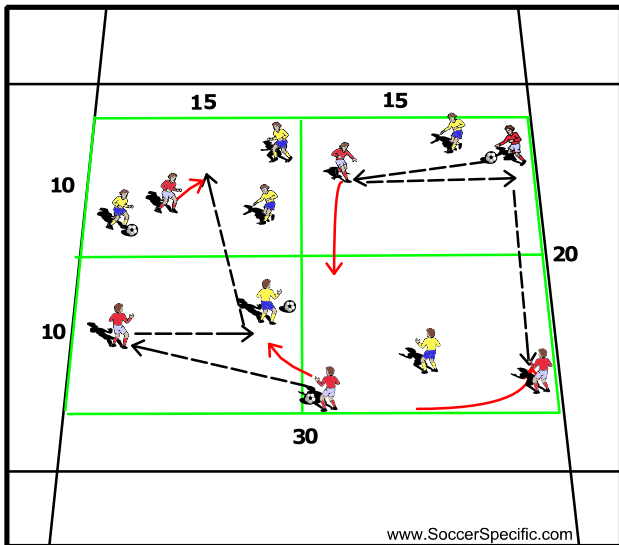


### ACTIVITY #1

**Set up:** 30x20 yard grid split into quarters.  
2 teams of 6 with 1 ball per team, progress to 2 balls per team. 15 minutes

- Instructions:**
- 1) Each team starts with 1 ball and plays freely throughout the grids looking to play in rhythm.
  - 2) Add a second ball per team to increase touches and awareness and quicken decisions.
  - 3) Play wall pass in a quarter and play out of quarter next pass.
  - 4) Play quick short passes in a quarter to play longer pass out developing short short short long type sequences.
  - 5) Up, back, through using 3 zones.

**Coaching Points:** Communication-verbal and visual.  
Receiving position, try to open up when receiving wall pass to see forward.  
Timing movement to space off the ball.  
Keep ball close but not under body so as to be prepared to pass.  
Looking before receiving.

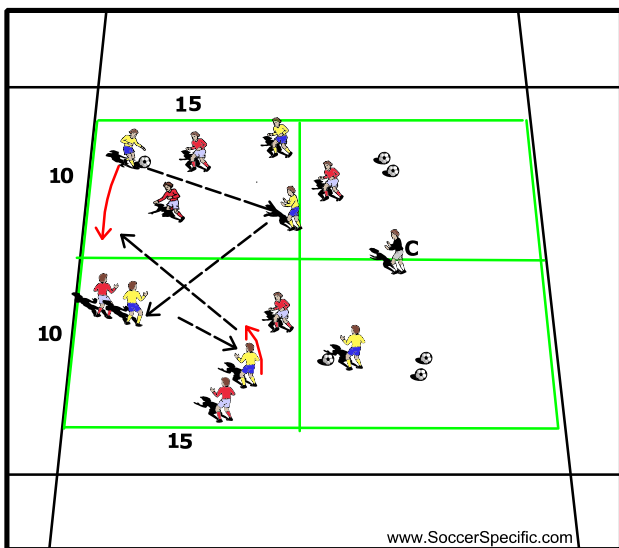


### ACTIVITY #2

**Set up:** Two 15x10 yard grids with 3v2 and 2v3 in each with 1 player per team out. 15 minutes

**Instructions:** Outside player starts game by playing in to team mate.  
Players cannot cross line but ball can.  
Team "scores" by playing 6 passes (adjust to suit level)  
Progress to 6 passes and ball being live to play to outside player to score.

**Coaching Points:** Deceptive touches to create a yard.  
Maximising available space off the ball.  
Decision of whether to pass, turn or dribble.  
How can your team keep the ball to penetrate to outside player?

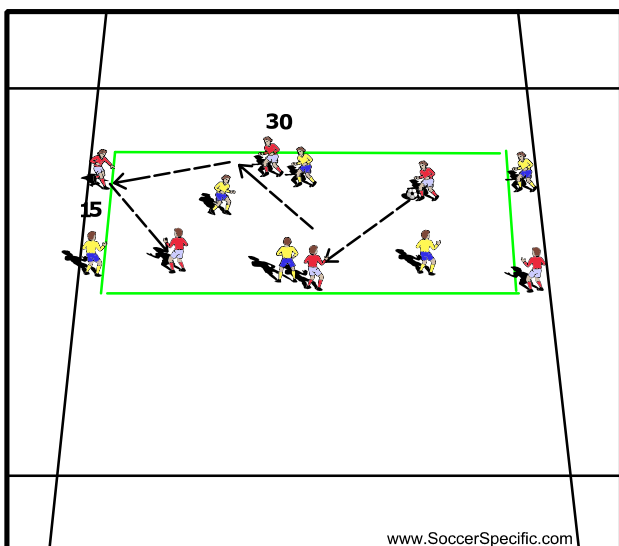


### ACTIVITY #3

**Set up:** 30x15 grid 4v4 to Targets- 2 each team, 1 each per end. 15 minutes.

**Instructions:** Two teams compete and score by playing to both of their Targets within the same possession.  
Teams can play back to same Target to possess but not score.  
Progress to Targets having choice to switch with passer.

**Coaching Points:** Problem solving the narrow space by various combinations such as up, back, through.  
Support angles and body shape side on to ball whenever possible to enable playing forward early.  
Timing of support play so as to not "kill" space.



**ACTIVITY #4**

**Set up:** 40x25 yard grid- 5v5 +GKs.

**Instructions:** Regular match play with offside in effect at the 1/3rd lines.

**Coaching Points:** All previous points are looked for, encourage quick play to break the offside line with timed runs.

