. To score X must kick ball between opposing goalies legs. 3 points if ball goes through cleanly, 2 if ball goes through but hits a part of goalies leg, and 1 point if ball hits leg. If shot is wide, goalie gives extra ball to their player and retrieves missed shot.	<ul style="list-style-type: none"> <li>Players start with "draw" standing across from ball. On coach's signal "draw" players pullback ball and play</li> <li>Game should last about 1 minute. Then have players switch with goalies. Can switch opponents-tourney</li> </ul> <div style="text-align: center;"> </div>
<b>3<sup>rd</sup> Activity</b> <i>Knock Over the Castle</i>  Make 2 teams. Players stand in a line with coach between. When coach plays ball out, call a number. If 1 is called, the first player on each team goes out and attempts to kick ball back at various balls on top of cones. If 2 is called, first 2 players, 3, etc... Keep it going and fast paced.  Progression: Have team that knocks over ball collect and bring back	<div style="text-align: center;"> </div>
<b>4<sup>th</sup> Activity</b> <i>Make it Take It</i>  Set up a playing field with 2 goals. Divide into three teams. 2 teams are playing against one another. Other team is playing as servers on outside of field. They can serve balls back to attacking team  Whichever team scores, stays on and plays. Start ball with goal scoring team Other team serving switches and plays team that scored Team getting scored on become servers	<ul style="list-style-type: none"> <li>The players should look to attack at speed and play the ball to a teammate if they are open. Great attacking activity (favorite!)</li> <li>If ball goes out, coach just plays a new ball to whichever team didn't kick ball out.</li> <li>Servers support attackers and look to make good passes</li> <li>Attack and finish!!!</li> </ul>
<b>5<sup>th</sup> Activity (the game)</b> <i>3 Goal Game</i>  In a 30 x 40 yard grid. 2 teams play against one another and must try and dribble through on of the 3 opposing goals. Players should look to play away from the defenders and look to attack open goals  Progression: Players can shoot ball into goals	<ul style="list-style-type: none"> <li>Set up field but place 3 small goals (3 yards) on each endline spaced out evenly. Field is wider then long</li> </ul> <div style="text-align: center;"> </div>