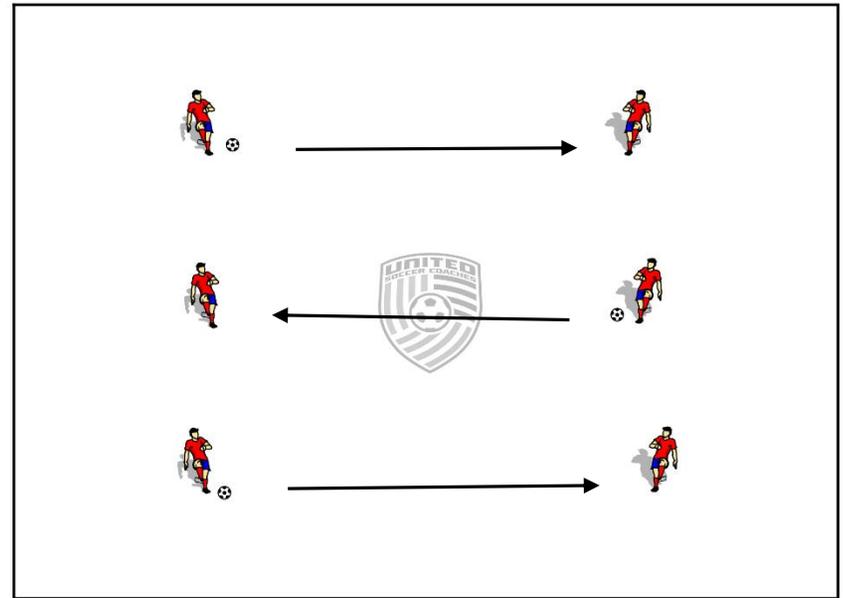


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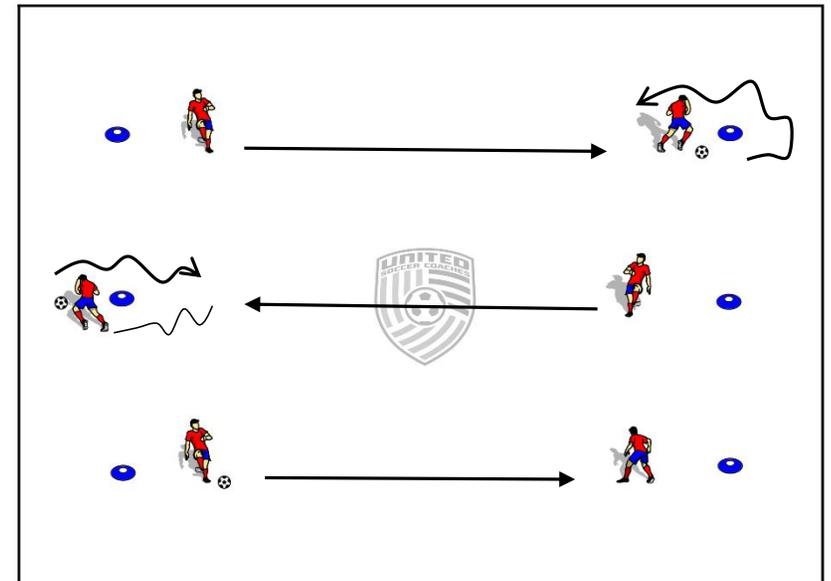
BASIC PASSING / RECEIVING / TURNING

- ❖ In this activity, players play passes back and forth working on first touch, weight of pass and their balance around the ball.
- ❖ Players need to keep their feet moving and eyes on the ball at all times.
- ❖ Be sure focus on using both feet to receive and pass.
- ❖ Ask players to check away before looking to receive / call for pass.



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- ❖ In this activity, players play passes back and forth working on turning with their first touch, dribbling quickly around the cone before returning the pass to their partner.
- ❖ Players need to keep their feet moving and eyes on the ball at all times.
- ❖ Be sure focus on using both feet to receive, turn and pass.
- ❖ Ask the players to check away, run around the cone after playing the pass.



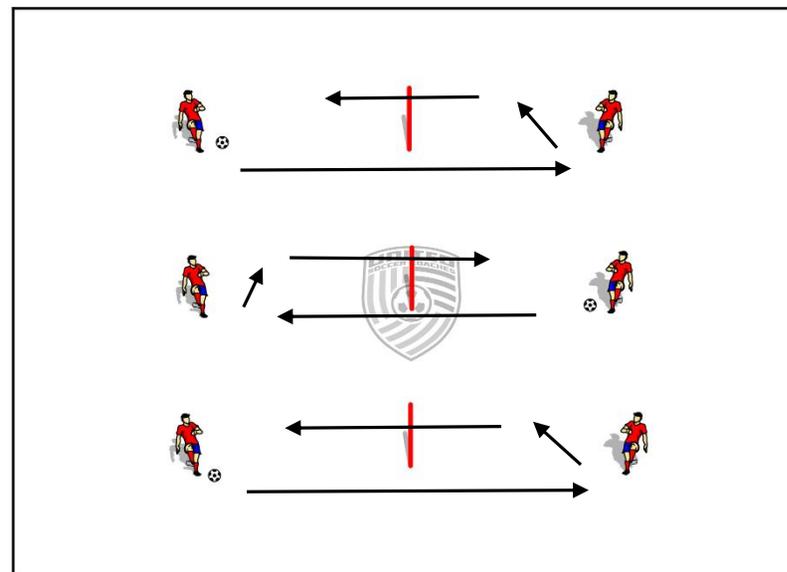
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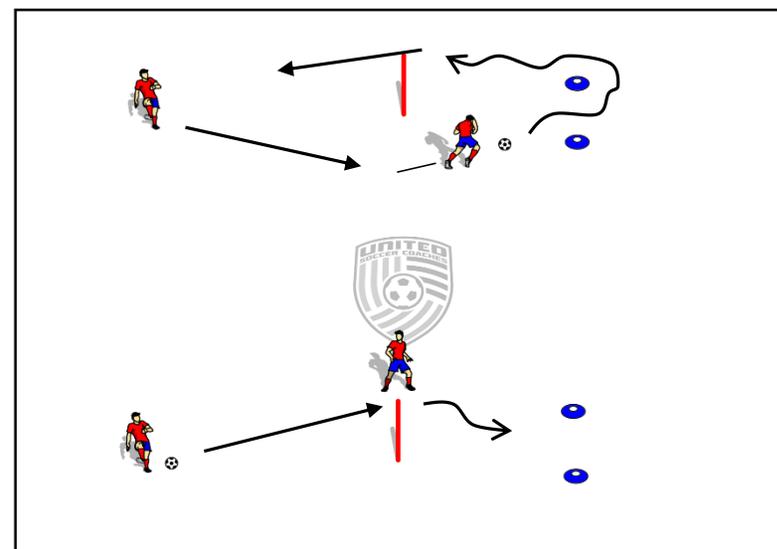
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PASSING & RECEIVING – TAKING AN INTENTIONAL FIRST TOUCH

- ❖ In this activity, players play passes back and forth working on taking an intentional first touch on a forward angle allowing them to return the pass on the other side of the pole / cone.
 - ❖ Players need to keep their feet moving and eyes on the ball at all times.
 - ❖ Players need to slide to the receiving side of the pole/ cone before pass is played to them.
 - ❖ Be sure focus on using both feet to receive and pass by switching directions.
 - ❖ Ask players to use different parts of their feet to receive the pass.
-
- ❖ In this activity, 1 player plays a pass to their partner who takes an intentional first touch on an angle towards the blue gate, rounds and returns the pass once on the other side of the pole. Then repeat back.
 - ❖ Players need to keep their feet moving and eyes on the ball at all times.
 - ❖ Passes need to be played on the ground, crisp and across the receiving players body so they can attack on an angle with that first touch.
 - ❖ Ask players to use different parts of their feet to receive the pass.
 - ❖ The receiving player should look to lower their body before the pass is played as that will assist in them attacking the blue gate quickly.
 - ❖ Also ask the receiving player to drop their shoulder / fake away as the ball travels towards them to off balance pressure / defender.



