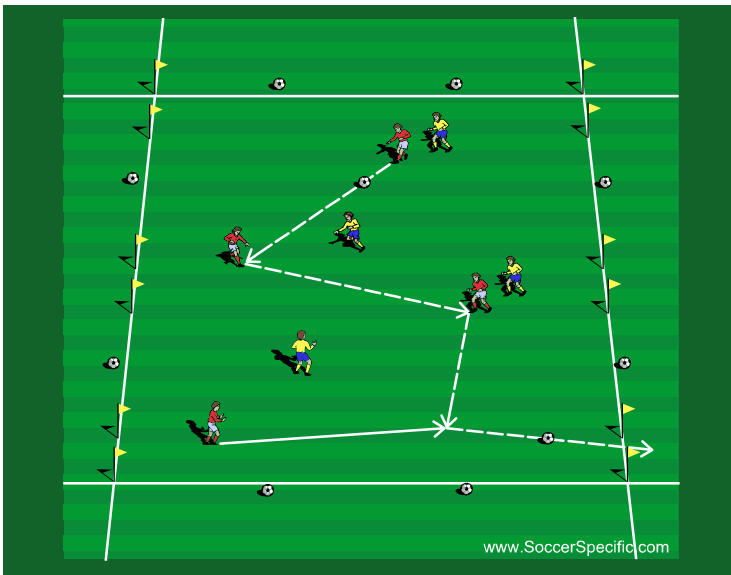


### ACTIVITY #1

**Set up:** 30 x 40 yard area or as needed. Create five small goals inside the area. Divide players into two teams of four. Be sure to have plenty of balls available, or around the area as shown, to keep the activity moving.

**Instructions:** Teams play 4 v 4 and score by dribbling or passing through any of the five goals. Teams are not allowed to score on the same goal twice in a row. Award 1 point to dribble through a goal, and 2 points to pass through a goal to a teammate keeping possession of the ball -- play to points or the first team to score a goal through all five goals wins. Play for time or to an established number of goals.

**Coaching Points:** Accuracy, weight, and timing of the pass; Creating space off of the ball and improving supporting angles; Group shape and balance in possession; Speed of thought and play; and General decision making.

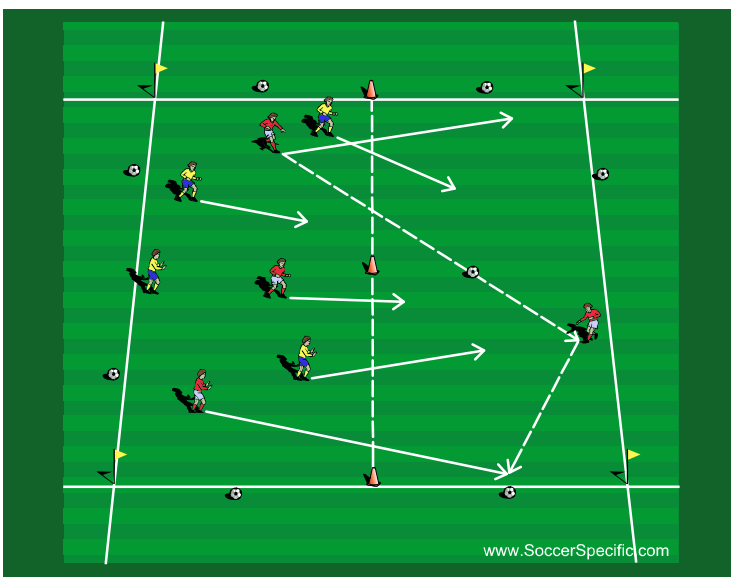


### ACTIVITY #2

**Set up:** 30 x 40 yard area or as needed. Three small goals on each endline. Divide players into two teams of four. Be sure to have plenty of balls available, or around the area as shown, to keep the activity moving.

**Instructions:** Define direction for each team. Teams play 4 v 4 to three goals each. Play for time or to an established number of goals.

**Coaching Points:** Body mechanics and general technique; Accuracy and weight of the pass; Passes to feet versus passes to space; Movement off of the ball; and Correct supporting angles to combine.

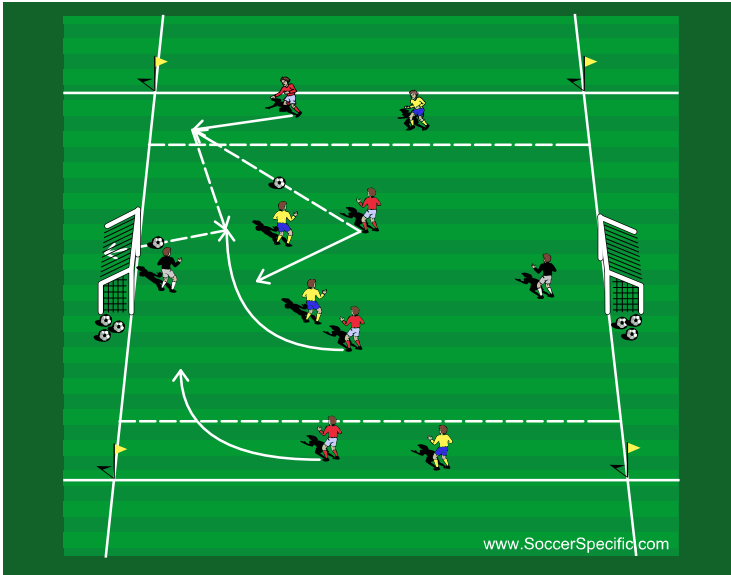


### ACTIVITY #3

**Set up:** 30 x 40 area (divided in half as shown). Divide players into two teams of four. Be sure to have plenty of balls available, or around the area as shown, to keep the activity moving.

