

### ACTIVITY #1

**Set up:** 1 V 1 to Goal

Set up a cone 18 yards from goal. A group of defenders (position A) stand next to one of the posts with a group of balls. The attackers stand in line just on the side of the D on top of the penalty box. The goalkeeper or coach is in goal.

**Instructions:** The first defender in line passes it to the first attacker in line at the top of the penalty area. As the ball travels, the defender closes down the space and the attacker goes and meets the ball. The defender prevents a shot on goal.

**PROGRESSION** - The defender can chip or drive the ball to the attacker.

**Coaching Points:** The defender must force the attacker to one side.

The goalkeeper must direct the defender.

Smaller groups defender plays pass but does not defend. Attacker can move past a stationary cone towards goal. Defender joins attacking line after pass

The attacker must get a shot off quickly.

### ACTIVITY #2

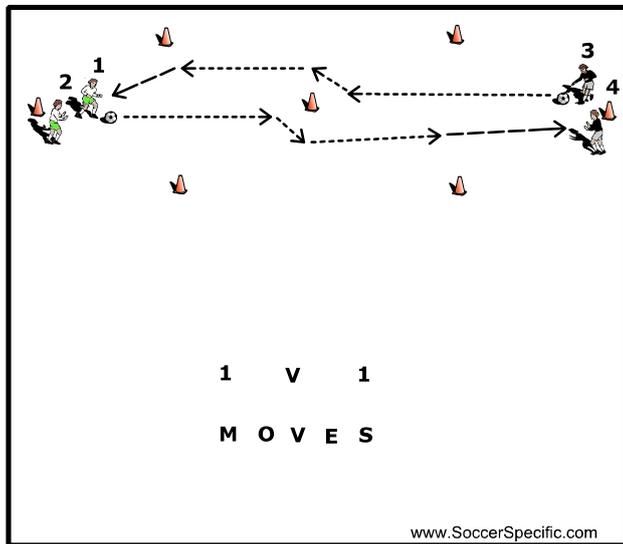
**Set up:** 4 Player passing- 1 v 1 moves

2 sets of 3 cones on each side approx 30 yds apart. 2 players on each side

**Instructions:** Player 1 runs across to make a move at the center cone. At the same time player 3 does the same. Both players make a pass as they reach the double cones on the opposite side. drill becomes continuous

**Coaching Points:** Emphasize the timing of the move. Must be done early enough to avoid defender.

With younger players use only one ball and go from side to side and eliminate the pass and dribble the entire way