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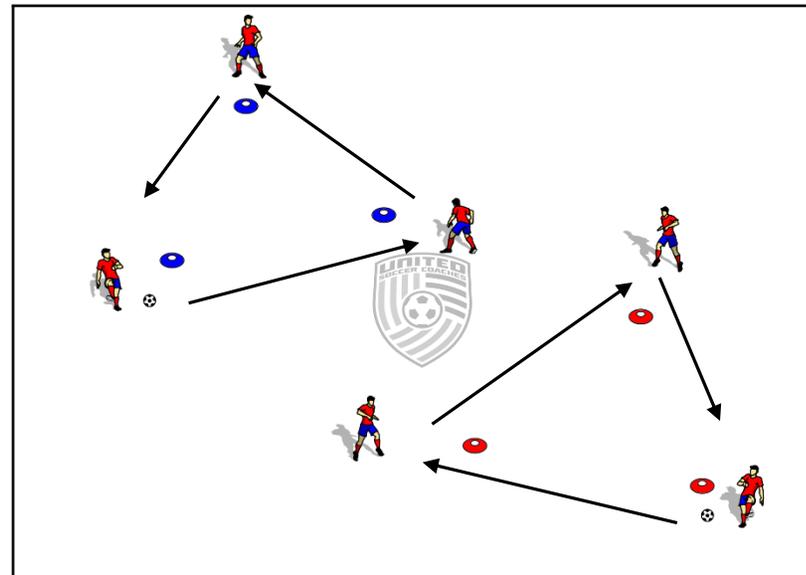
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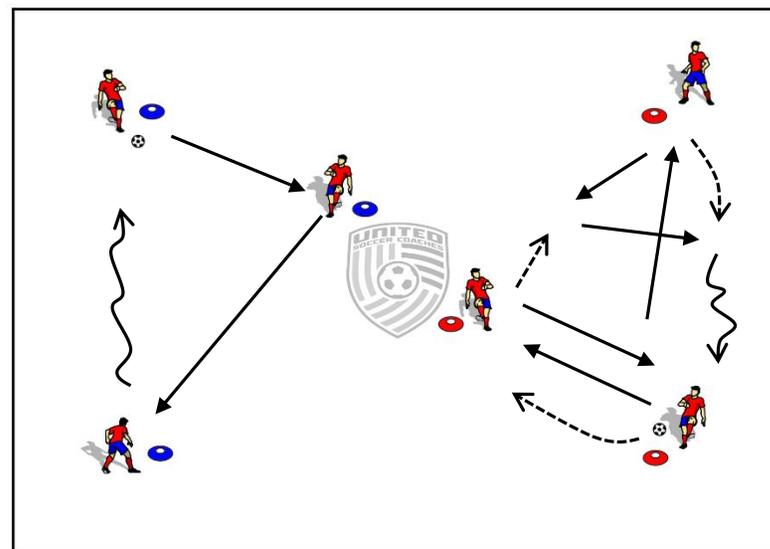
WORKING IN 3'S – COMBINATION PLAY AND MOVEMENT

- ❖ In this activity, we move from 2 players to 3.
- ❖ Players need to keep their feet moving and eyes on the ball at all times.
- ❖ Passes need to be crisp and remain on the ground.
- ❖ Players need to slide to the receiving side of the pole / cone before pass is played to them.
- ❖ Players should receive the pass on their back foot by letting the ball travel across their body.
- ❖ Their first touch needs to be soft and taken in the direction of the next pass.
- ❖ Be sure to focus on using both feet to receive and pass by switching directions.
- ❖ Ask players to use different parts of their feet to receive the pass.



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- ❖ In this activity, we add some movement. 2 passes are played then a dribble.
- ❖ Players need to keep their feet moving and eyes on the ball at all times.
- ❖ Passes need to be crisp and remain on the ground.
- ❖ On the left is the first pattern... on the right is the progression which adds a few additional passes but the rotation remains the same.
- ❖ Passes should be sharp, crisp and on the ground.
- ❖ Players should look to check away first then move to support each pass.



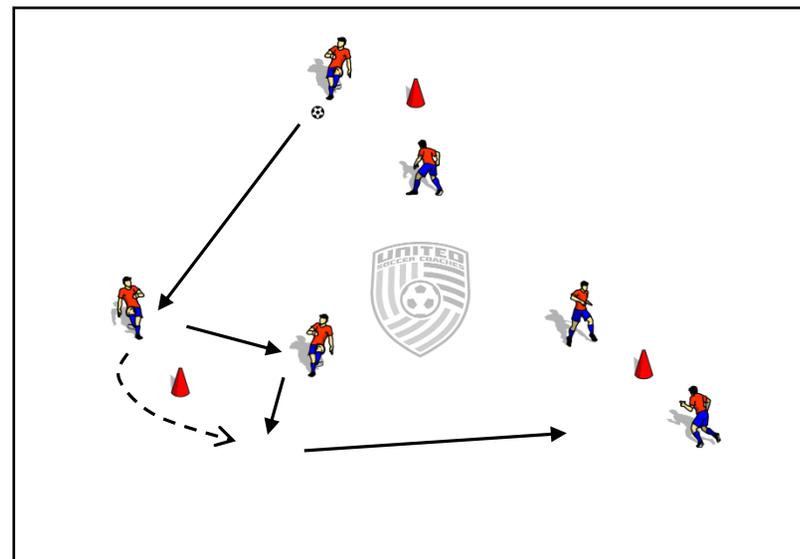
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MORE COMBINATION PLAY AROUND THE TRIANGLE

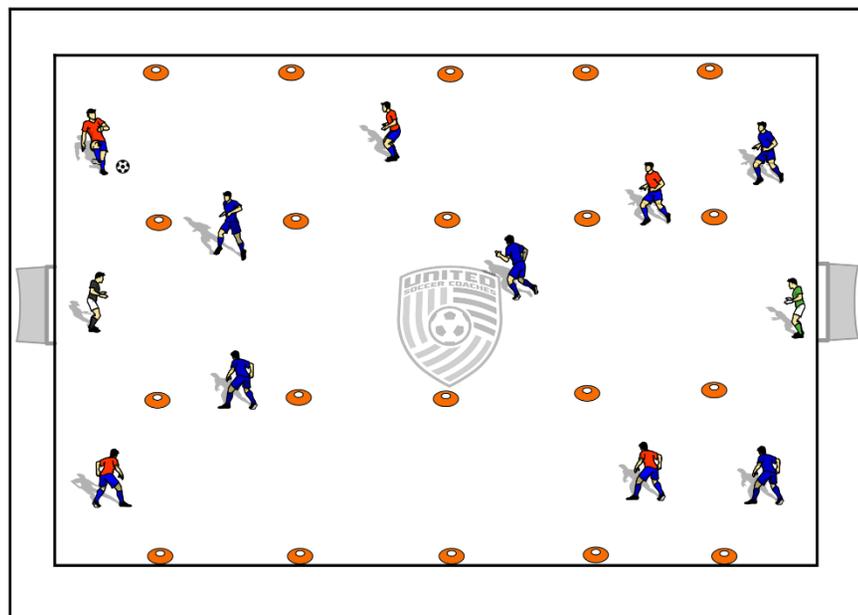
- ❖ In this activity, we add 3 players to triangle. 3 inside and 3 outside.
- ❖ Players need to look to drop away from the cone and find the right passing angle so they can combine with their partner who is inside the triangle.
- ❖ Passes need to be crisp and remain on the ground.
- ❖ Once the 2 players combine, they switch spots.
- ❖ Remember to switch directions



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FOOSBALL - GAME

- ❖ In this activity, create 6 channels and place players based on positions in each channel... ie Defenders and GK in the channel closest to the goal, Strikers / Forwards in the channel beside the Defenders then Midfielders in the middle channels.
- ❖ Play a normal game except that players are not allowed to leave their channel.
- ❖ Players are encouraged to play quickly and on as few touches as possible.
- ❖ Encourage players to play passes on angles and use their GK.



