

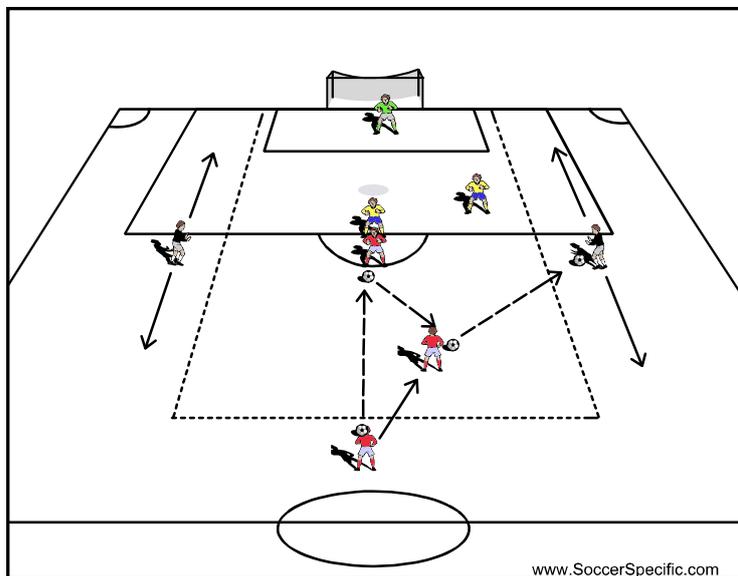
### ACTIVITY #1

**Set up:** Crash The Box

Create 4 lines of attacking players outside the 18 yard box. Have 2 lines of defenders on either side of net one of which has balls

**Instructions:** Defender plays a ball into one of the 2 central attackers ( B & C ). Upon receiving the ball a pass is made to one of the wide players( A & D ) to cross the ball back into the box. The remaining 3 attackers drive the net to receive the cross. The 2 defenders attempt to clear the ball

**Coaching Points:** Encourage attackers to make crossing runs. Attackers to occupy different space, near post central and far post. Defenders stay goal side and move towards the cross to challenge for the ball



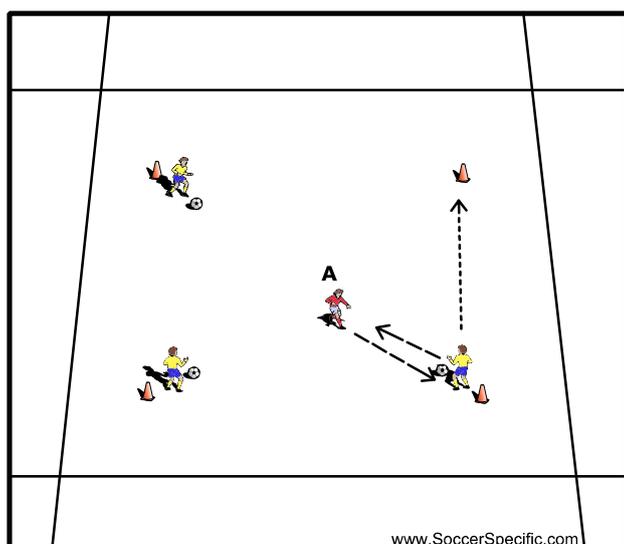
### ACTIVITY #2

**Set up:** 2 V 2 + 2

Set up a grid with 6 yard box extended or wider. Divide players into 3 teams. 2 teams on offense and 1 on defense

**Instructions:** One player assumes the role of striker with back to goal and receives pass from teammate. Play 2 V 2 within grid using outside support players. Support players not allowed to shoot on goal

**Coaching Points:** Striker must create space to receive pass. Use outside support to establish a numerical advantage. Encourage third man runs towards goal



### ACTIVITY #3

**Set up:** Pass and Move

Place as many cones as there is players around the outside. Every player has a ball with the exception of one

**Instructions:** A single player is positioned in the middle of the group without a ball. That player approaches any player to receive a wall pass. After the player receives the ball back they must dribble to the open cone as the player in the middle moves to another player for another wall pass

**Coaching Points:** Player awareness to know where the open cone is. Must keep head up as more than one player will be moving at a time

Younger players - have every player on a cone with only half with balls. Player with a ball dribbles toward player without. They make a pass to that player then take their spot on the cone. Player receiving pass does the same.