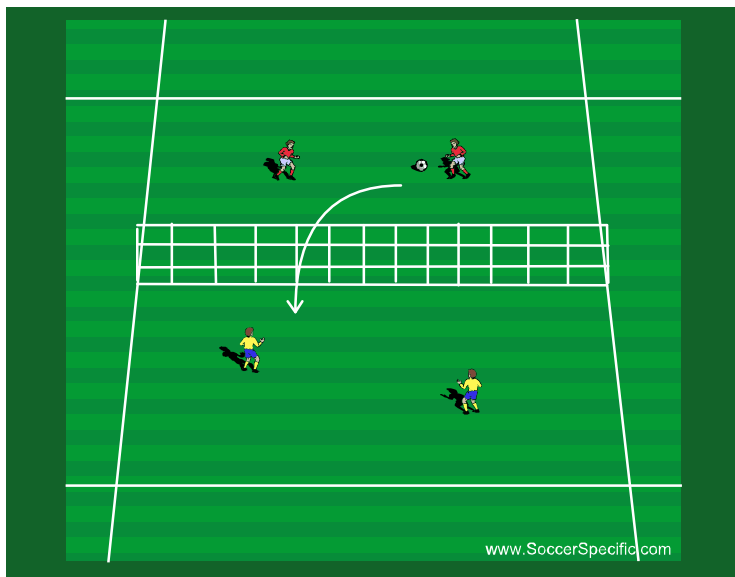


### ACTIVITY #1

**Set up:** 2v2 +2 neutral. 25x35 yd grid. Each team wear different colors.

**Instructions:** Play 4v2, if you give the ball away, you become the defending team immediately.

**Coaching Points:** Attacking Principles of Play: "Can you split them?" (penetration) "Give him/her options" (support), "Bigger pictures" (width) "Stay active, stay with the game" (mobility).

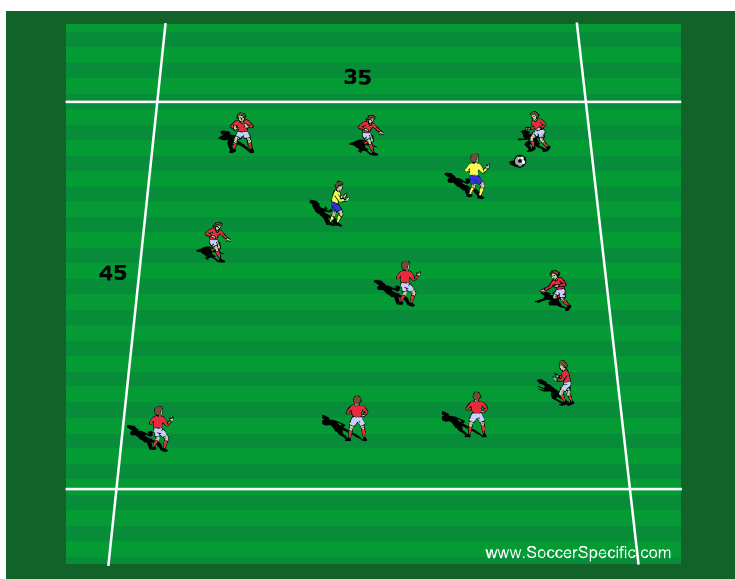


### ACTIVITY #2

**Set up:** SOCCER TENNIS. 10X10yd grid. 2 players per team.

**Instructions:** Start the activity by serving with a volley or half-volley. Vary number of touches and bounces allowed at different ages, e.g. U9 and U10, any number of touches, any number of bounces (simply make sure you return it!) through U16/U17 where only one bounce is allowed (prior to first contact) and restrict touches per player or per team. You can let the players make up the rules. Encourage them to come back in their own time, the equipment will be left up at the field.

**Coaching Points:** "Relax as you play." "Focus on your touches, not the score!" "Select a receiving surface early." "Make it difficult for your opponents."

