

ACTIVITY #1

Set up: A Square grid, roughly 12m x 12m

4 players outside the grid

1 player inside the grid

2 players inside the grid acting as opponents

Instructions: Players outside the grid can move along their line

Keep the ball in the team

Coaching Points: Awareness

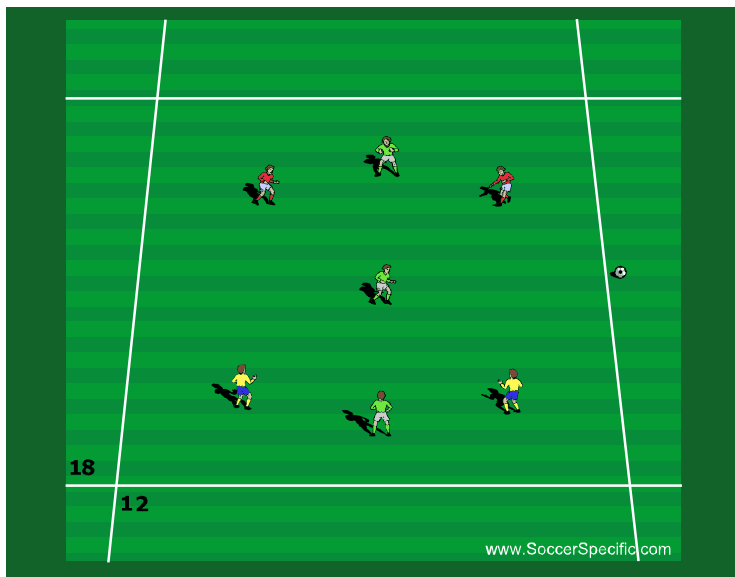
Use the full coverage of the field

1st touch

Good Decisions

Technique and Weight of the pass

Movement off the ball - Don't stand behind a defender



ACTIVITY #2

Set up: A Square grid, roughly 12m x 18m

2 players in Red

2 players in Yellow

3 Neutral Players

For a total of 7 participants

Instructions: 3 Neutral players always support the team with the ball

Keep the ball in the team

Coaching Points: Awareness

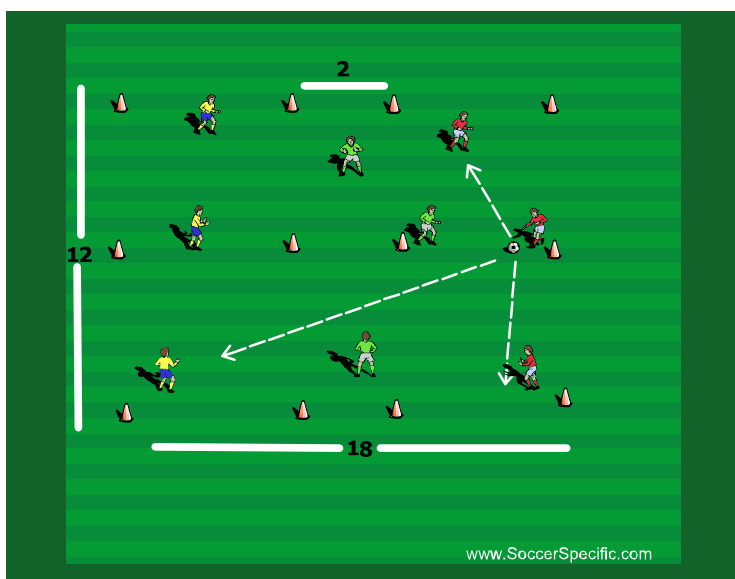
Use the full coverage of the field

1st touch

Good Decisions

Technique and Weight of the pass

Movement off the ball - Don't stand behind a defender



ACTIVITY #3

Set up: A Square grid, roughly 12m x 18m

Divide the playing area into 3 zones, with the middle zone roughly 2m wide

3 teams of 3

Instructions: Start the ball with one of the groups in the outside channel

Keep the ball in the team - 2 outside teams possess against the team in the center

If a team on the outside turns the ball over, they become the defending team, while the team that was previously in the center, moves to the outside channel to replace them

Coaching Points: Awareness

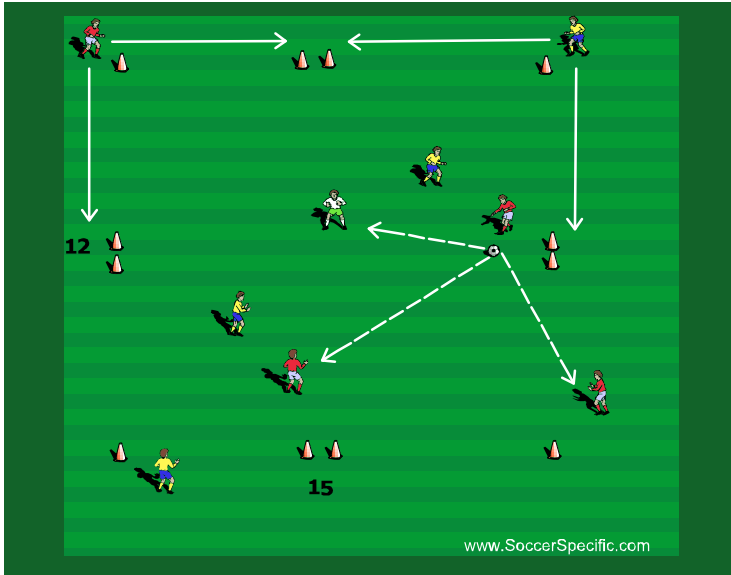
Use the full coverage of the field

1st touch

Good Decisions

Technique and Weight of the pass

Movement off the ball - Don't stand behind a defender



ACTIVITY #4

Set up: 2 teams of 4 with 1 neutral player

A Square grid, roughly 12m x 15m

2 players from each team inside the grid, with two players from each team on opposite corners outside the grid

Instructions: The players outside the grid can move along their corner

Possess as long as possible, once the ball is turned over, it's the other teams turn to possess

Coaching Points: Awareness - Use the full coverage of the field
1st touch

Good Decisions

Technique and Weight of the pass

Movement off the ball - Don't stand behind a defender - Change the angle of support