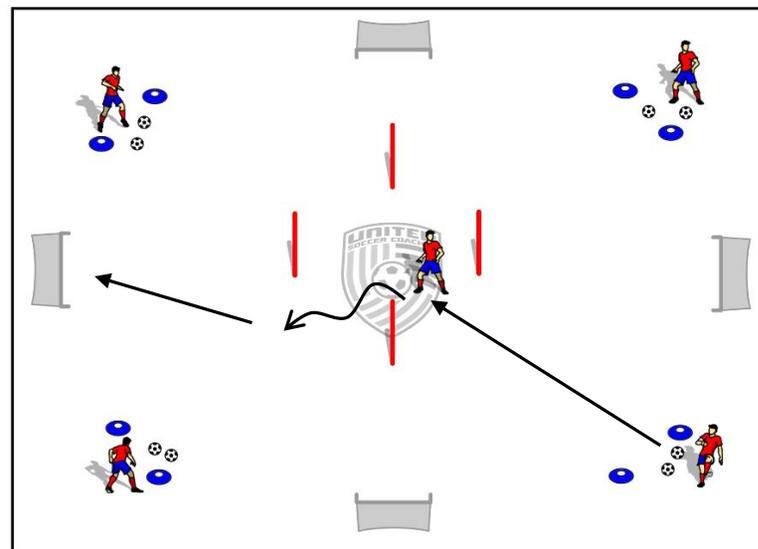
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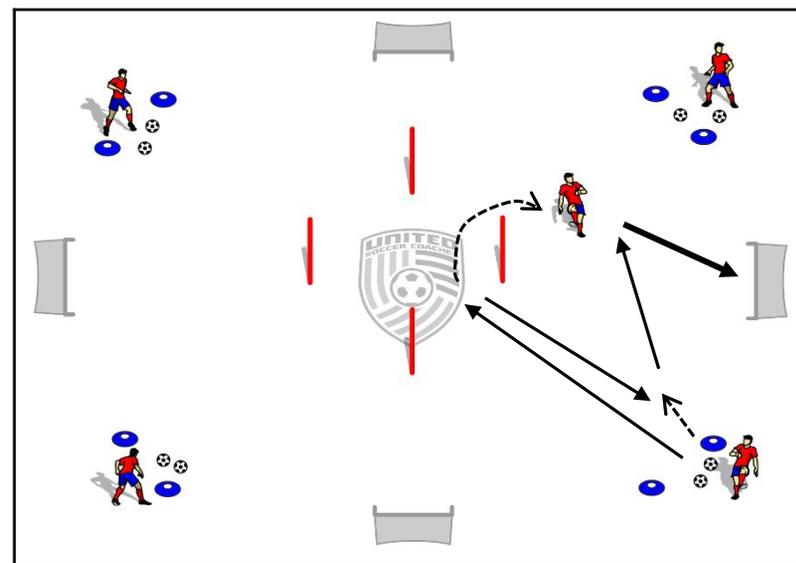
PASSING / RECEIVING & FINISHING

- ❖ In this activity, we increase the group to 5 players.
- ❖ The player in the middle looks to receive a pass, takes a touch in any direction they choose and finishes on goal.
- ❖ Once the player in the middle finishes, they look to receive a new pass from a different player on the outside.
- ❖ Passes need to be crisp and remain on the ground.
- ❖ Players need to move into a space that has a clear path from the passer into their feet and look to receive with an open body so they can attack a new space before finishing.



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- ❖ This time, the player in the middle receives a pass, bumps it back then attacks Around one of the poles / cones towards goal and receives a second pass That they look to finish first time.
- ❖ Once the player in the middle finishes, they take the place of the player who Played the previous pass and that player enters the middle looking to link up With another player on the outside and the rotation / combination repeats.
- ❖ Passes need to be crisp and remain on the ground.
- ❖ 1 touch is ideal but for younger ages, start with 2 (control then play).



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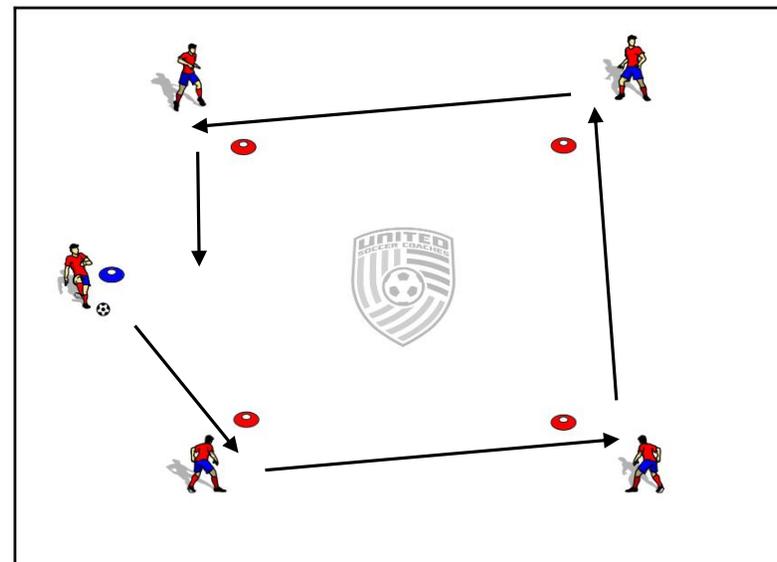


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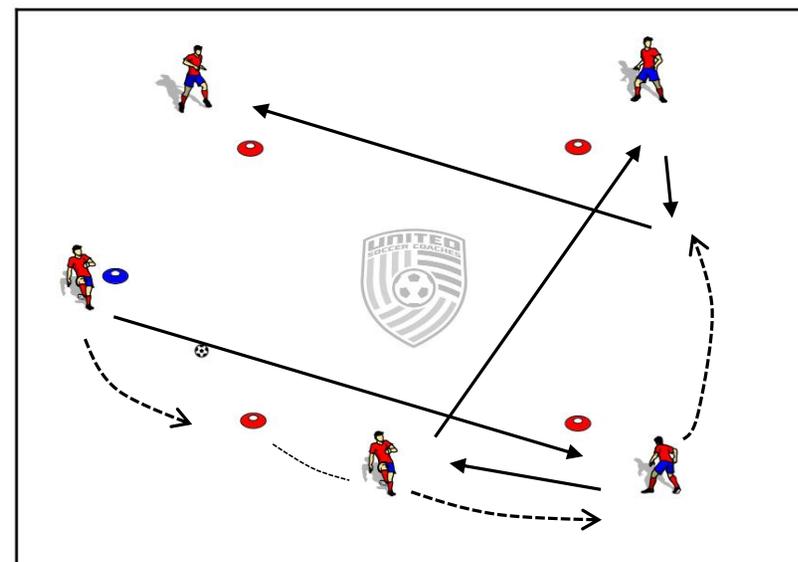
PASSING & MOVING – OPENING UP WITH FIRST TOUCH

- ❖ In this activity, players play passes around the outside of the square. Once the pass is played, that player follows the pass and readies themselves for when the ball comes around again.
 - ❖ Passes should be played across the receiving players body so they can open up and take their touch in the direction of the next pass.
 - ❖ Ask players to check away / drop their shoulder before taking their first touch to off balance defenders and create space.
 - ❖ Passes need to be crisp, rolling on the ground and played with the correct weight.
- ✓ Note the first pass is played from the blue cone. Once ball is in motion, all passes are played around red cones.

- ❖ In this activity, players will bump the pass back to the passer before moving to support the next bump pass.
- ❖ Passes should be played at the receiving players body so they can remain in the space they are in before attacking the next supporting space.
- ❖ Ask players to check away / drop their shoulder before taking their first touch to off balance defenders and create space.
- ❖ Passes need to be crisp, rolling on the ground and played with the correct weight.



