

# Activities for MAP Youth Academy

Idea's to use as needed for MAP Camp. Activities are broken up by category as described on schedule! Always feel free to use activities, games, drills etc. that you are comfortable with. These are simply suggestions to help in your preparation for each day!

# Active Warm Up & Ball Mastery

## Dynamic Movements

- Heel Flicks
- High Knees
- Open Gate
- Closed Gate
- Inside Volley
- Toe Touches - Left leg to right arm
- Shuffle(left to right)
- Karaoke
- Forward Lunge
- Side Lunge
- Calf Raises
- Grab a Toe, Hamstring Stretch
- Light skipping W/ arm movements
- Outside straight leg kicks
- Jumping
- Butterfly stretch
- Knee to chest

## Fast Footwork

- Side to Side Shuffles Forwards
- Side to Side Shuffles Backwards
- Forward / Backward Shuffles
- Two Feet in Sideways
- Two Feet in Forwards
- One Foot in Forwards
- Figure 8 forwards
- Forwards 2, Backwards 1
- Feet together jump & bounce forwards
- Feet together jump & bounce sideways
- Feet together jump & bounce forwards 2, backwards 1

# Ball Mastery Skills

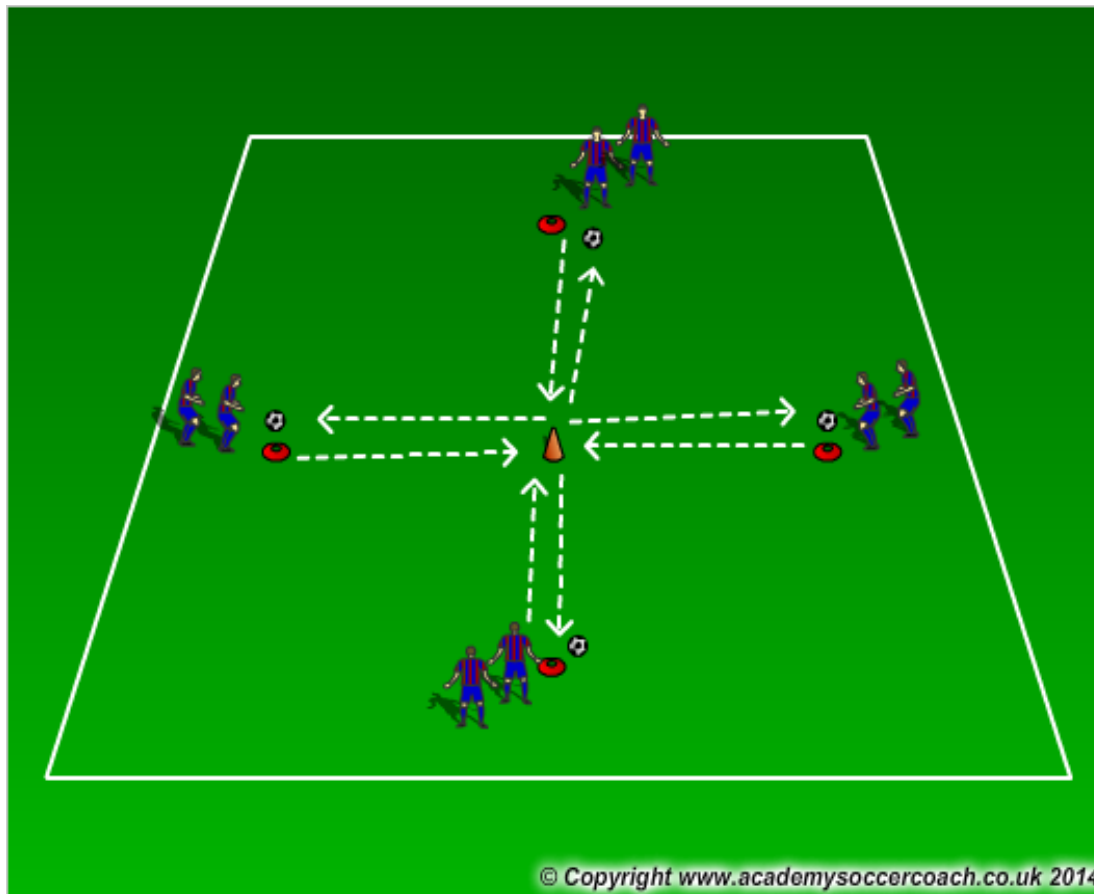
- **Heel / Toe Roll** : - Roll ball up and down sole of foot from heel to toe keeping contact with the ball at all times
- **Inside Outside Roll** : - Same but now moving ball from inside to outside of sole of foot
- **Circle Roll** : - Moving ball with same foot in a circular motion
- **Front foot Dribble** :- Small touches using the front of the foot only (laces)
- **Big Toe / Little Toe** : - Move ball with Inside of big toe, followed by outside of little toe in a zig zag fashion
- **Big Toe, Big Toe / Little Toe Little Toe** :- Same but now 2 touches with big toe followed by two touches of little toe
- **Side Sprints**:- Ball in between feet moving ball from side to side in a pendulum fashion
- **Side Sprints forwards / backwards** :- Same but now moving ball forwards and backwards
- **Side Sprints Side to Side** :- Now move body to left whilst performing 3-4 side sprints and then back to the right in a zig zag
- **Pull Push** :- Pull ball back from heel to toe and push forward with the laces
- **Pull Push Inside / Outside** :- Pull ball across body using the pull and out of body using the push, repeat both sides
- **Pull Push Behind** :- Pull ball to side & behind standing foot and using inside of big toe push across to control with other foot
- **Side sprints w / pull push combo** :- As described above
- **Sole Taps** :- Little touches on ball using front of the sole of the foot
- **Sole Taps forwards / backwards** :- Same, moving ball backwards and forwards
- **Sole Taps w / pull push behind combo** :- Same but now add a pull push behind
- **Sideways Rolls** :- Body square to the ball, roll whole foot over the ball inside of foot first and quickly repeat
- **Sideways Rolls change over left to right** :- Same but change ball from left to right with a roll across body
- **Sideways Rolls w/ roll over step over** :- Same but now roll across body while performing a step over
- **Figure 8 dribbling** :- Dribbling ball in a figure 8 between two cones

