

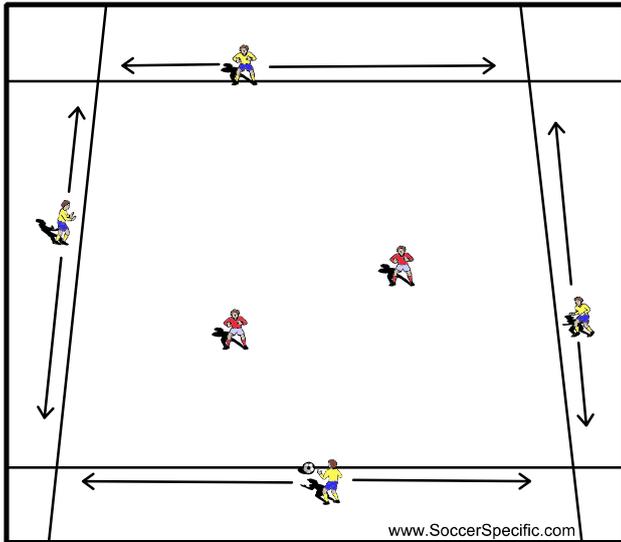
**ACTIVITY #1**

**Set up:** 4 V 2 Piggy in the Middle

Set up 15 X 15 Grid with 4 players on the outside and 2 players in the middle as defenders

**Instructions:** Players on the outside attempt to pass to any teammate without having ball intercepted by defenders

**Coaching Points:** Stress to defenders to not allow the pass to split them. Encourage constant movement by outside players. Dont allow the ball to become dead in your feet

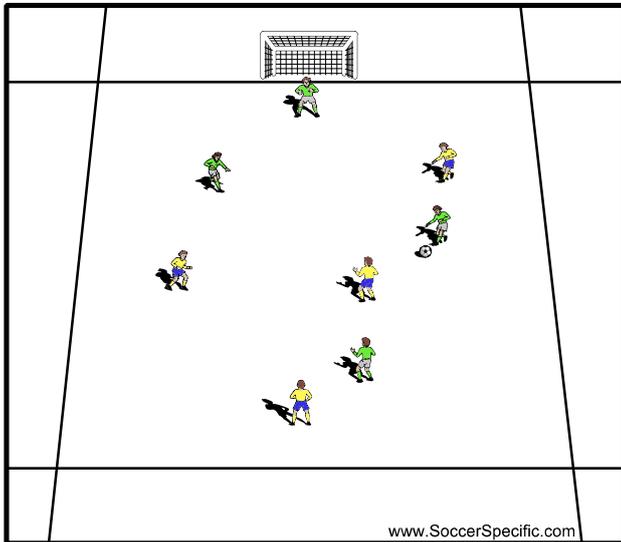


**ACTIVITY #2**

**Set up:** SSG

**Instructions:** Split players into 2 teams

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



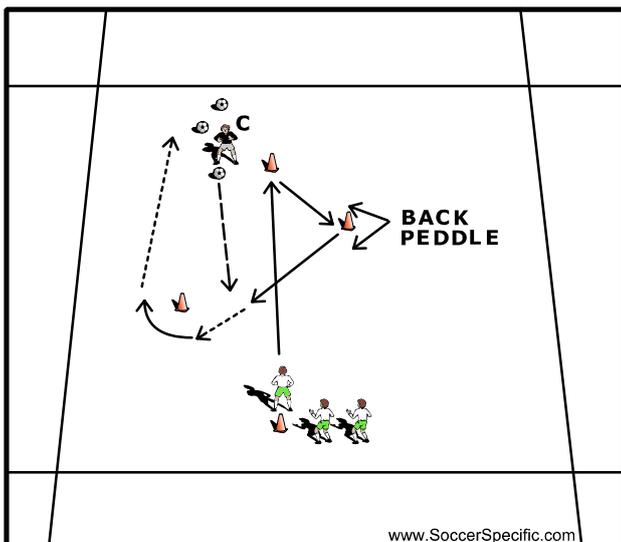
**ACTIVITY #3**

**Set up:** Defensive Back Peddle

Place 4 cones as shown above and several balls beside the coach

**Instructions:** Players run towards the cone beside the coach to close down space. Facing to the right players back peddle to the cone. Player pivots and back peddle in the opposite direction. Prior to arriving at cone coach plays a pass. Player receives pass and turns upfield dribbling the ball back to the coach then returns to line