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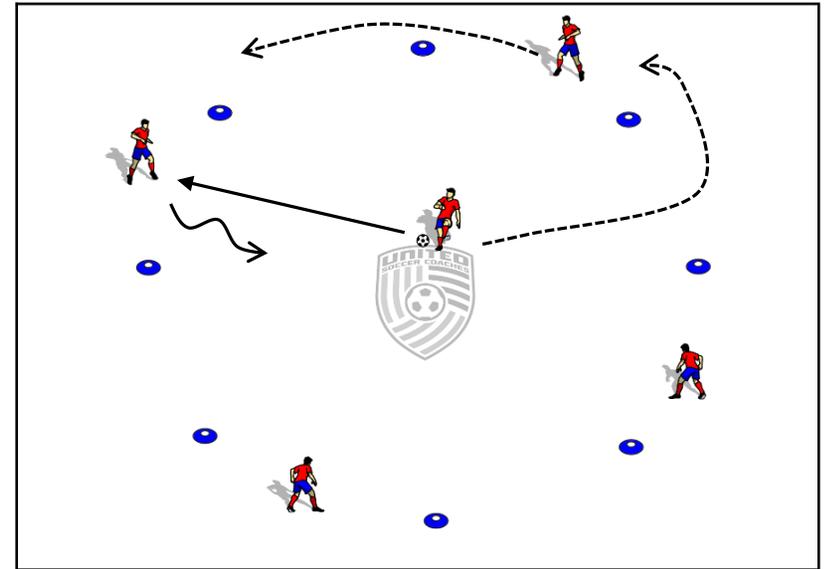
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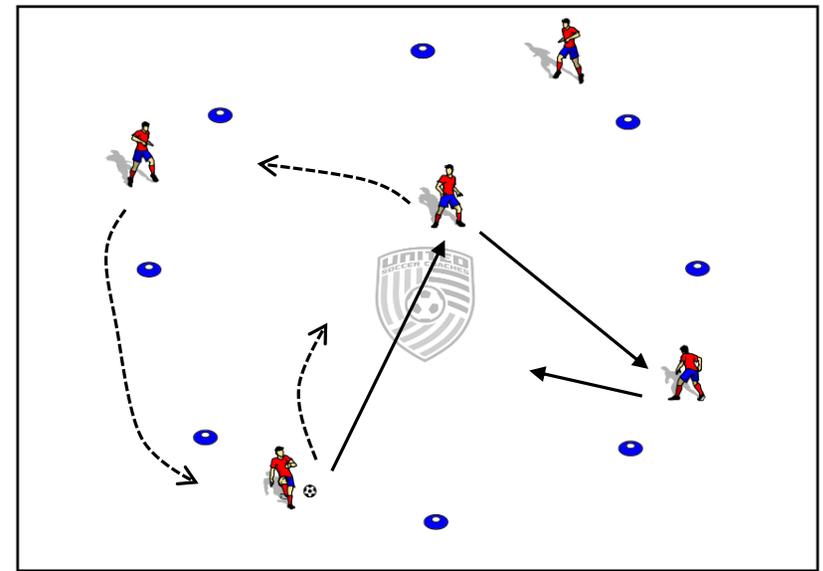
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PASSING & MOVING – PLAYING QUICKLY

- ❖ In this activity, the ball starts with the player in the middle. They play a pass to a player on the outside then move out of the middle by sliding into a new space which is vacated as another player on the outside slides around the outside into the space the new player with the ball use to be.
 - ❖ Passes should be played quickly, on the ground and with the correct weight.
 - ❖ Players on the outside must pay attention and communicate as to who will slide into the space vacated by the person with the ball as they attack the middle of the circle.
-
- ❖ In this activity, the ball starts with a player on the outside. They play a pass into the player in the middle who opens up and plays a quick pass to a different player on the outside. As this takes place, the original outside player who played the first pass moves into the middle as the middle player slides out into a new space that is created by a player who slides into the original players space who entered the middle.
 - ❖ The pattern repeats itself over and over.
 - ❖ Passes need to be played quickly, on the ground and with the correct weight.
 - ❖ Players on the outside need to communicate and be ready to either receive a pass or slide into a space made by the player who enters the middle.



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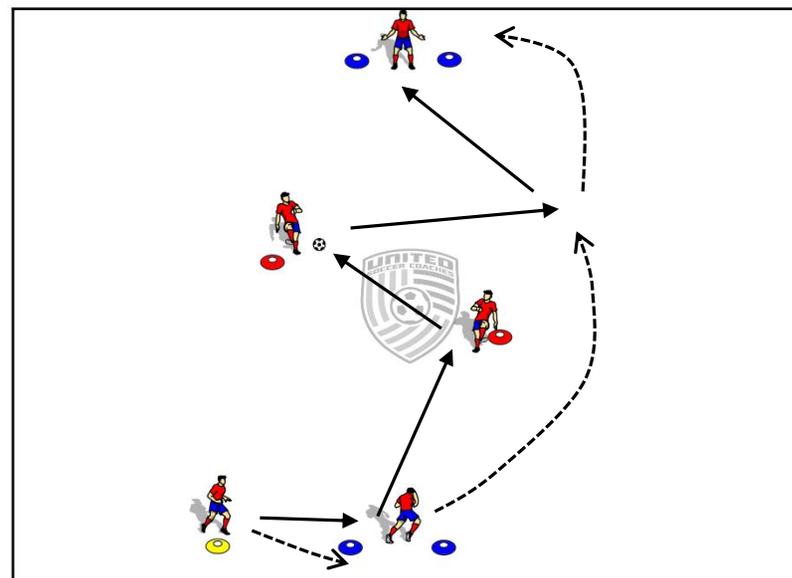
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COMBINATION PASSES – LINKING UP

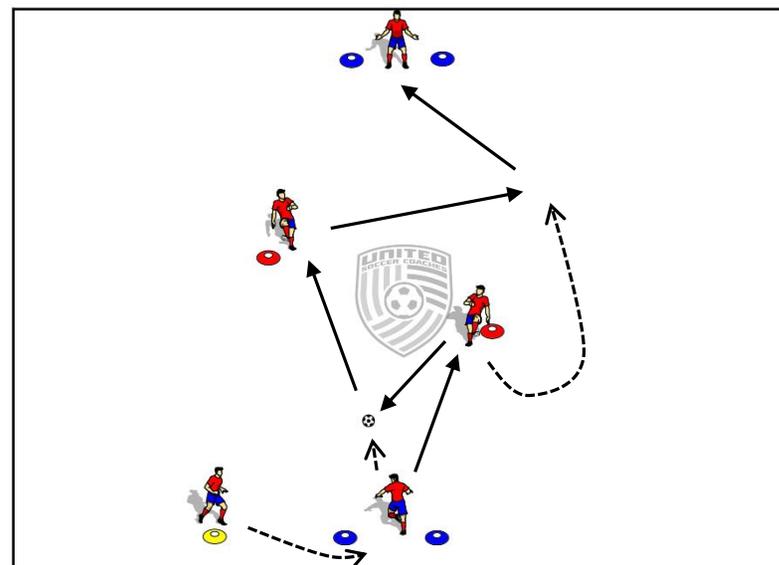
- ❖ In this activity, players look to play quick combination passes.
- ❖ Ask the players on the Red cones to check away before showing / calling for ball.
- ❖ Passes should be played quickly, on the ground, with the correct weight and probably most importantly, the correct side of the receiving players body!
- ❖ The pattern repeats at both ends.
- ❖ Switch the 2 players in the middle every so often.
- ❖ Change the pattern slightly by having the first pass from the blue gate go to the furthest red cone.

✓ Note the first pass is played from the yellow cone. A throw in is also a great way to start the combination.

- ❖ In this activity, we have the players increase the number of combination passes.
- ❖ Remind players to check away before showing / calling for the ball.
- ❖ There is now a rotation thru the middle with the player on the closest Red cone spinning off to receive the forward pass. They join the top of the line while the player who was at the bottom Blue gate takes the up the vacant Red cone.
- ❖ Passes should be played quickly, on the ground, with the correct weight and on the correct side of the receiving players body.
- ❖ Be sure challenge the players by changing the patterns using the same rotation.



