

Sample Activity 1



Rules:

- GK1 rolls a ball into R9/R10 – when available they will pass into R5/R6/R7/R8. They will keep possession away from B3/B4.
- Once the ball has been played into R5/R6/R7/R8, GK1 will immediately roll another ball into R9/R10. R9/R10 will play a ball into R1/R2/R3/R4.
- The object is to keep possession and maintain only one ball in the defending third and the attacking third – R9/R10 only have two touches and may pass to one another

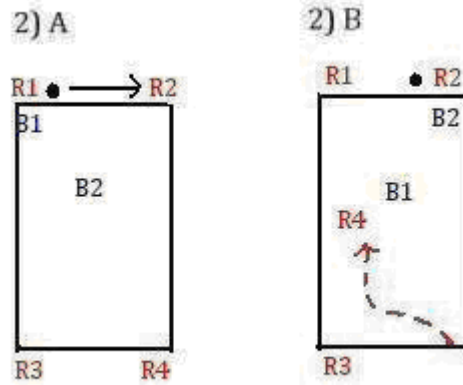
If B1/B2 wins possession they can try and score on goal

If B3/B4 wins possession they attempt to score on the smaller goals

Progress:

1. Rather than two balls, add a third ball and maintain one ball in each area – never having more than one ball in an area. All balls start by GK1 rolling into R9/R10.
2. Allow R1/R2/R3/R4 to play directly to R5/R6/R7/R8 and vice versa – the one ball per area still applies
3. Allow interchange of positions – a midfielder may enter the defending third to receive a pass, but a wide back must then move into the middle third. Center backs always stay in the defending third.

Sample Activity 2



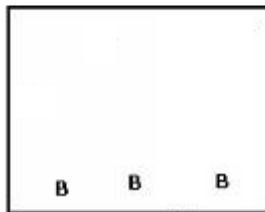
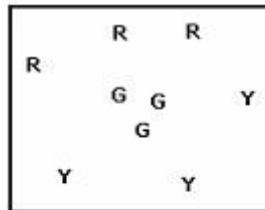
Rules:

- R1 and R2 pass back and forth to find space to play to R3 and R4 – the ball must stay on the ground
- B1 and B2 pressure and cover to prevent the ball from being passed to the opposite end
- In 2)B R4 can come off his line to support R1 and R2 in playing the ball to the other end on the ground.
- If B's win the ball they play to the opposite end and the sequence continues
- R4 must stay behind both B defenders

Coaching Points

- The pressuring defender should channel play inside toward the covering player
- Proper covering positions – depth and angle of cover

Sample Activity 3



Rules:

- Yellow and Red against Green
- If they make four passes Yellow or Red pass to other area to the Blue players – the color which plays to the other side must follow their pass and support the Blue team
- If Green wins possession they play to Blue then follow their pass to support the Blue team. The color which lost possession becomes the new defending team

Coaching Points:

- Defending team stay connected and do not become stretched
- Shape of attacking team to maintain possession
- If attacking team loses possession try and win it back before defenders play to other area