

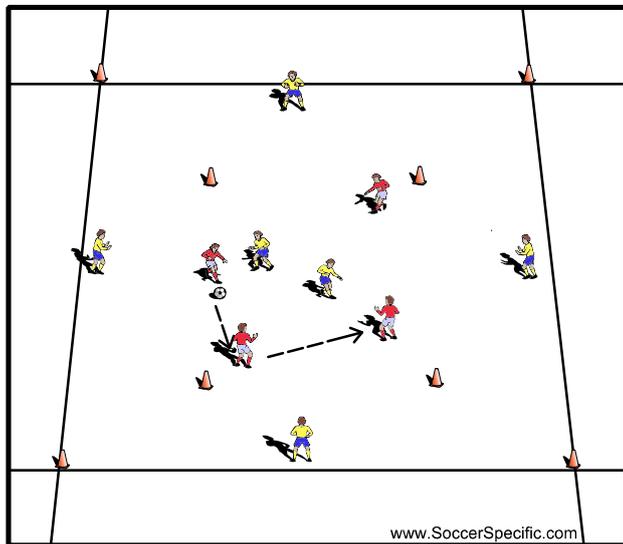
### ACTIVITY #1

**Set up:** A cone is placed at a slight diagonal approximately 20-25 yards from goal. Half the players are placed at position A the other half at position B. A goalkeeper or coach is in goal. A cone is placed 5 yards from the group of players.

**Instructions:** Player (B) passes the ball to (A). Player (A) must turn quickly and run at the goal. As soon as (B) passes the ball he becomes the recovering defender and chases the attacker. Player (A) must attempt to score while being pressured from behind. The players then return to the opposite line they just came from. The sequence is repeated with the next two players in line. **PROGRESSION,** switch player to opposite side of field. Reduce distance between cones if required. Duration 10 minutes per side

**Coaching Points:** Be direct – go for goal as quickly as possible. Turn quickly with the first touch. Accuracy before power on all shots

### ACTIVITY #2



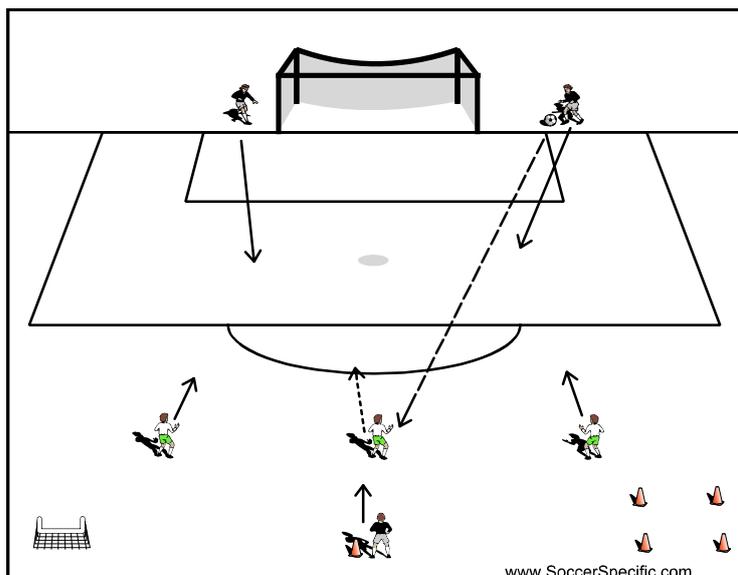
**Set up:** 4 V 2 to 6 V 4

make a large square approx 40 X 40 with a smaller grid inside 6 player within smaller grid ( 2 defending ) and 4 player from defending team in larger grid 10 players in total

**Instructions:** play a 4 v 2 within the smaller box. once defenders win possession ball is played outside to teammates and continue with a 6 v 4 in the larger space

**Coaching Points:** defenders dont allow themselves to be split. Awaiting players in larger grid can stay close and once possession is won they must spread and stretch the space for counter attack

### ACTIVITY #3



**Set up:** 3 V 2 With Trailing Defender

Players split into 2 teams. Attacking team outside the 18 yard box and defending team on goal line with exception of a couple players who start behind the attacking team. Place 2 nets behind attackers. Pugs or cones

**Instructions:** 2 Defenders play the ball to attacking player and then close down space. 3 Attackers advance towards goal. After approx. 5 sec upon the coach's command the trailing defender is released and tracks back to help defend. At any point the defending team wins possession they attempt to score on either net at top of playing area

**Coaching Points:** Attacking - quick decision to capitalize on numerical advantage. Only need a shooting lane  
Defending - quickly close space, dont get split. Keep threat to outside, delay for support