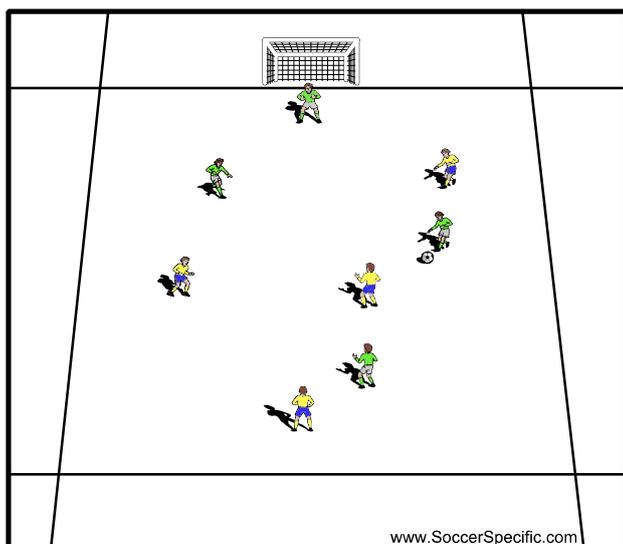


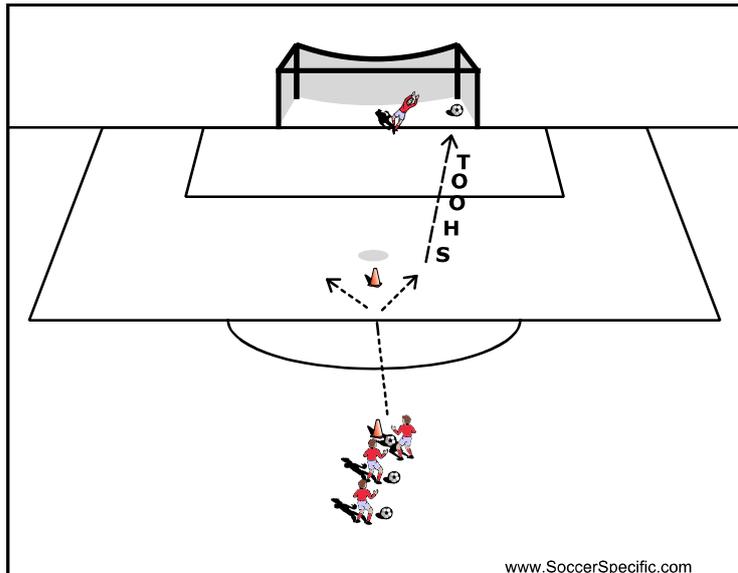
### ACTIVITY #3

**Set up:** SSG

**Instructions:** Split players into 2 teams

**Coaching Points:** Encourage good use of field space, communication, and passing





#### ACTIVITY #4

**Set up:** Side Step N Shoot

Players in a single line behind a cone approx 30 yards out from goal. Second cone placed at top of 18 yard box

**Instructions:** Player dribbles towards cone simulating a defender. At the cone player quickly moves right or left and then immediately strikes on goal.

**Coaching Points:** Younger players move closer to goal. Older players can actually have a passive defender. Strike ball with right or left foot depending on which way player moves. Stress just looking for shooting lane therefore quick shot after lateral movement

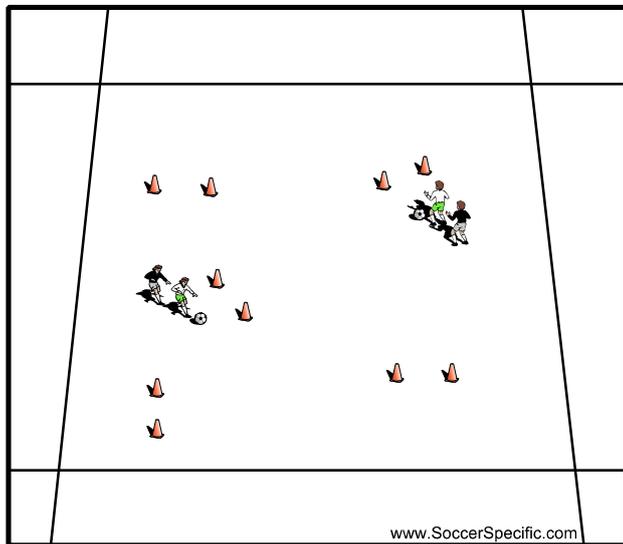
#### ACTIVITY #5

**Set up:** Grassroots 1 V 1 with gates

Within a grid place a series of cones as gates. Players work in pairs

**Instructions:** The player with the ball dribbles around freely in the space. The partner should follow behind closely and attempt to mirror all their movements. Upon the command of attack the player with the ball should attempt to dribble the ball through any one of the gates. The second player now tries to defend and gain possession of the ball.

**Coaching Points:** Emphasize keeping the ball close, utilize change of direction and practise 1 V 1 moves. Younger players can all have a ball and color match the gates and give direction to attack a specific colour gate.



#### ACTIVITY #6

**Set up:** Pirate of the Pug

In a grid approximately 20 X 20 players are divided into two teams

**Instructions:** 2 teams of players move freely in the space. Players attempt to score on any of the 4 pug nets

**Coaching Points:** Encourage to move into open space and away from pressure

