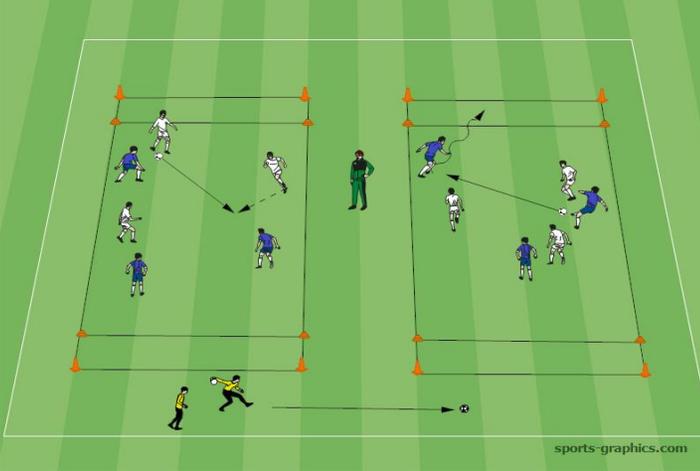
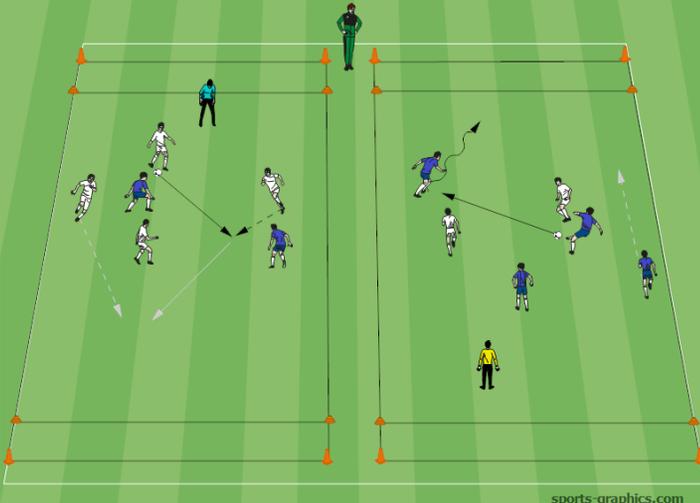
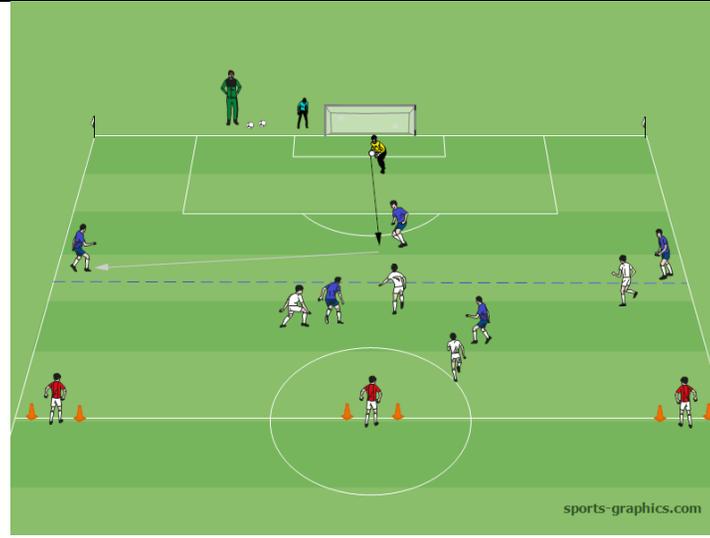


Activity Name	Description	Diagram	Coaching Points
<p>[1] 3 vs. 3 to targets</p> <p>20 x 15 yard grids 2 balls per grid Divide players into groups of 3.</p>	<p>Play 3 vs. 3 with an end zone on each end of the grid. Try to get the ball in possession into the end zone. Play 90 second rounds and then switch target players. Thirty seconds of dynamic stretching between each round. Goalkeepers (GK) play soccer marbles by bowling the ball.</p>		<p>Improve passing & receiving skills. Q.: Why does a triangle shape help your team keep the ball? A.: We can keep the passes going and away from opponents.</p>
<p>[2] 5 vs. 2 directional game</p> <p>Two groups of 7. 1 GK in each group. Designate 2 defenders. Grid is 30 x 20 yards with a 5 yard end zone.</p>	<p>The 5 attackers play purposeful possession to get into the end zone. Once there keep possession for two passes, then restart the activity. GK is always part of the 5 and plays at the back of that group. Activity starts with a bowl of the ball by the GK, after which the GK plays with his feet. Every two rounds switch the two defenders. Play six to eight rounds.</p>		<p>Quality passing, receiving & bowling. Body posture – play mostly on the half turn. Communication! Q.: How does having your hips open help you play smarter and faster? A.: I can see the opponent coming at me and where I can go to get the ball or where to pass it.</p>

[3] 6 vs. 4 half field game

Half field set up. Three counterattack goals on the halfway line, each with a target player.

Six attackers play against four defenders to get the ball to a target player.

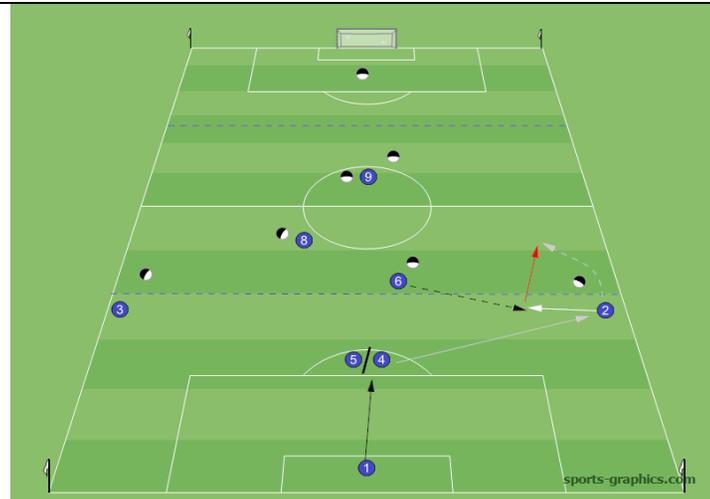


Quality of the GK distribution. Decision making on whom to give the ball.
Triangle shape.
Distance and angle of support.
Diagonal passing, runs and dribbling.
Q.: When should you move to show for the ball?
A.: Early so that I can be an option for my teammate with the ball.

[4] 7 vs. 7 match

Play on an appropriate 10-U pitch. Both teams in a 1-3-2-1 formation.

A bonus point is given each time a team can play the ball over the halfway line without losing possession.
Emphasize the large triangle near the goal kick (1 with the 4/5 & 2 or 3) and the smaller triangle (6, 8 & 9) farther up field.



GK as the 1st attacker is important to good build up play. Support positioning after distribution.
Field player movement as 2nd attacker is of highest importance.
Mobility – individually & as a group of 3 or 4 (triangles & diamonds with the ball).