**Coaching Points:** emphasise closing down space quickly and under control. Back peddle on a 45 and do not cross feet. When pivot open up hips and long first step to start back peddle. Younger players eliminate the pivot just close down space and back peddle



**ACTIVITY #4**

**Set up:** Red Rover

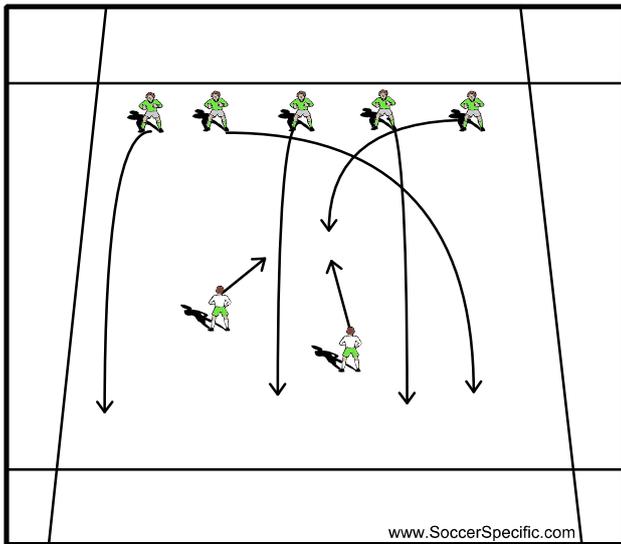
Players on one side of the grid with the exception of a couple players who act as defenders.

Attacking players have pinnies tucked into the back of their shorts

**Instructions:** Players attempt to run across the grid without the defender pulling the pinnie away from them.

If player loses their pinnie they become a defender either to join the defenders or replace them

**Coaching Points:** stress defending concepts. Not to rush in, jockey and good foot movement. Steer the attackers towards the sidelines to eliminate space

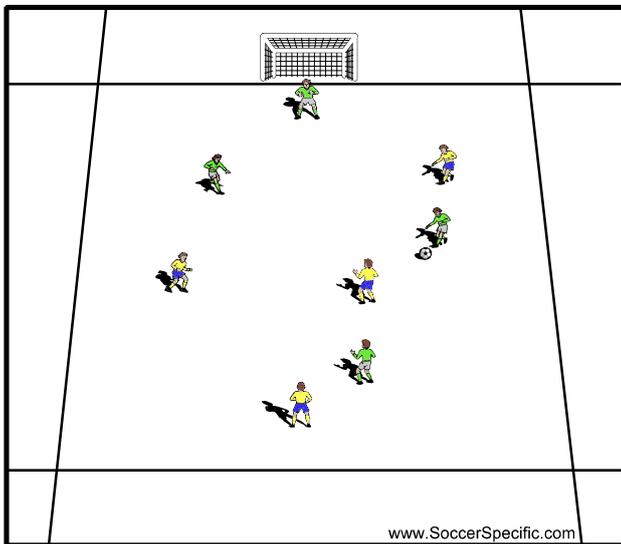


**ACTIVITY #5**

**Set up:** SSG

**Instructions:** Split players into 2 teams

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



**ACTIVITY #6**

**Set up:** Game- Thru the legs and chase

Players are to be in groups of 2 with one ball. Use a space large enough for a ball to be played approx. 15 yards

**Instructions:** Example #1 - younger players. A plays through the legs of partner B and runs to get ball. Player must then turn and find partner to repeat. Switch partner with ball after 5 turns

Example #2- Older players. Player A plays ball through the legs of partner B and runs to retrieve the ball. Player B also turns and attempts to get the ball. Repeat and switch ball carrier.

**Coaching Points:** Encourage younger players turn make good initial pass and once they retrieve the ball to quickly turn and find partner again. Make it a game to try and hide from partner that has ball

With the older players encourage proper shielding of the ball and ensure you keep your body between the ball and the defender

