

ACTIVITY #1

Set up: 2 Groups play at the same time

Instructions: 1. (A) Serve to target, target lays it off, server shoots, target rebounds. Server becomes target, Target joins line at other end of the field.

2. (B) Server to Target, who lays it off. Server play a long pass to man high up the field. Target man supports the man with the ball who passes back for target to shoot.

Coaching Points: Observation

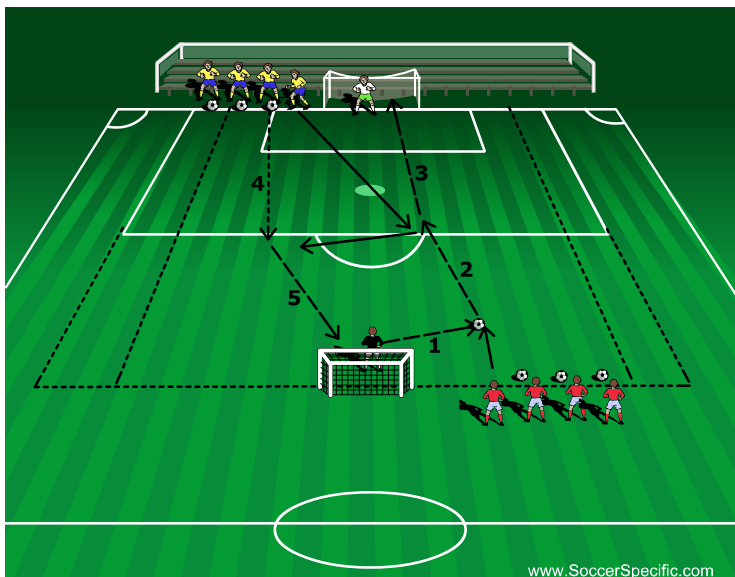
Angle and speed of approach to ball

Body position in relation to ball

Eye on the ball

Aggressive / Positive mentality

Tactical application & Technical execution (Where do I shoot and how)?



ACTIVITY #2

Set up: Field 36 x 32v 5 + Goalkeepers
footballs at both ends of the

Bibs to ditinguish teams.

Instructions: Play 1 v 1

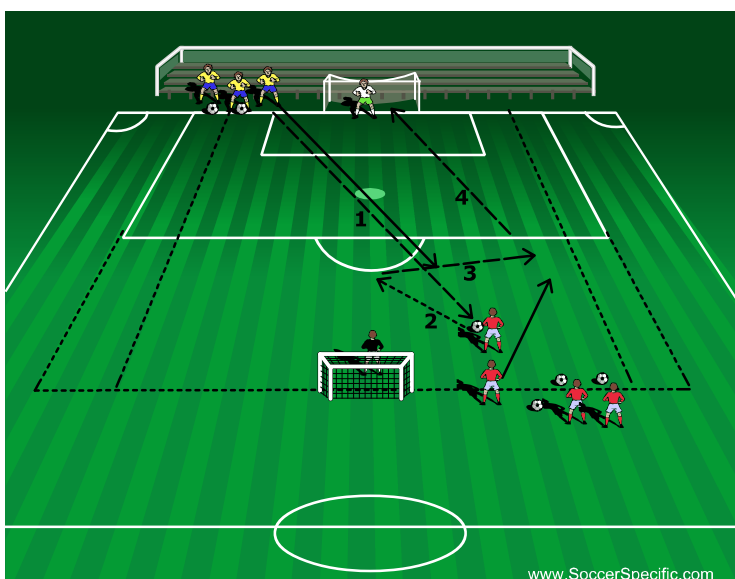
GK serves the ball to a team mate. Defender presses the ball from the other half. Attacker carries the ball into the opponents half and attempts to score. If the defender wins the ball s/he attempts to score. As soon as a shot has been taken, a player from the back line attacks and the player who shot becomes the defender.

Coaching Points: Observation - Can I shoot? (Based on position of GK, Location on field, Technical ability).

Decision - When & where?

Technique - How? Angle of approach, Position of NKF. Part of ball. Part of foot. Follow through or stab. Power or Pass?

Rebounds



ACTIVITY #3

Set up: Field 36 x 32v 5 + Goalkeepers
footballs at both ends of the field

Bibs to ditinguish teams.

