

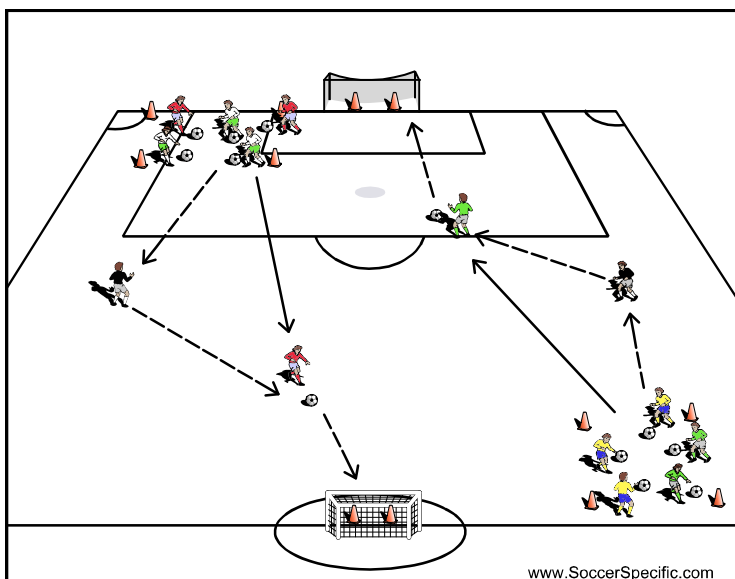
### ACTIVITY #1

**Set up:** 4 Cone Shooting

2 groups of players on either side of net at 18 yard box. 2 coaches on either side of net at 6 yard box with balls. 4 cones , 2 place outside 6 yard box and 2 placed outside 18 yard box

**Instructions:** One player at a time alternating sides makes a series of runs resulting in 4 shots. first 2 are close and second 2 are from distance. Player runs around nearest cone to take shot 1 then runs to nearest cone on opposite side. Rounds this cone and heads to net for 2nd shot. Third run is around farthest cone on their side then back toward net for a shot from distance. 4th run is around farthest cone on opposite side for last shot from distance. All passes come from coaches on diagonals

**Coaching Points:** Younger players dont use 2 cones outside the 18 yard box and even may only do one run. Progression can be from multiple touches to one time shots



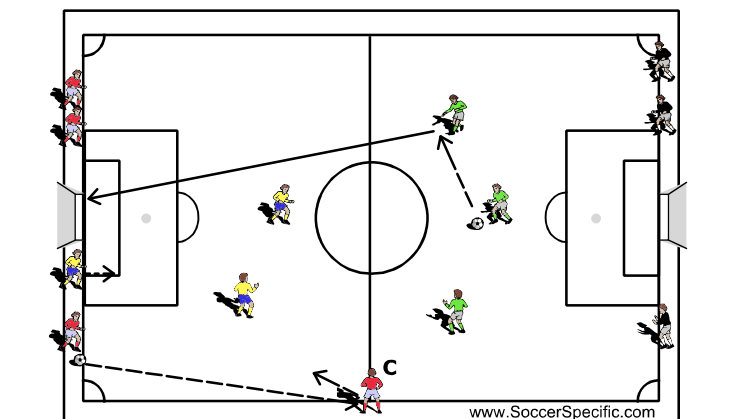
### ACTIVITY #2

**Set up:** Dribble wall pass and shoot 2

Set up 2 grids 10 x 10 as shown. Give each player a number. Place 2 cones on the goal line, 1m away from each post. Split teams into 4 groups of 3. Duration 10 minutes feeding to the right.

**Instructions:** The players in each group dribble around the square. The coach calls out the players number, that player then plays a wall pass with the coach toward the center of the field, then takes a shot at goal no more than 2 touches. Player is encouraged to shoot for the corners. Teams get 2 points for a goal in the corner and 1 for center of the goal. No points for a miss. Once a player has shot, they retrieve their own ball and join the next square. While the players are in the square they can do moves to match the player number call out. 1. 10 tip taps, 2. 10 tick tocks, 3. drag and go, 4. pull turn, 5. "L" , 6 Cruyff.

**Coaching Points:** None kicking foot beside the ball. Head down, lean forward, knee over ball, laces.



### ACTIVITY #3

**Set up:** SSG - 3 V 2

Players are divided into 4 teams. 2 teams defend one net Goals are close together to encourage quick shooting

**Instructions:** Game is always played with a numerical advantage. ie 3 V 2

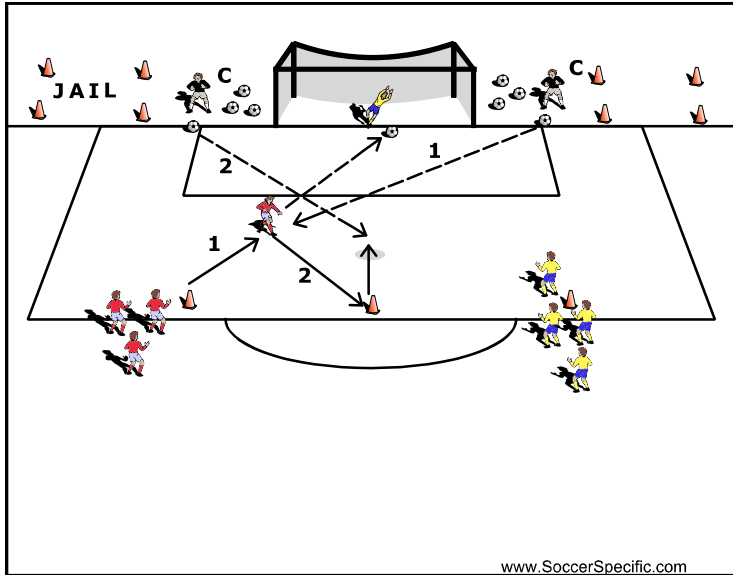
Team with 3 recieve ball from coach and attempt to make a strike on goal. Once a shot or loss of possession occurs the 3 attacking players quickly leave the field. They are replaced by 2 players from behind their net who become defenders.

The original 2 players that started as defenders on other team are now joined by another teammate from behind their net to become 3 attacking players. Ball must be played to coach for wall pass to start the transition. This allows time for new defenders from other team to gain the field.

Drill becomes continuous

**Coaching Points:** encourage player movement. Only looking for shooting lane and quick strikes on goal. Players behind goal must stay alert to facilitate quick transitions from defense to offense

ACTIVITY #4



**Set up:** Jailbreak

2 teams of players outside 18 yard box in line with 6 yard box extended with a cone in front of each team. Place a third cone in the middle. 2 coaches on either side of the net with several balls. On each side of the net place cones in a box to represent each teams jail.

**Instructions:** Alternating teams one player at a time participate. Coach plays a diagonal pass. Player takes first touch towards goal then shoots. After first shot player runs to middle cone then turns to receive second pass. This is now a one touch shot on goal.

**Coaching Points:** Rules of Jailbreak.

Player does not score on either shot then goes to jail on their side of the net. One goal is scored the player is safe and returns to their line of teammates. Player scores 2 goals will free any of their teammates who currently are in jail

Younger players can eliminate goalie, eliminate 2nd pass. Miss in jail, score everyone is free. Also change terminology. Call it baseball- miss your out and score its a homerun and everyone free