



DESCRIPTION	ORGANIZATION	KEY COACHING POINTS
<p>Activity 1a</p> <ul style="list-style-type: none"> • Three free players inside square • Others outside square (3 with a ball) • Dribble In -> Do a Take Over -> Play ball to outside player -> Take Their Place 		<ul style="list-style-type: none"> - Idea of where to play before getting ball - Communication by outside players - Visual cues by passer and receiver to "connect" with each other - Movement by outside players when needed - Play quickly / cleanly after take over - Quality of pass
<p>Activity 1b</p> <ul style="list-style-type: none"> • Inside square added • Three free players inside small square • Outside players with ball dribble into small square and try to keep possession • Free players try to steal a ball and pass to an outside player before ball is taken back • Play for 2 minutes and see who gets "caught" in the middle without a ball 		<ul style="list-style-type: none"> - As Above - Win ball for yourself vs just kicking away from opponent - Play quickly with composure even though you are under pressure
<p>Activity 2</p> <ul style="list-style-type: none"> • 5 vs 2 in 2 "Central" Zones [Build Defensive numbers in stages (See Grey Players)] • 2 Blue defenders start from corners of "Midfield Grid" / 3 Red attackers start from opposite end of "Midfield Grid" / 2 Red strikers start inside "Forward Grid" • Phase 1: A Blue player dribbles a ball in to start game. Blue players must dribble over opposite line to score. Red must steal ball and find striker to score. Striker must receive ball outside of their zone by making a run. Blue needs 4 to win and Red needs 7 to win • Phase 2: As above except 2 defenders "mark" the two strikers and coach serves new ball in to Blue Team • Phase 3: As above but now GK is added and game is 2 vs 2 to goal after Red plays to striker 		<ul style="list-style-type: none"> - Red must engage Blue early - Hunt and win ball - Play forward quickly if it's "on" / Create a forward pass if needed - Strikers: <ul style="list-style-type: none"> • Start Central • Be patient • Recognize visual cues that pass is "on" • Timing / Quality of Runs • Near player checks back at angle / Far player "peels" and looks for through ball • Recycle Runs when needed
<p>Activity 3</p> <ul style="list-style-type: none"> • 6 vs 6 • Play a 2-3-2 or 3-3-2 		<ul style="list-style-type: none"> - Incorporate all the above in an even sided game.
<p>Cool Down - Jog and Stretch</p>		