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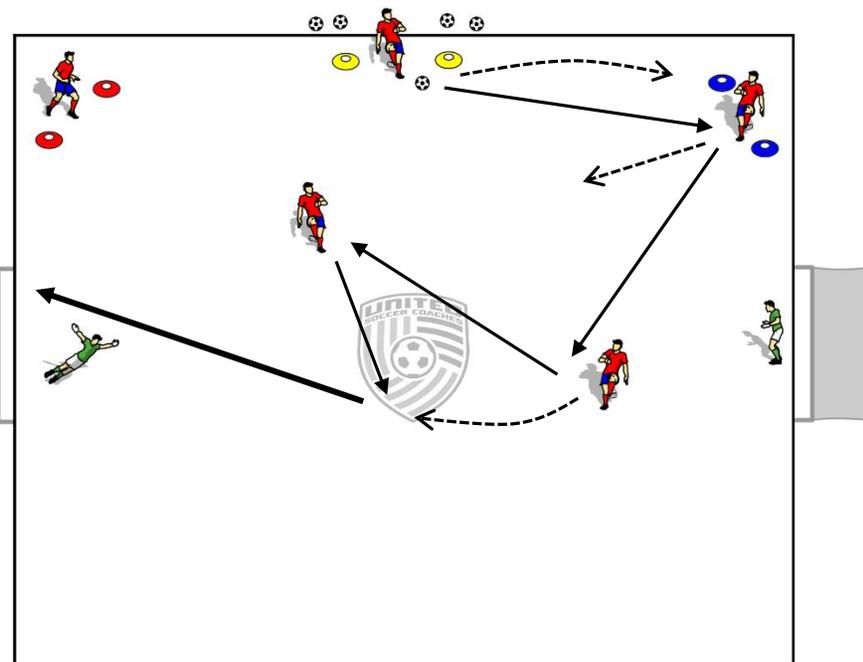


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COMBINATION PASSES – LEADING TO GOAL

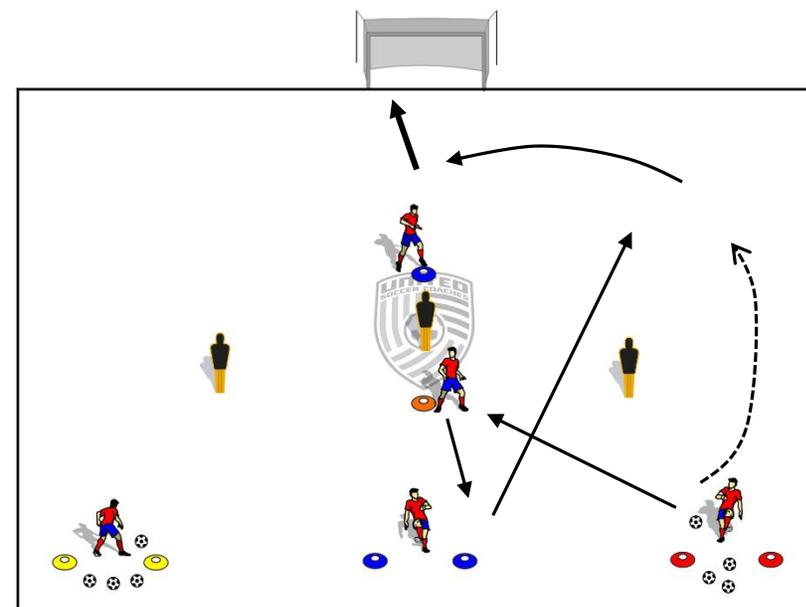
- ❖ In this activity, the players are allowed to move more freely within the space.
- ❖ Remind players to check away before showing / calling for the ball.
- ❖ Allow the players to make up their own passing patterns while encouraging them to move around and stay spread out.
- ❖ The activity begins with a player playing a pass from the Yellow gate to the Blue gate. This helps with Social Distancing requirements while allowing the players to combine more.
- ❖ Once the shot is taken, the shooter becomes the new player at the Yellow gate and plays the first pass to the Red gate and the players attack the other goal. The player who received the first pass at the Blue / Red gate, enters the space and looks to link up when the pattern starts.
- ❖ Playing quick, well weighted passes is important!

✓ Note the first pass is played from the Yellow gate. Playing a throw in is also a great way to start the combination.



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- ❖ In this activity, the players pass thru a set pattern which leads to a cross and Finish on goal.
- ❖ Remind players to check away before showing / calling for the ball.
- ❖ Teach the players different types of passes such as outside of the foot, in the air or driven into the space ahead of the “winger”.
- ❖ Allow the players to make up their own passing patterns.
- ❖ Rotation is as follows... Blue cone – Orange cone – Blue gate – whichever side played the last first pass... The other side then plays...
- ❖ Playing quick, well weighted passes is important!



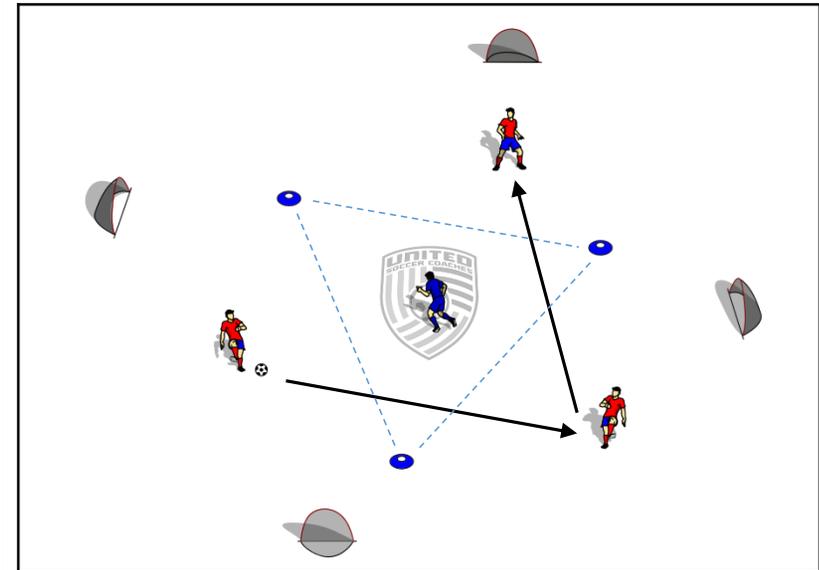
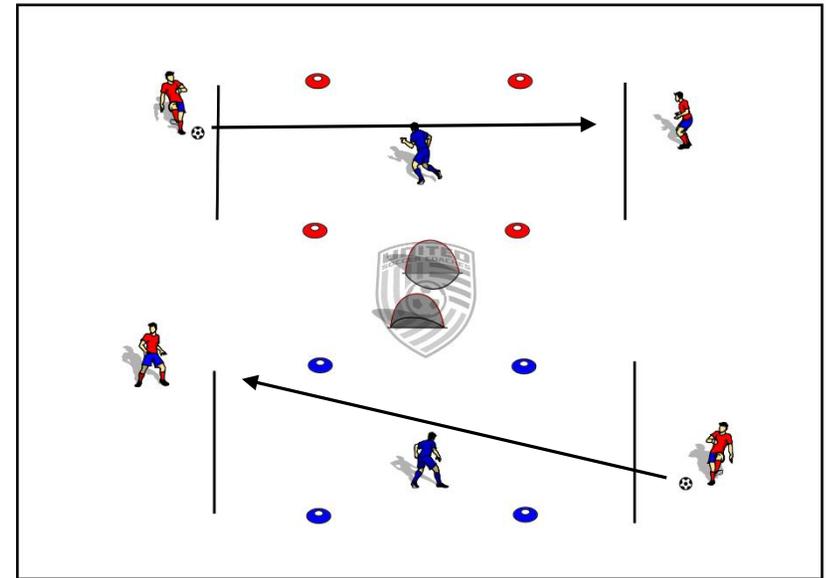
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POSSESSION – SLIDING TO PROVIDE BETTER ANGLES