**Instructions:** Begin by assigning one target player in one area, and 4 v 3 in the other area. Teams play 4 v 3 keep-away. Whenever a the defending team of three wins the ball, they immediately transition to their target player and play shifts to the other grid as shown. Note: in transition, one player then stays in the other grid as the target player. Play is continuous for time.

**Coaching Points:** Defend a "unit" to regain possession of the ball; Immediately switch the ball once gaining possession; Quality and type of pass to target players must be good; Travel as the ball travels to support the ball; and Correct timing and distance of support is vital.

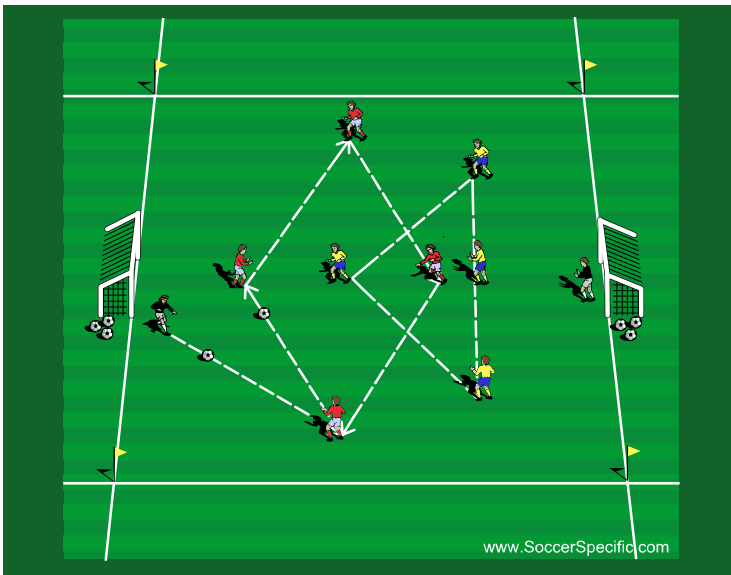


#### ACTIVITY #4

**Set up:** 30 x 40 area or as needed with two wide channels. Two large goals with goalkeepers. Divide players into two teams of four. Begin with 2 v 2 in the middle area and one player from each team in each of the wide channels as shown.

**Instructions:** Begin 2 v 2 in the middle area to two large goals - regular rules of soccer apply. Attack to goal as the 1st option, wide as the 2nd option. Players in the wide channels are neutral and cannot be pressured by the opposition. When the ball is served from the wide channels, the opposite-side teammate can join the attack from the back post as shown. Players switch roles if they get scored on, or both teams switch roles after a set period of time.

**Coaching Points:** Find the most effective and efficient way to score; Timing and angle of runs (i.e., near, far, and secondary as shown); Assess the flight of the ball and adjust starting position as ball travels; Counter attack quickly once possession is gained or off the goalkeeper's restart; and confident and positive mentality.

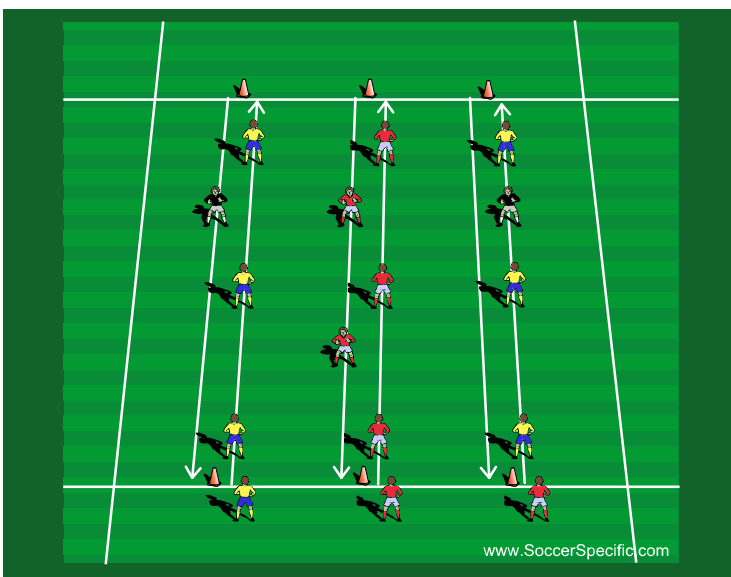


#### ACTIVITY #5

**Set up:** 30 x 40 area or as needed. Two large goals with goalkeepers. Divide players into two teams of four. Each team uses a 1-1-2-1 formation when attacking (Red) and a 1-3-1 when defending (Yellow).

**Instructions:** Teams play 4 v 4, regular rules of soccer apply. Each sequence begins with the goalkeeper starting the attack. When attacking, the wide players need to open and spread the field to create attacking options and to unbalance the defense as demonstrated by the Red team. If the team in possession loses the ball, they immediately transition to defend and the wide midfielders must transition behind the ball centrally to become a flat three as demonstrated by Yellow. Final phase, remove restrictions if any were applied.

**Coaching Points:** All of the above.



#### ACTIVITY #6

**Set up:** Cool down. 20 x 30 area or as needed. Create 3 lines with players equally distributed in each line as shown.

**Instructions:** Designate a "Team Captain" for the cool down exercises. Players begin by jogging back and forth between the cones. Players progress by performing various dynamic exercises, flexibility movements to include, but aren't limited to: skipping, lunge walks, squats, toe touches, leg swings, side-stepping, grapevine, gate (groin) movements, knee hugs, heel kicks, etc. Reduce heart-rate. Final stretch.

**Coaching Points:** Reinforce the basic fundamentals of 4 v 4 soccer; review session; remind players of upcoming training, games, or events.