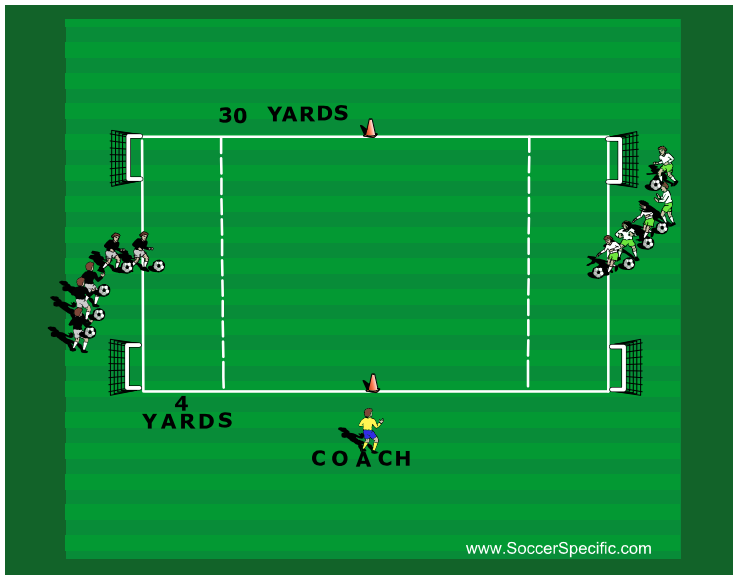


ACTIVITY #1

Set up: A 25 by 15 yard playing area. 2 small goals. 4 cones. a supply of balls.

Instructions: Ball is played in for a 1v1 contest. Passer plays defense. Dribbler has to dribble through either gate before scoring. If the defender wins the ball they can also score.

Coaching Points: Experiment with offensive moves and quick direction changes. Change of Pace is important. dribble learns to keep ball close when they pass thru the gate.

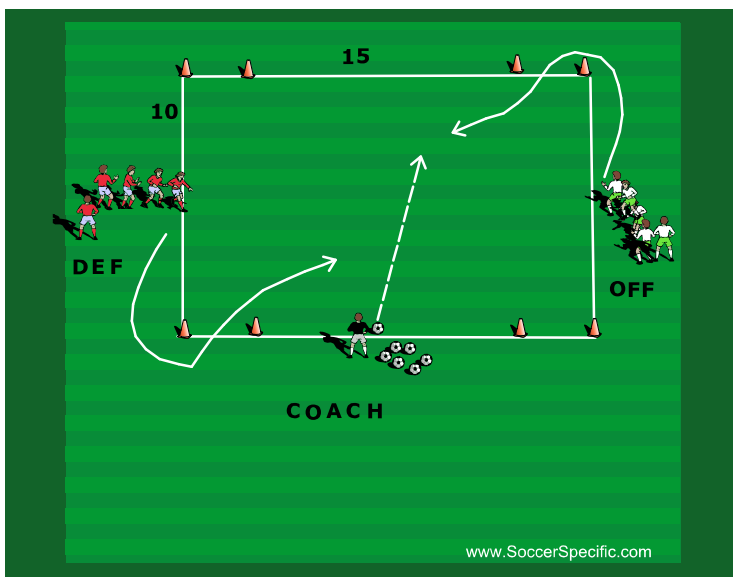


ACTIVITY #2

Set up: FAST BREAK SHOOTOUT 1 V 1 : Two teams of 4-6 players each line up at either end of a 30 X 15 yard Playing Area. 4 pug goals are needed or flag/cone goals. There is a 4 yard shooting zone at each end.

Instructions: One team attacks either of the two opposite goals and when they pass the shooting line they can attempt to score. As soon as they shoot, the opposing team send one player and the shooter plays defense. If the defense wins the ball, that player can attack and score. Whichever half the ball goes out of bounds in - that team starts! Play for 4 minutes.

Coaching Points: Speed Running practice - use the Outside of the foot to push the ball forward. Practice 1 v 1 fakes at speed. On defense, move feet but do not cross legs. Keep the ball close when defenders are around.