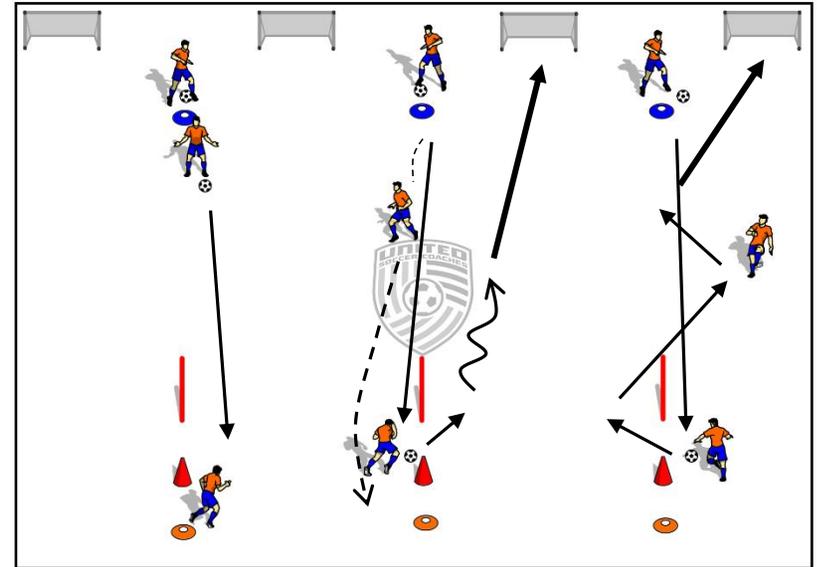
- ❖ In this activity, 2 players look to connect passes by playing past an opponent who is restricted to a colored box. The 2 players in possession must remain behind their respective lines.
 - ❖ Players (in Orange) will need to slide side to side in order to create a better passing angle for their partner.
 - ❖ At first, do not place restrictions on the players in Orange such as number of touches or time limit with the ball.
 - ❖ If the defender (in Blue) intercepts the pass, they look to score a point by passing the ball into a pugg goal.
 - ❖ Rotate players every few minutes.
-
- ❖ In this activity, we move to 3v1. Players look to connect passes by playing past an opponent (in Blue) who is restricted to the triangle. Players (in Orange) will need to slide side to side in order to create better passing angles.
 - ❖ If the defender (in Blue) intercepts the pass, they look to score a point by finishing a pass into one of the pugg goals on the outside.
 - ❖ Players in Orange are not allowed inside the triangle but all passes must cut thru the triangle as seen in the diagram.
 - ❖ Again, at first, do not place restrictions on the players passing the ball but eventually increase the difficulty by reducing time / number of touches
 - ❖ Playing quick, well weighted passes is important!



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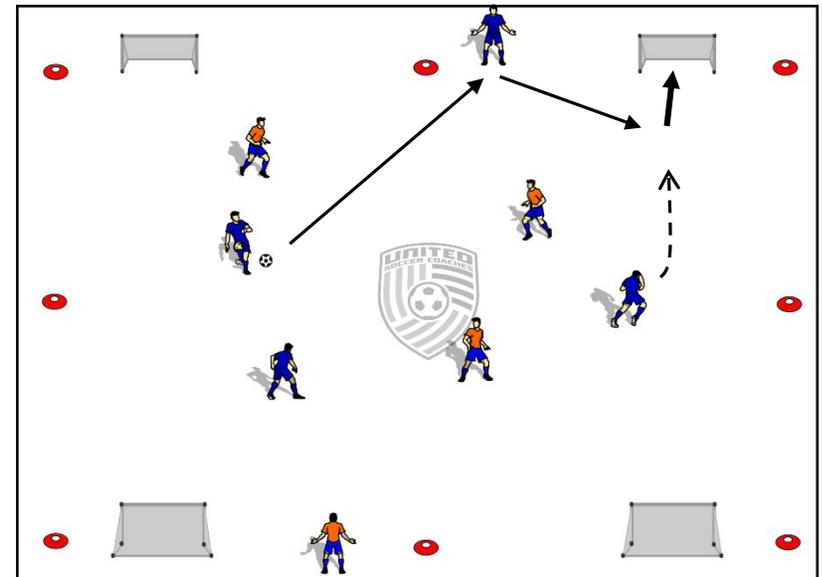
TAKING ATTACKING TOUCHES

- ❖ Get the players set up.
- ❖ The first player at the BLUE cone plays a pass to the player who pops off the ORANGE cone.
- ❖ The player who has popped off the ORANGE cone looks to take their first touch between the pole and large cone. This can be done with the inside of either foot, or the outside of the foot closest to the space.
- ❖ Once the player attacks thru the space, they continue forwards before taking a shot on one of the goals.
- ❖ A progression is shown in the far left of the diagram where the players play a give and go before the shot is taken.
- ❖ Ask the players to find a consistent weight in their passes and first touches



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- ❖ In this activity, we move to a 3v3 + targets.
- ❖ If you have groups of 5, have 2 target players.
- ❖ In order to score, the team needs to play a pass into their target player who plays a return pass back to their team on the field.
- ❖ Ask the target player to be active and look for passing lanes.
- ❖ Have the players on the field look to play into the target player from distance which allows space for players to run into when receiving the return pass.
- ❖ Rotate the target player every few minutes.



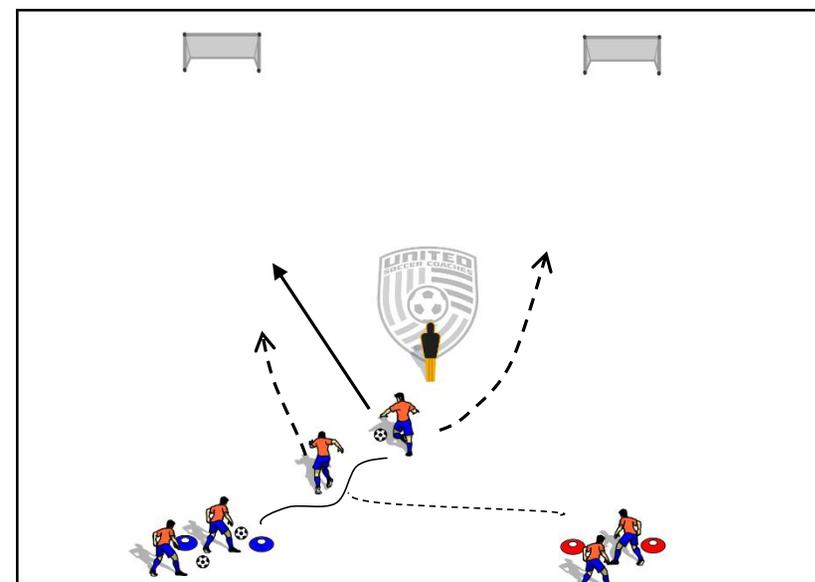
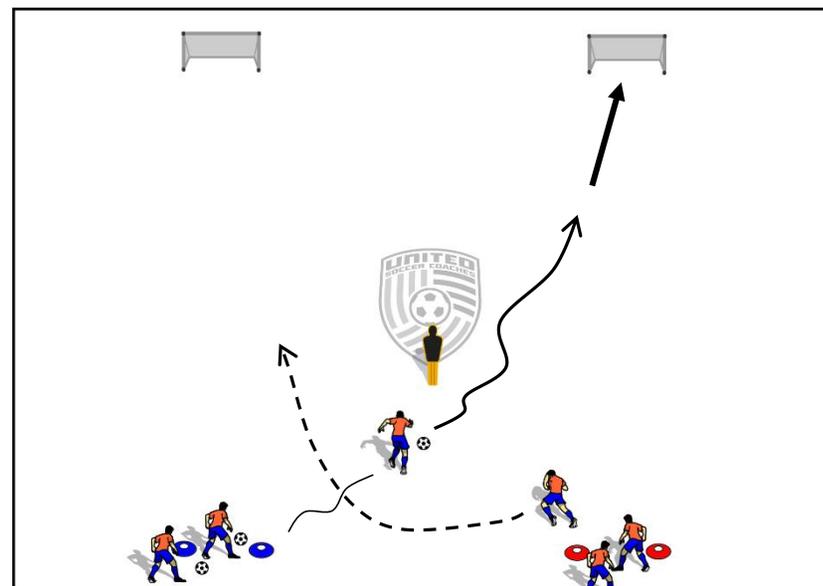
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2 V 1s – ATTACKING THE GOAL USING OVERLAPS