Instructions: Play 2 v 1 in the middle, Progress to 2 v 2

As previous. The player who shoots the ball is the one who stays on to defend, the other leaves to his/her side of the field. If the defender intercepts, a team mate attempts to support ASAP.

Coaching Points: Observation

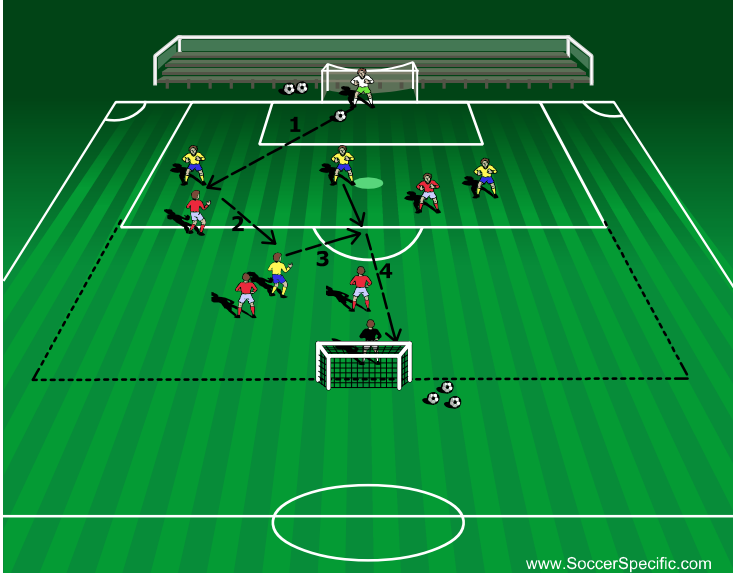
Aggressive / Positive mentality

Maintain a high tempo, exploit chaotic situations.

Utilize the numerical advantage. (Tactics - Can I shoot or should I pass?)

Technique

Rebounds



ACTIVITY #4

Set up: Field 36 x 32 4 v 1 in each half of the field.
Bibs and a good supply of footballs.

Instructions: Teams attempt to score in their opponent's goal. A goal scored from own half is worth 3 points. A rebound from GK is worth 2 points all other goals are worth 1 point.

When the ball is played forward to a striker one team mate may move into the opponents half to support.
As soon when the ball is turned over a defender must retreat.

Coaching Points: Create space as a team.

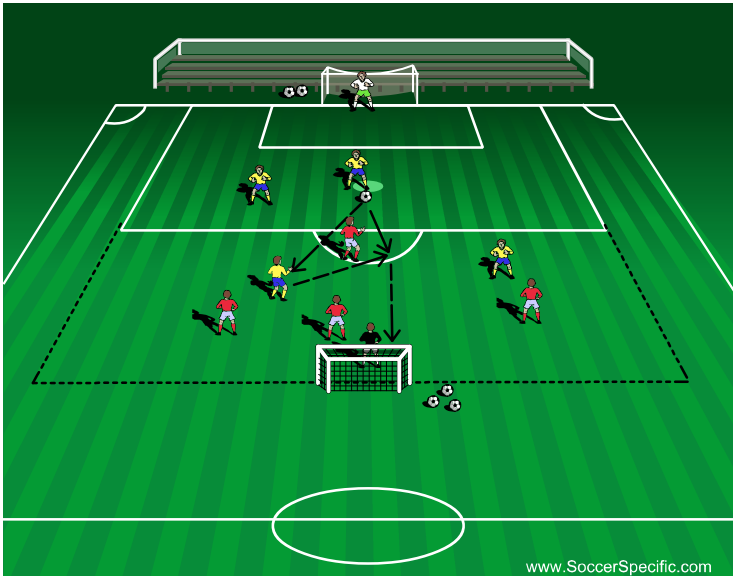
Observation - Can I shoot early or should I pass.

How should I shoot or to whom should I pass?

Technical execution

Support - In front and behind the ball.

Rebounds



ACTIVITY #5

Set up: Field 36 x 32 5 v 5

Bibs and a good supply of footballs.

Instructions: Players may play in any part of the field.
The offside law applies 6 yards from either goal.

Coaching Points: Create space as a team (Length-width- depth)

Recognise when a shot is on.

Tactical considerations (Where, why and how?)

Technical execution.

Rebounds.