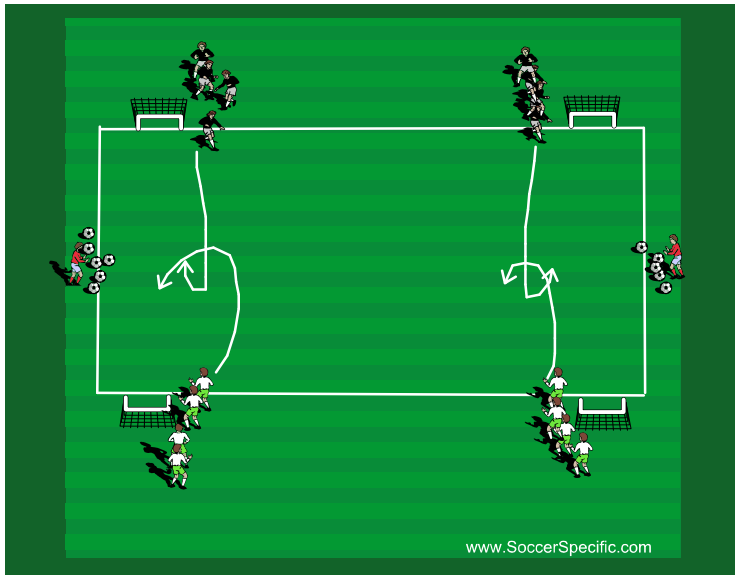
ACTIVITY #3

Set up: 1 v 1 with 4 Goals: Two teams set up opposite each other in a 10 X 15 Channel. There is a goal at each corner. Coach has a good supply of balls.

Instructions: Coach calls "play!" and both the first players in each group run through their nearest goal and attack the ball. Coach plays ball to the Offense and they complete to dribble through either goal on the opposite side of where they entered. Defenders can steal ball and score too. Coach alternates his serve each side. After 5 minutes, teams switch positions.

Coaching Points: Players should use 1 on 1 moves and their SPEED when they have the line on the goal. Use hard fakes, quick stops, cuts, feints and hesitation moves. If the dribbler creates a gap to goal, "GET YOUR HEAD DOWN" and penetrate that space. React to what the defender does.

Defenders - quick footwork - do not cross legs. Good defensive stance - head in front of knees.



ACTIVITY #4

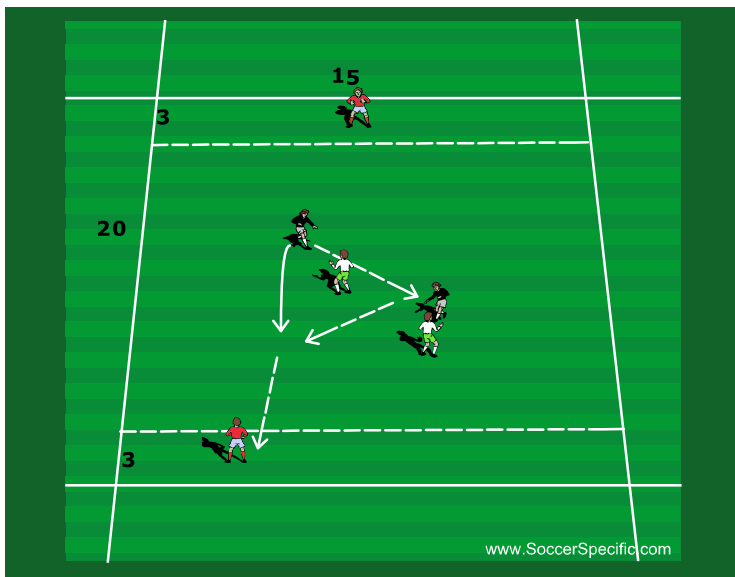
Set up: 1 v 1 with 4 goals and 2 balls in Play: 12-16 players arranged as above: Two Coaches/servers with a good supply of balls.

Instructions: When the shouts "play!" the first players of each line run out and around each other. The first back to their own line gets the ball from the coach and plays offense. They can attack either opposite goal. If the defender wins the ball, they can attack the opposite goals too.

Coaching Points: You have to use speed to get the ball! 1 on 1 moves, acceleration, defense and instincts are all developed in this exercise.

Variation:

- Players sprint to the other side and back to win possession.
- Players sprint around outside of their teams other goal and onto the field to gain possession with a long pass from server (one end at a time!)

