

ACTIVITY #1

Set up: Possession with Purpose 4 Corner Passing 1

Groups of 5 players

4 Cones 10-15 Yards apart

Instructions: Two players start at the yellow cone and one player each at the red cones. Ball starts at the yellow cone. First player in line play a pass counter clockwise and follows their pass. Player receiving backs away from the cone opening their hips as they receive the ball to play the way they are facing and then they continue the direction of the pass and follow their pass. After a few minutes change the direction so player are passing and receiving with the opposite foot.

Coaching Points: -Play the pass with pace

-Timing of the movement off the ball (receiving player should move as passer has received the ball and head is looking up to play.

-Decision of your first touch

-Direction of your first touch

-Distance of your first touch

ACTIVITY #2

Set up: Line Passing Activity

12 Player Total, Space 30X40

18-24 Minutes Total, Play 6-8 minutes of each variation

Instructions: Split the players into 2 teams. Group the player like in the diagram. The object is to pass the ball to your team on the other side. Everytime you are successfull, you get a point. First team to 20 points wins. Rules: Players must stay in their designated area. They can defend but they can not leave out of their area. Passes must be below knee high. Whatever team touches the ball before it goes out loses possession. At 10 points each group of 3 players changes with the other three so all player play the middle zone so they can defend.

Coaching Points: -Good First touch (Decision, Direction, Distance and Disguise)

-Keep the ball moving when you receive it

-Quick decisions on the ball

-Be active

-Play quick with pace on your passes

-Look to play forward often

ACTIVITY #3

Set up: Line Passing Activity

12 Player Total, Space 30X40

18-24 Minutes Total, Play 6-8 minutes of each variation

Instructions: In this next Variation we play the same rules but will add a new condition. The condition will be if the ball stops moving while your team has possession, then you lose possession. So ball must move on the dribble or by a pass, but it can never stop moving.

Coaching Points: -Good First touch (Decision, Direction, Distance and Disguise)

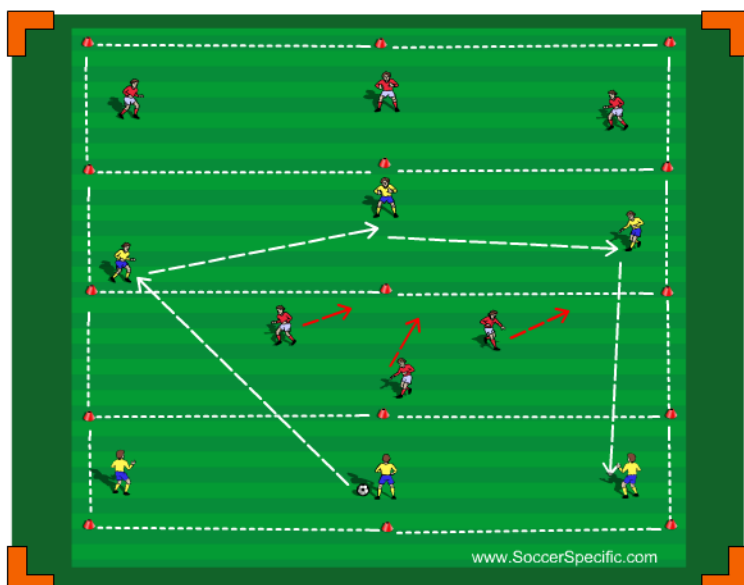
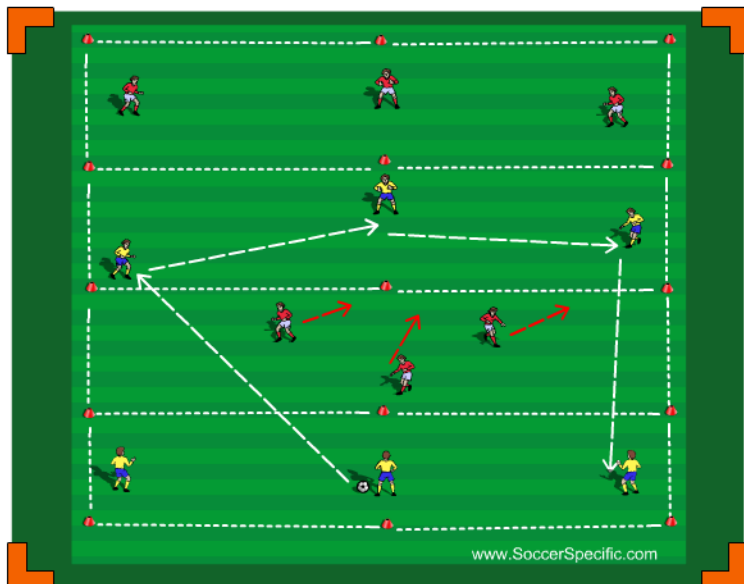
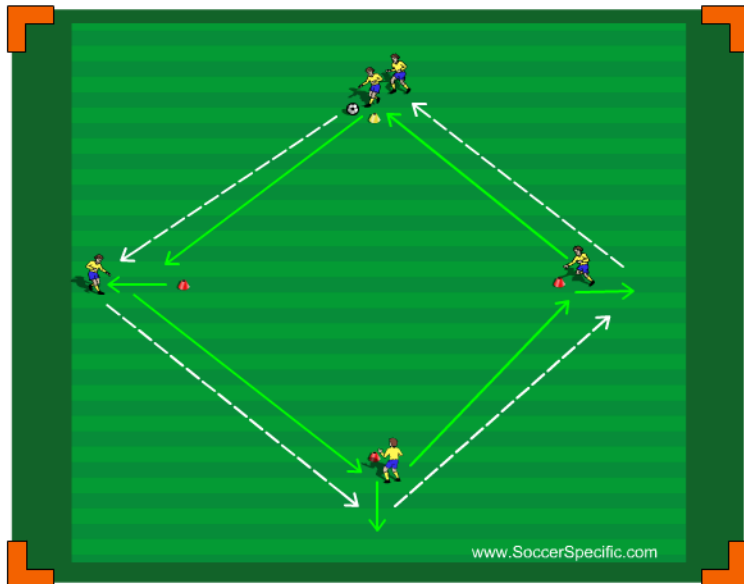
-Keep the ball moving when you receive it