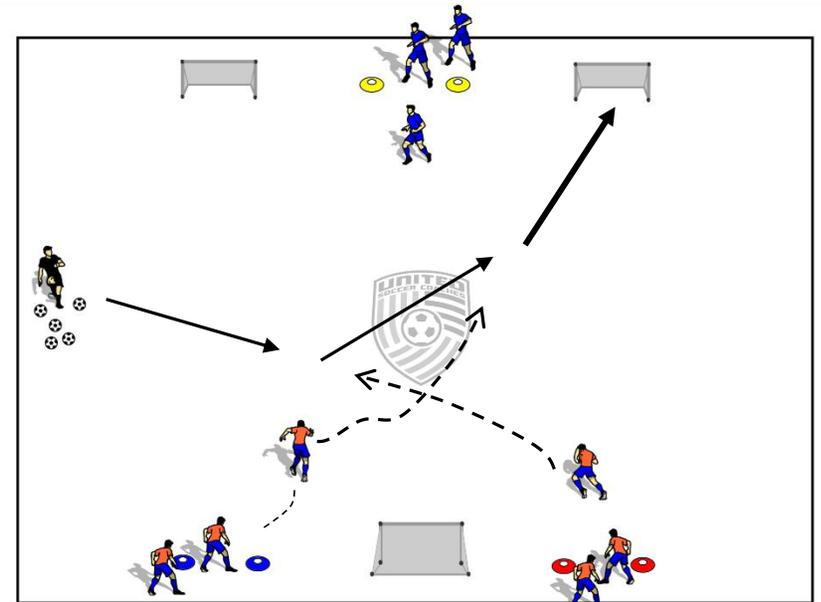
- ❖ Get the players set up in 2 lines as shown in the diagram.
 - ❖ The player at the BLUE gate who has the ball, dribbles on an angle towards the other side of the Mannequin. The player at the RED gate looks to run behind the player with the ball.
 - ❖ Once the 2 players have gone past the mannequin, the player with the ball takes a shot on goal while the player without the ball sprints to touch the goal. When they return, they switch lines.
 - ❖ Players are encouraged to attack as quickly as possible.
 - ❖ Make it a competition... who can score first... the player with the ball or the player racing to touch the goal.
 - ❖ Teach the player without the ball to time their run and always go behind the player with the ball.
-
- ❖ This time, the player with the ball plays a lead pass for their teammate to run onto before taking a shot on goal.
 - ❖ Its important that the pass is played at the right time and the right weight so the player running onto it. They shouldn't have to slow down their run because the pass was too soft or see the ball run off the field because its too hard.
 - ❖ Teach the players to play the pass with different parts of their feet. The Outside of the front foot can be the most effective!
 - ❖ Same as before, make it a competition to see who can score first... the ball in the goal or the player touching the goal.



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2 V 1 - GAME

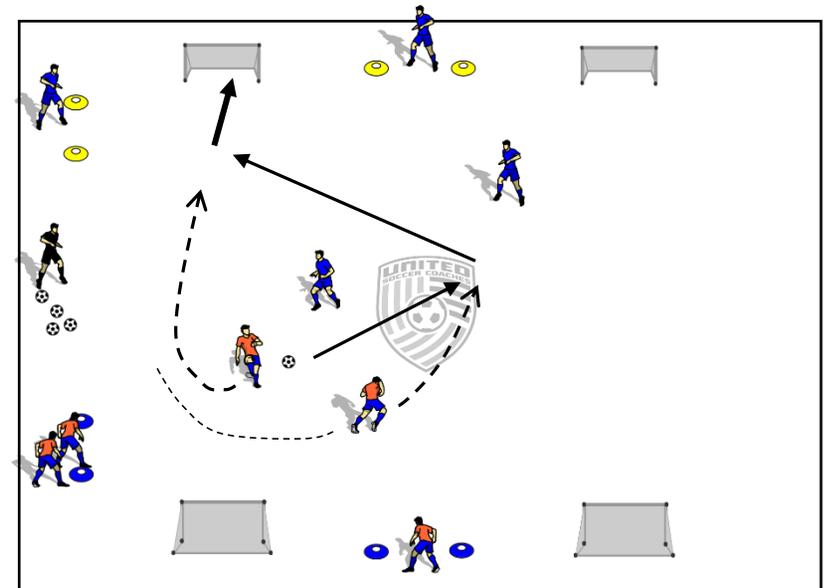
- ❖ In this activity, we play a 2 V 1 game with goals at both ends.
- ❖ If the 2 score, they are awarded 1 point. If the 1 scores, they are awarded 3.
- ❖ Its important to play quickly and make diagonal movements with and without the ball in order to off balance the defending player.
- ❖ In the diagram, the player on the right darts towards the ball. The player on the left recognizes this and makes an overlapping run onto the right side of the field where they collect a pass and shoot on goal.
- ❖ After so many turns / minutes, switch which end each team starts from.



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2 V 2 - GAME

- ❖ We now move to a 2 V 2 game... each team has 2 goals.
- ❖ The coach passes a ball on to the field and the first player in each line comes out to compete for the ball.
- ❖ Encourage players to make overlapping runs. Praise ones you see and award a bonus point if done correctly (regardless the outcome of possession).
- ❖ Keep the intensity high and the session flowing!
- ❖ Freeze the game when the ideal moment to preform an effective overlap becomes present. Show the players when and why this makes sense.



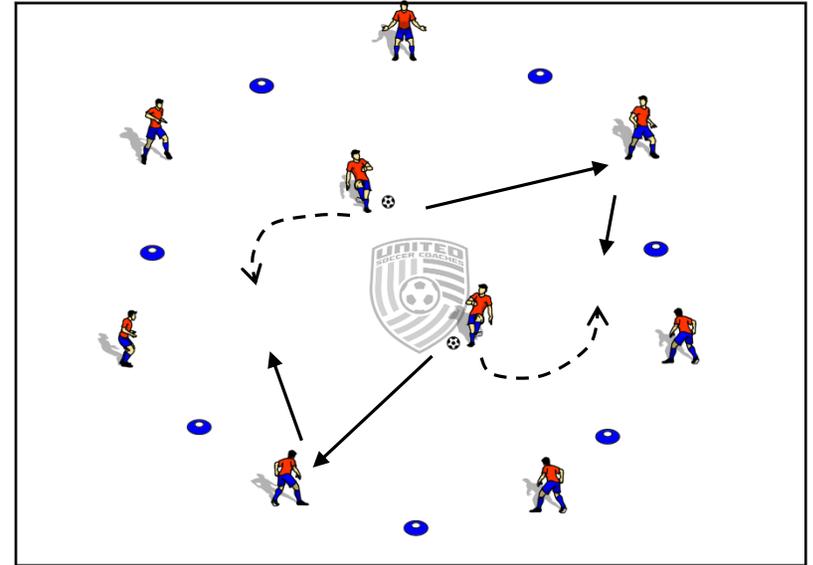
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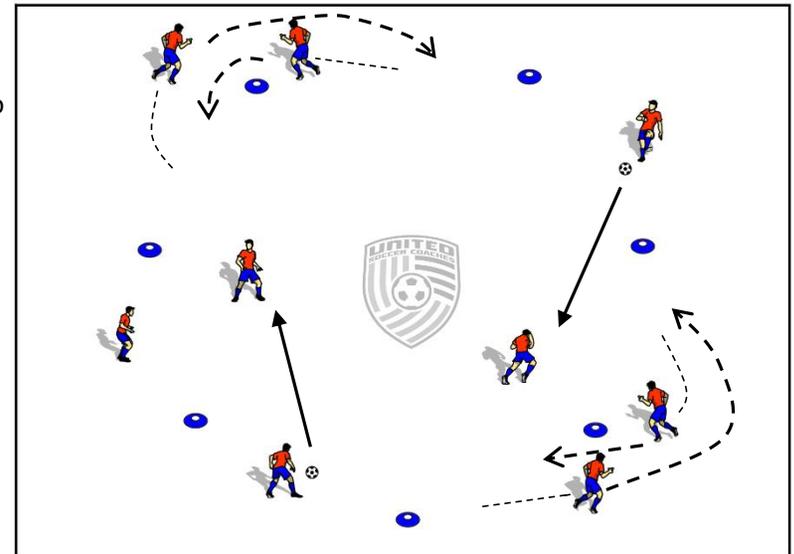
FIND THE BALL