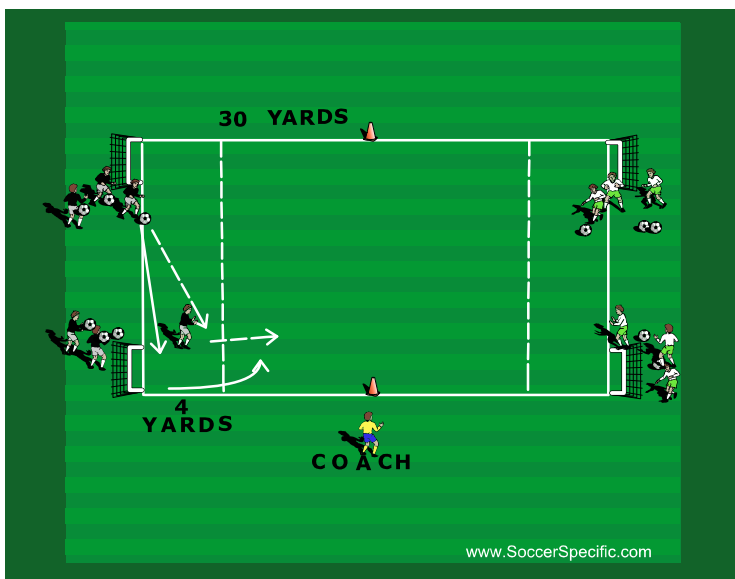


ACTIVITY #5

Set up: 2 on 2 with Targets: In 20 X 15 Grid, set up two small end zones 3 yards wide. There are 6 players in this exercise, three different teams of 2 - one ball.

Instructions: The 4 on the inside play 2 on 2 aiming to get the ball back and forth between end zone targets. They can combine with their partner, dribble or play directly to the target. Targets must play one touch back to the team who passed to them. Rotate target after 2 minutes.

Coaching Points: Moving after passing is key. Spotting the next pass before making it is key. Accurate Passing technique should be used.

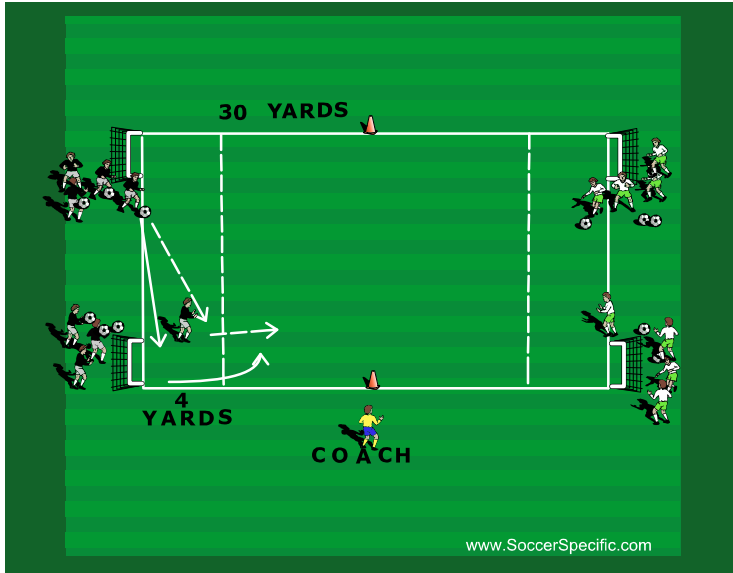


ACTIVITY #6

Set up: FAST BREAK SHOOTOUT 2 V 1 : Two teams of 4-6 players each line up at either end of a 30 X 15 yard Playing Area. 4 pug goals are needed or flag/cone goals. There is a 4 yard shooting zone at each end.

Instructions: One team of 2 attacks either of the two opposite goals. They must start with a pass and overlap. When they pass the shooting line they can attempt to score. As soon as they shoot, the opposing front pair begin with a pass and overlap and the shooter ONLY plays defense. If the defense wins the ball, that player can attack and score. Whichever half the ball goes out of bounds in - that team starts! Play for 4 minutes.

Coaching Points: Speed Running practice - use the Outside of the foot to push the ball forward. Practice 1 v 1 fakes at speed. Receiving player dribble inside a bit to give room to the overlapping player. Ball carrier can take ball or pass the ball to overrapper.