# Ball Mastery & Warm Up Video Examples!

Certainly not expecting you to watch all of these but again just some ideas to help prepare and make for a smoother warm up!

- [https://www.youtube.com/watch?v=U3N\\_qXaqrtl](https://www.youtube.com/watch?v=U3N_qXaqrtl)
- <https://www.youtube.com/watch?v=UFhCXHWIp2A>
- <https://www.youtube.com/watch?v=-raaJ1KGbzk&list=PL57rUWekUz18r-ryVkaAKxTxy4IEs7Cs&index=17&t=34s>
- <https://www.youtube.com/watch?v=ObncYq18IMw&t=684s>
- <https://www.youtube.com/watch?v=R793gB5IMQM>
  - Active WARM UP Ideas!

# WARM-UP: TURNS FROM THE CENTER



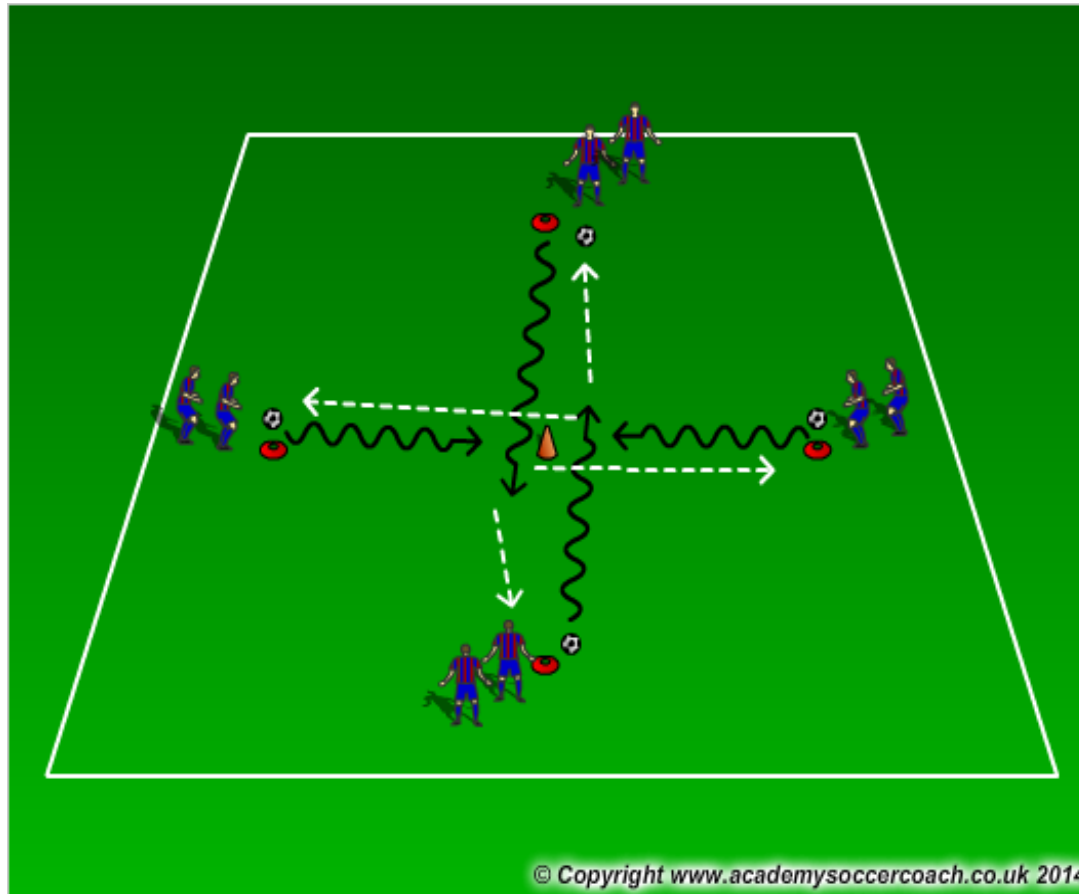
**Set-up:** 4 cones in a cross formation, approximately 10-15 yards from the center cone. Players in groups of 2/3 at each of the outside cones. 1 ball per group.