- ❖ In this activity, we have 2 players in the middle of the circle each with a ball.
- ❖ The players in the middle play a pass to someone on the outside then quickly turn and receive the other ball from the outside. Once they receive and turn, they play that ball to someone new on the outside and continue to repeat the pattern.
- ❖ The players in the middle need to play quickly, make each pass roll, take a good first touch towards the player they plan to play to next and find good angles when receiving the pass from the outside.



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- ❖ This time, as the players on the inside are playing and receiving passes, players on the outside need to switch spots with their neighbor.
- ❖ Players off the ball need to be alert, communicate with each other and switch quickly as the players in the middle will need someone on the outside to pass to.
- ❖ Its important to have the players move at game speed and always be ready to receive a pass.
- ❖ Ask the players on the inside to open up on their first touch and see the larger areas of space within the circle

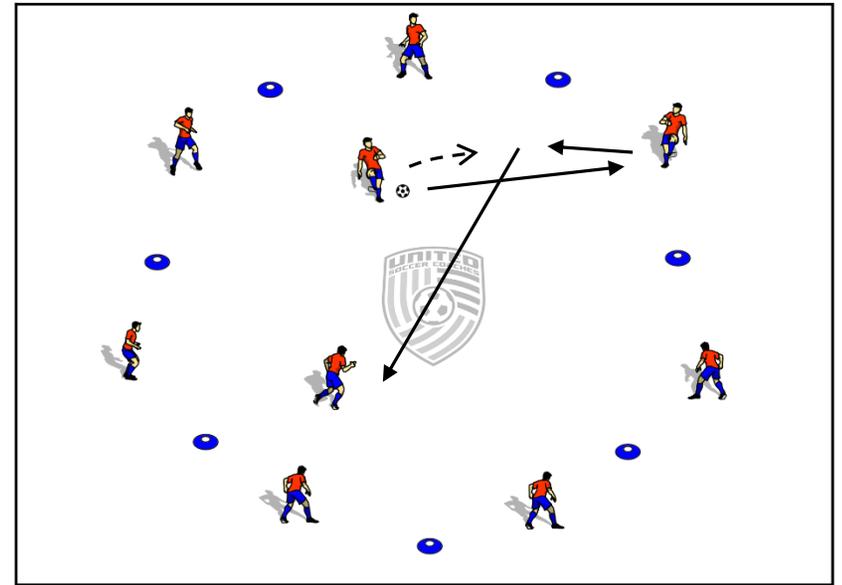


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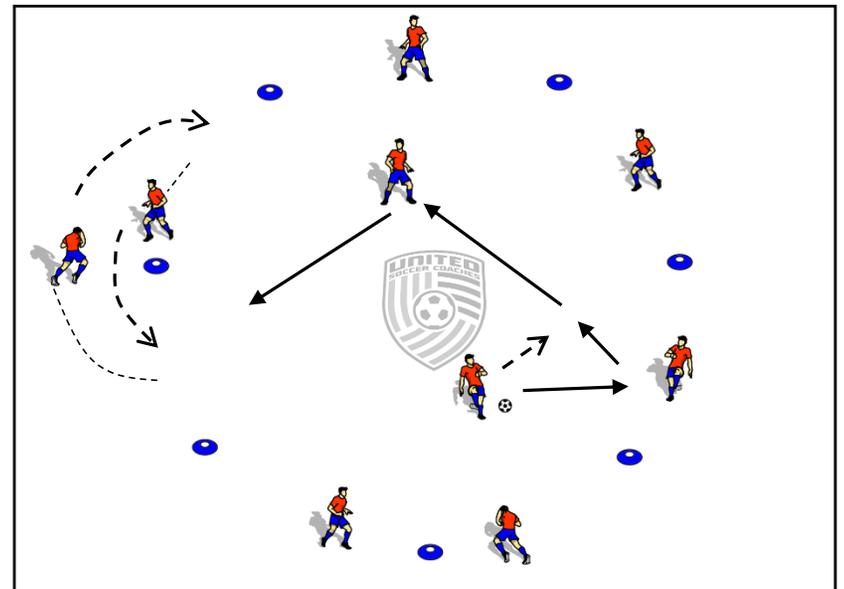
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- ❖ We now move to just 1 ball in the middle. The player with the ball plays a pass to the outside like before, but this time, moves to support it and get the pass back. At this time, this player then shares the ball with the other player who is in the middle and the pattern repeats.
- ❖ Ask the players in the middle to get away from each other.
- ❖ Passes should be played quickly on the ground right to feet and on different angles each time.
- ❖ Keep the tempo high forcing the players in the middle to work hard.
- ❖ Switch the inside players every minute.



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- ❖ We continue with the new passing pattern and also continue the players on the outside away from the ball to switch spots with each other.
- ❖ Focus on the quality of movement, passes and never allowing players to hesitate.



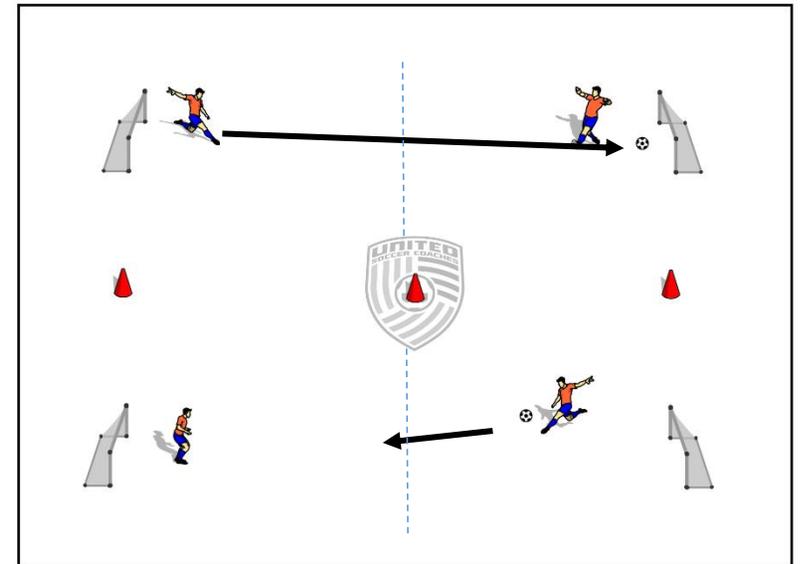
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STRIKER WARS

- ❖ Striker Wars is an exciting back and forth game where players play 1 V 1 in a small space. Each player has a goal and is limited to their side of the halfway line.
- ❖ Games last 2 mins.
- ❖ Players are allowed to block the ball with any part of their body INCLUDING their hands.
- ❖ Encourage the players to play quickly!
- ❖ Coach proper technique ie. Use of the laces for power... side foot for accuracy



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