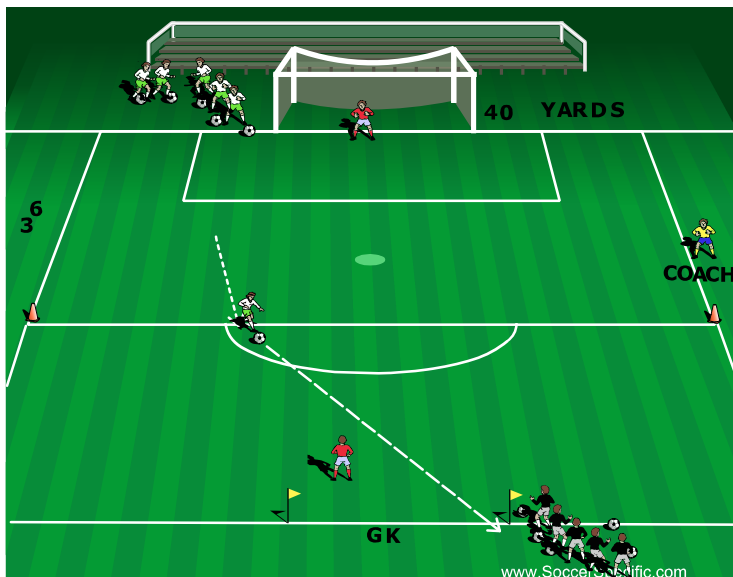
ACTIVITY #7

Set up: FAST BREAK SHOOTOUT 2 V 2 : Two teams of 6-8 players each line up at either end of a 30 X 15 yard Playing Area. 4 pug goals are needed or flag/cone goals. There is a 4 yard shooting zone at each end.

Instructions: One team of 2 attacks either of the two opposite goals. They must start with a pass and overlap. When they pass the shooting line they can attempt to score. As soon as they shoot they BOTH play defense and the opposing front pair begin. However teh SHOOTER has to touch the nearest goal before defending. If the defense wins the ball, they can attack and score. Whichever half the ball goes out of bounds in - that team starts! Play for 4 minutes.

Coaching Points: Player learn by experience to make good decisions. Practice 1 v 1 fakes at speed. Use combinations such as more overlaps, 1-2's, diagonal runs and takeovers to get thru the 2 defenders.

ALSO PROGRESS TO 3 V 2



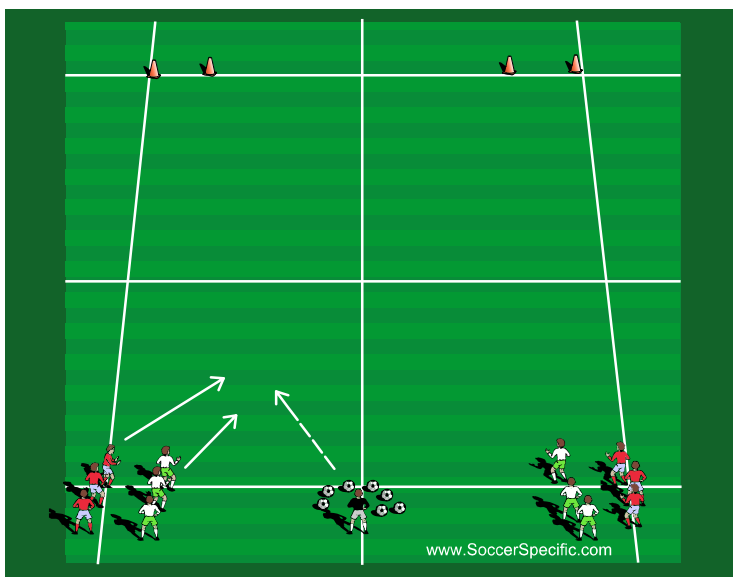
ACTIVITY #8

Set up: FAST BREAK SHOOTOUT WITH GOALS: 1 v 1, 2 v 1, 2 v 2, 3 v 2. : Two teams of 6-8 players each line up at either end of a 40 X 36 yard Playing Area. 2 goals are needed or flag/cone goals. There is a 19 yard shooting zone. .

Instructions: One team attacks either of the two opposite goals. On 2 player starts, They must start with a pass and overlap. When they pass the shooting line they can attempt to score. As soon as they shoot they play defense and the opposing front pair begin. However the SHOOTER has to touch the nearest goalpost before defending. If the defense wins the ball, they can attack and score. Whichever half the ball goes out of bounds in - that team starts! Play for 4 minutes. 1 v 1: 2 v 1: 2 v 2: 3 v 2:

Coaching Points: Player learn by experience to make good decisions. Practice 1 v 1 fakes at speed. Use combinations such as more overlaps, 1-2's, diagonal runs and takeovers to get thru the 2 defenders. Be aggressive driving to the near post.

ALSO PROGRESS TO 3 V 3



ACTIVITY #9

Set up: Mousetrap! 12-16 Players in two teams arranged as above. A coach with a good supply of balls.

Instructions: Coach plays ball in to one side and players complete to dribble through either goal under control. Defenders can steal ball and score too. Coach alternates his serve each side. After 5 minutes, teams switch postions - inside or outside.

Coaching Points: Players should use their SPEED when they have the line on the goal. If they are about to be tackled, use quick stops, cuts, feints and hesitation moves. If the dribbler creates a gap to goal, "GET YOUR HEAD DOWN" and penetrate that space.