
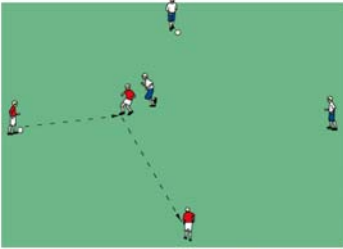
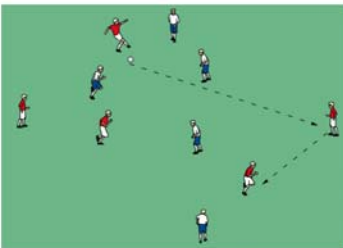


Activity and Purpose	Description	Diagram	Coaching Points
<p><b>Start with 4v4-6v6 game</b></p> <p><i>With some agility, dynamic stretching included.</i></p>	<p>Two teams to 2 goals.</p>		<p>Play and assess their first touch</p>
<p><b>Individual receiving and turning</b></p> <p><b>1v1 w four neutrals</b></p>	<p>Groups of 6 players. Four players take up sides and are neutral players. Two players play 1v1 against each other. Two balls are used for this activity. A point is scored when the player in the middle receives it from a outside neutral plays the ball to someone on the outside that doesn't have a ball and then gets it back again. Play short rounds and then alternate. (The reason for two balls is to force the player in the middle to find someone that doesn't have a ball. It also reduces the defending players ability to "cheat" by marking in front of the attacker.</p>		<ul style="list-style-type: none"> <li>• Can the player in the middle get half way turned?</li> <li>• Mechanics of receiving</li> <li>• Use of feints to buy time and space</li> <li>• First Touch away from pressure</li> <li>• Can the player in the middle turn and receive all in one motion?</li> </ul>
<p><b>East-west Vs. North South</b></p>	<p>Two teams of 5-6. Each team has a target player on both ends. One team is going e-w, the other team is going n-s. A point is scored every time the ball gets to one target and then back to the middle.</p>		<ul style="list-style-type: none"> <li>• When the players receive the ball they should see as many people as possible.</li> <li>• Good first touch away from pressure</li> <li>• Do they know what they want to do with the ball?</li> </ul>
<p><b>Game 4v4-6v6 game</b></p>	<p>Two teams to 2 goals.</p> <ul style="list-style-type: none"> <li>• Play silently for first 5 minutes</li> <li>• Play normal</li> <li>• 3 "would be corner kicks is equal to penalty kick. No corners are taken though.</li> </ul>	