-Quick decisions on the ball

-Be active

-Play quick with pace on your passes

-Look to play forward often



ACTIVITY #4

Set up: Line Passing with Pressure 1

12 Player Total, Space 30X40

18-24 Minutes Total, Play 6-8 minutes of each variation

Instructions: Same game as before, but now we add pressure. One player from the middle zone may come in and try and win the ball. They can't just kick it out, must win it and play back to their team. Different players can go into the zone to win the ball but only one player at a time.

Coaching Points: -Good First touch (Decision, Direction, Distance and Disguise)

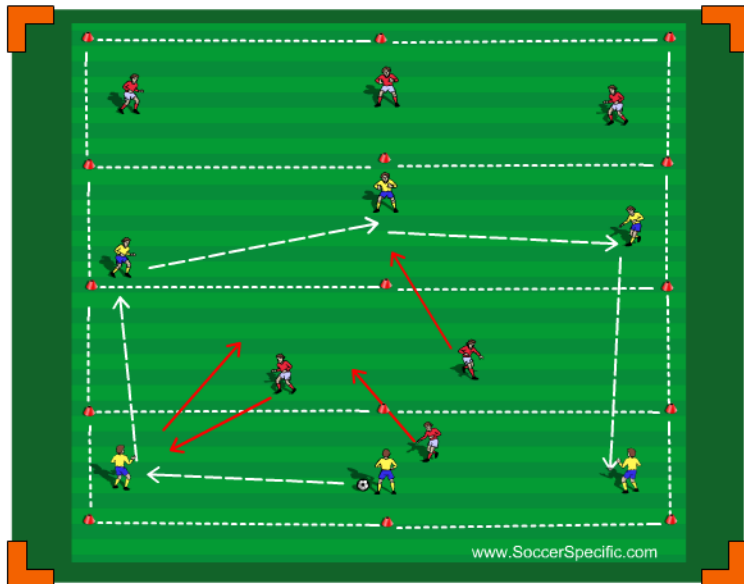
-Keep the ball moving when you receive it

-Quick decisions on the ball

-Be active

-Play quick with pace on your passes

-Possession with purpose (purpose is to play forward)



ACTIVITY #5

Set up: Line Passing with Pressure 2

12 Player Total, Space 30X40

18-24 Minutes Total, Play 6-8 minutes of each variation

Instructions: In this phase we add more pressure. Now 2 players can go into the zone to win the ball and it can be 2 players from the middle zone or it can be 1 from the middle and 1 from the end. Again, they can't just kick it out, must win it and play back to their team. Different players can go into the zone to win the ball but only one player at a time.

Coaching Points: -Good First touch (Decision, Direction, Distance and Disguise)

-Keep the ball moving when you receive it

-Quick decisions on the ball

-Be active

-Play quick with pace on your passes

-Possession with purpose (purpose is to play forward)