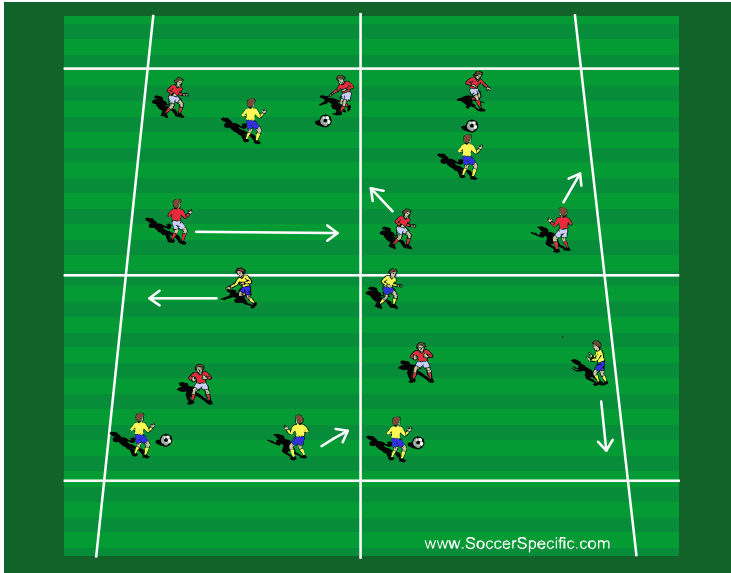


### ACTIVITY #3

**Set up:** 10 v 2 Possession. 35 x 45 yd grid. 2 defenders hold on to pennies in their hand.

**Instructions:** Team of 10 are only allowed 1 touch. If they make a mistake, a bad pass, an intercepted pass, or knock it out of bounds, the nearest defender drops his/her penny and the attacker picks it up to become one of the two defenders.

**Coaching Points:** "Body shape - face the middle of the grid to see your teammates" "Know where your outlet is" "Keep the ball moving away from pressure" "When you pass to a teammate, go and get the ball back off them, stay connected in small groups" "Keep the ball on the floor" "Maximize the size of the grid"

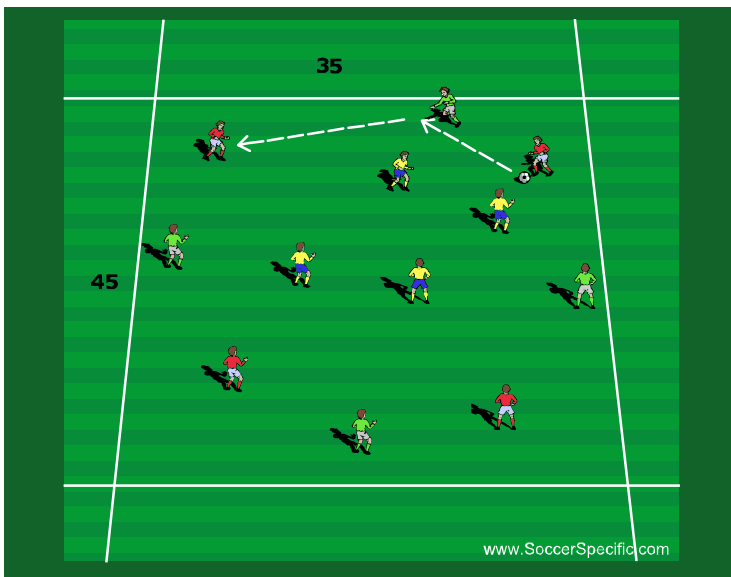


#### ACTIVITY #4

**Set up:** 3 v 1 keep-away in a 10x10 yd grid

**Instructions:** Players constantly respond to the ball's new position. "If you lose the ball, make a bad pass or bad decision, you go in the middle." Stretch. Repeat with variations: a) dictate # touches allowed e.g. max 2 b) dictate the surface of the feet to be used e.g. receive with outside, pass with inside c) initiate a sequence of touches, e.g. starting player takes 1 touch, next player must take 2, next must take 1, 2, 1, etc.

**Coaching Points:** 1. Quality, weight, accuracy and angle of passes 2. React to the ball's movement - always create 2 options 3. Awareness and anticipation - "read the game"



#### ACTIVITY #5

**Set up:** Expanded version of 2v2+2. 35 x 45 yd area. 3 teams of 4 players, each team wearing a different color.

**Instructions:** Play 8v4 keepaway. If you give the ball away, make a bad pass or decision, or you knock the ball out of bounds, your team immediately becomes the defending team.

**Coaching Points:** Attacking Principles of Play: "Can you split them?" (penetration) "Give him/her options" (support), "Bigger pictures" (width) "Stay active, stay with the game" (mobility).