

ACTIVITY #1

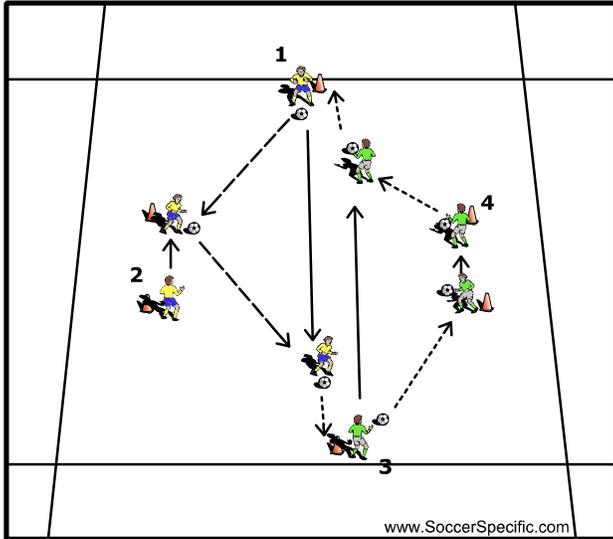
Set up: Give N Go no Defender

6 cones set up as outlined. 2 Players, one on each side that act as the wall pass. Remaining players are split at both ends

Instructions: Player 1 plays pass to player 2 who returns the pass. After receiving the pass player 1 plays pass to player 3 and the same passing sequence goes on the other side. Drill becomes continuous with one ball

Coaching Points: Players on both sides stay but need to be replaced.

Younger players coach can replace the player on the side to give the wall pass and separate the 2 sides so drill does not run continuous

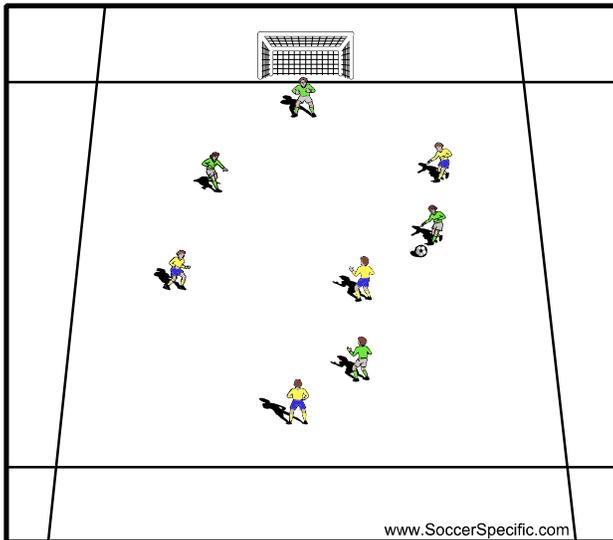


ACTIVITY #2

Set up: SSG

Instructions: Split players into 2 teams

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



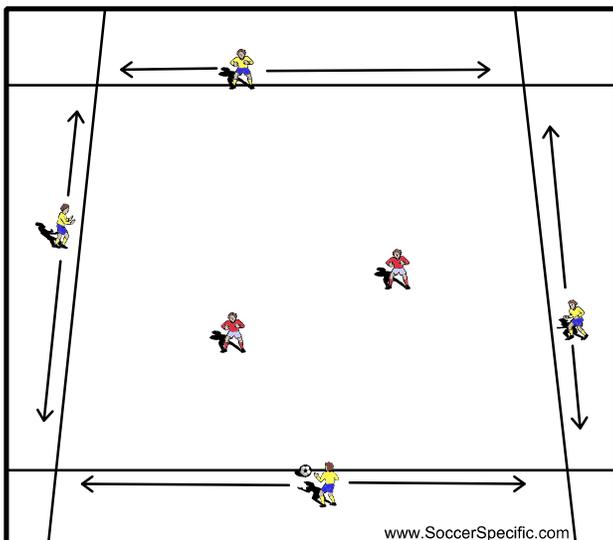
ACTIVITY #3

Set up: 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 #4

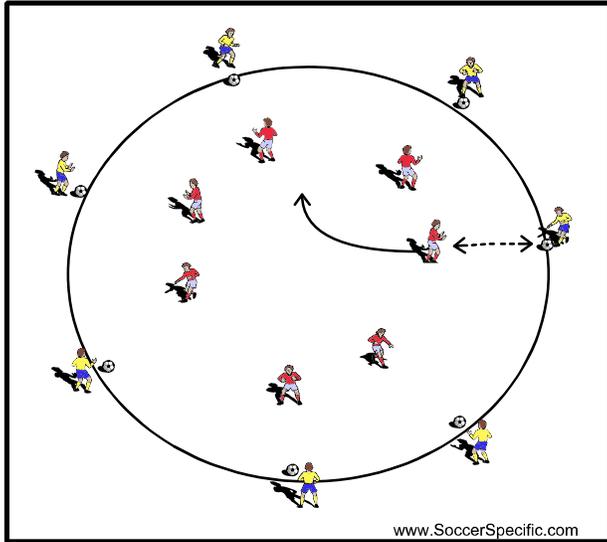
Set up: Circle warm up 2

Set u a circle big enough for players to move freely inside

Instructions: Split the group in half with all players on the outside to have a ball. Progressions;

1. One time pass back to outside then move to another player
2. Recieve pass and turn to dribble to another player. make pass to new player on outside and recieve ball back....repeat
3. players in middle start with ball. pass to outside for one touch back then dribble to new player...repeat

Coaching Points: younger players can do progression 1 as well as have players start in middle with ball make a pass to outside and players switch spots. Player recieving pass dribbles into middle to find a new player to pass to

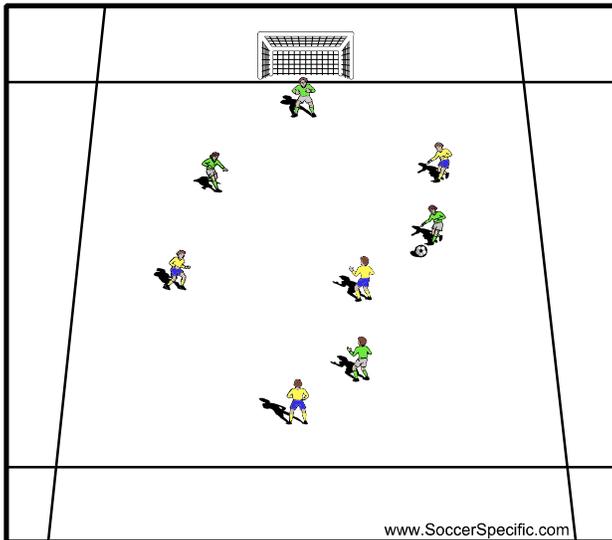


ACTIVITY #5

Set up: SSG

Instructions: Split players into 2 teams

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



ACTIVITY #6

Set up: Set up: Make 1 sguare big enough for the amount of people to show, recive and pass a ball to each other. This drill is for 8 people or more.

Instructions: Give out pinnies so there is even amount of colours(if you have an odd number try to make it a even as possible). Say the colours of the teams are red,yellow green and black. Red will start with the ball. Red passes to a black. Black passes to a green. Green passes to a yellow. Yellow passes to red etc. There are more than one person in each colour so that the player with the ball has more options to pass to. If you want to make it more advance put a defender in the middle trying to get the ball.

Coaching Points: Type Coaching Points Here...

