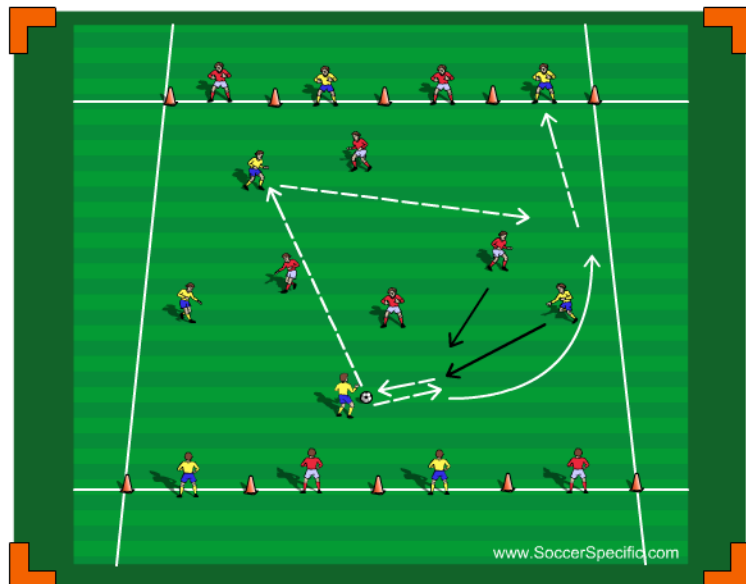


### ACTIVITY #1

**Set up:** Speed of Play-Warm up Groups of 2-3 with a ball. Area 2 cones 15 yards apart

**Instructions:** Variation A)-Each group starts to the right of the cone. First players dribble to the cone and turn with outside of the right foot away from the cone, then passes the ball back to the player in line and checks back to the ball to the opposite side of the cone and plays the ball back and next player repeats same activity. Variation B)-Same pattern but this time player turns out and gets the ball back and repeats pattern at opposite end until they end up in their original line and then the next player repeats same activity.

**Coaching Points:** -Execute at game speed  
-Play (1) touch whenever possible  
-Pass and receive with the appropriate foot  
-Create good space on and off the ball

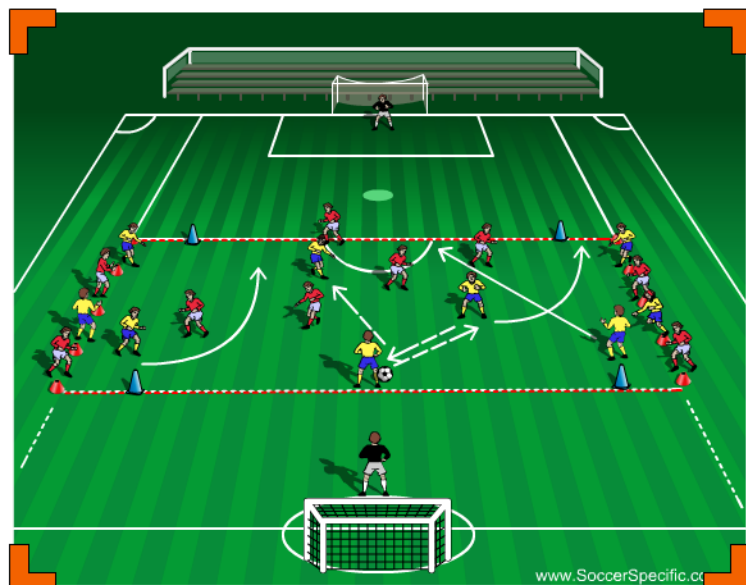


### ACTIVITY #2

**Set up:** Speed of Play "Windows"-4v4 to Targets(T) in the window. Area 50x40

**Instructions:** Variation 1)-Teams are awarded a goal by playing to a (T) in a window and then must change places with that (T). The (T) must execute a pass to another player on the field before they can play to another (T). Variation 2)-This time when you play to the window (T), the (T) only has one touch. (T) can play ball back to the player who played him but that player only has (1) touch also before they change places, but then (T) has unlimited touches after that.

**Coaching Points:** -Play (1) touch as often as possible  
-First touch  
-Good movement on and off the ball  
-Field awareness and vision  
-Body position  
-Receiving and passing with the appropriate foot



### ACTIVITY #3

**Set up:** Speed of Play-5v5 Windows to (2) Goals Area Center Circle to Goal plus a 32x50 area in middle with restraining lines

**Instructions:** Like windows but now looking to get in behind the defense to go to goal. Same rules apply; if you play to a window you must change with that player. Additional rules include; whenever you win possession of the ball you must play to a window before you can go to goal; field player can not dribble into attacking 1/3; GK's must play to a field player and can not play to a window. Add Variation of (1) touch coming out of the Window and players dribble into attacking half only through the gates.

**Coaching Points:** -Make decisions quickly on and off the ball.  
-Play (1) touch when ever possible  
-Good first touch  
-Good field awareness and body position  
-Vision and communication