

ACTIVITY #1

Set up: NSCAA 2v2+2+N Activity 1

Space 40x30

6-8 Minutes Total

Instructions: Play 2v2+Neutral on the inside with 2 players on the outside opposite of each other. Five passes is goal. After 2-4 minutes change the players on the outside and in the middle and N player. Every player has unlimited touches.

Coaching Points: -Play quick and make quick decision

-Decision of your first touch

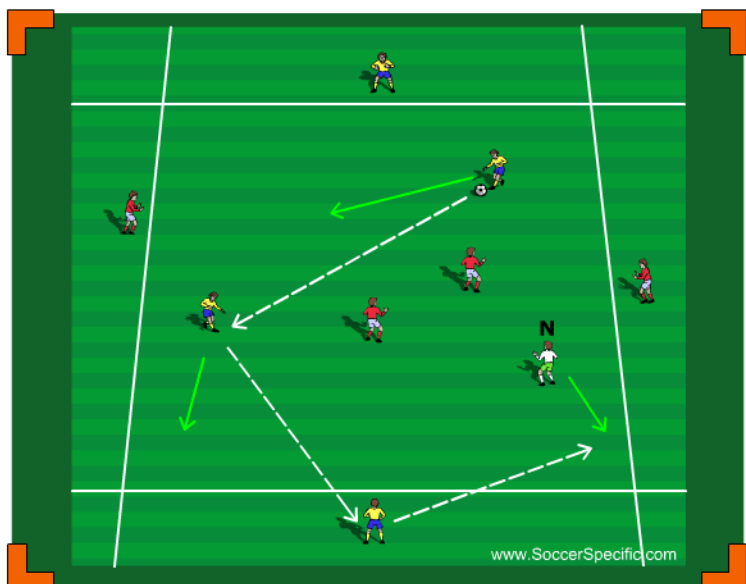
-Direction of your first touch

-Distance of your first touch

-Disguise of your first touch

-Get in the hole

-Movement on and off the ball



ACTIVITY #2

Set up: NSCAA 2v2+2+N Activity 2

Space 40x30

6-8 Minutes Total

Instructions: Play 2v2+Neutral on the inside with 2 players on the outside opposite of each other. This time when you play to a player on the outside you must change places with that player but they only have 2 touches coming into the game. If a pass from the Neutral player is played outside they do not change places. Five passes is goal. After 2-4 minutes change the N player.

Coaching Points: -Movement off the ball to support (especially now with 2 touch on the outside)

-Timing of runs and timing of passes

-Play quick and make quick decision

-Decision of your first touch

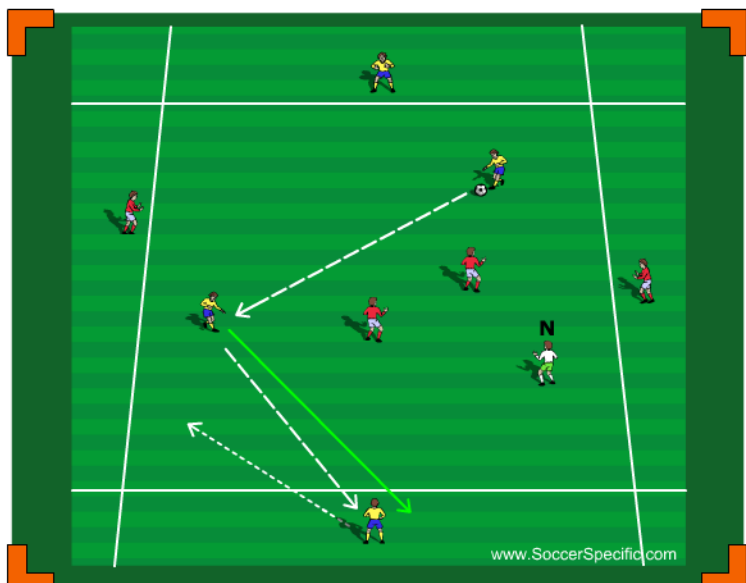
-Direction of your first touch

-Distance of your first touch

-Disguise of your first touch

-Get in the hole

-Vision and Communication



ACTIVITY #3

Set up: NSCAA 2v2+2+N Activity 3

Space 40x30

6-8 Minutes Total

Instructions: Play 2v2+Neutral on the inside with 2 players on the outside opposite of each other. This time when you play to a player on the outside you must change places with that player but they only have 1 touch coming into the game. They can play 1 touch to the player changing places with them but they must play 1 touch back. If a pass from the Neutral player is played outside they do not change places. Five passes is goal. After 2-4 minutes change the N player.

Coaching Points: -Movement off the ball to support (especially now with 1 touch on the outside)

-Timing of runs and timing of passes

-Play quick and make quick decision

-Decision of your first touch

-Direction of your first touch

-Distance of your first touch

-Disguise of your first touch

-Get in the hole

-Vision and Communication

