

Activity	Description	Diagram	Coaching Points
<p>1.</p> <p>Warm up</p>	<p>Groups of two. One partner from each group creates w/ large circular shape. One cone flag or coach in the middle of the circle. Inside players side move to outside player focusing on good shape and space in between inside mark and outside player.</p> <ul style="list-style-type: none"> • Pass and return to outside players • Pass and return to outside player w/wall pass • Pass and return to outside player w/overlap 		<ul style="list-style-type: none"> • Good Space/ triangle good shape • See the field • Use correct foot for pass
<p>2.</p> <p>First Activity</p> <p>3v3 with 2 neutral players</p>	<p>Teams of three use the neutral players(outside channel only) to create combination plays for points. 2 points per combination: 1 point for dribbling across endline. Neutral players play with the team in possession. Neutral players can only "endline" score in their channel after combination.</p>		<ul style="list-style-type: none"> • Visualize the combination • Create interior channels using outside neutral players.

3.			
Second Activity 4v4: Last player back Keeper	During the attack the last defending player becomes the keeper. The transition will create a 4v3 situation for the attacking team.		<ul style="list-style-type: none"> • Find the open player • Use combinations to advance ball • Create space with number advantage
4.			
Game 7v7 w/keepers	7v7 w/keepers		<ul style="list-style-type: none"> • Focus on the touch • Body positioning • Control and placement
5.			
Cool Down Juggling a ball	Juggling		Point of Improvement