**Description:** First player from each line dribbles into the center cone, performs a turn and then dribbles back to the next player in the line. All players at the front of the line dribble at the same time. Vary turns, touch conditions and add competition. Scatter cones in a pile at the center and see which group can collect the most cones the fastest.

**Coaching Points:** Quick, small touches into the middle. Turn in as few touches as possible. Add change of speed after the turn. Good pass to the next player. Player receiving the ball to be on their toes and take a positive first touch forward.

**Moves Covered:** Turns with the inside, outside and sole of the foot.

# WARM-UP: PASS AND FOLLOW

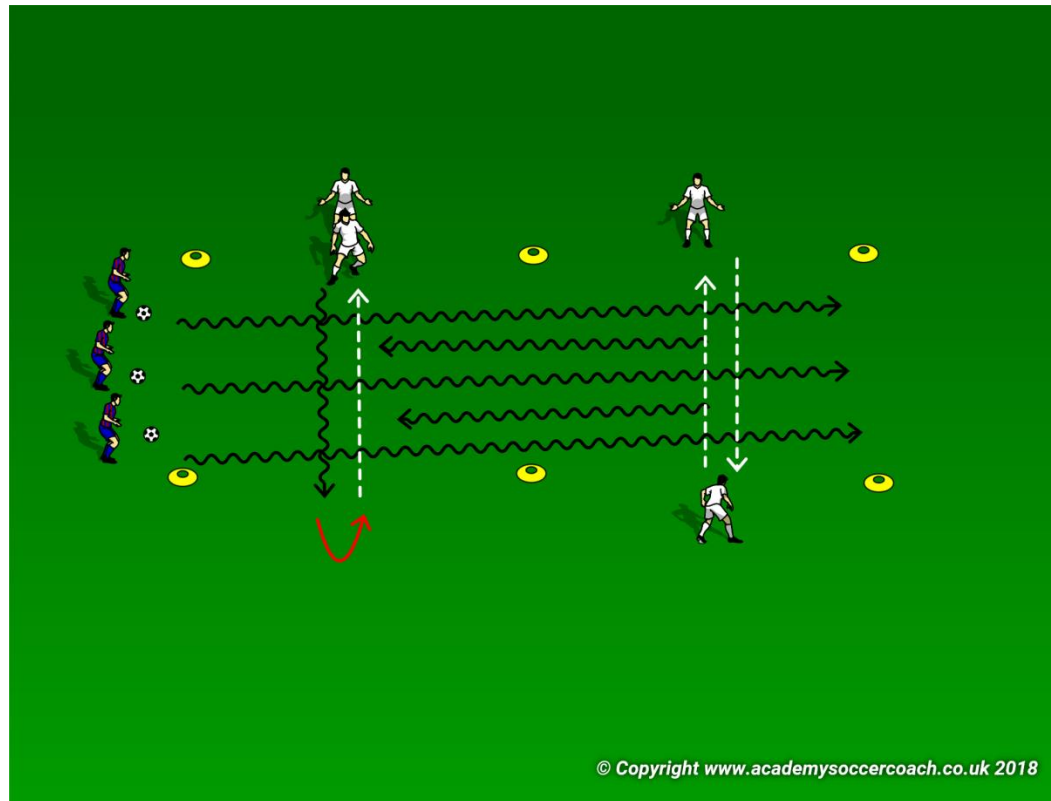


**Set-up:** 4 cones in a cross formation, approximately 10-15 yards from the center cone. Players in groups of 2/3 at each of the outside cones. 1 ball per group.

**Description:** Player at the front of each line dribbles to the center cone and stays to the right. Player then passes to the next line. Move to the back of the line; follow your pass. Add in a fake or change of direction(s) in the middle of the area.

**Coaching Points:** Quick touches into the middle and change direction making sure you avoid the other players. Good pass to the next player. Player receiving the ball to be on their toes and take a positive first touch forward.

# Dribbling Turns & Passing



**Area:** 16 yards long by 8 yards wide.

**Description:**

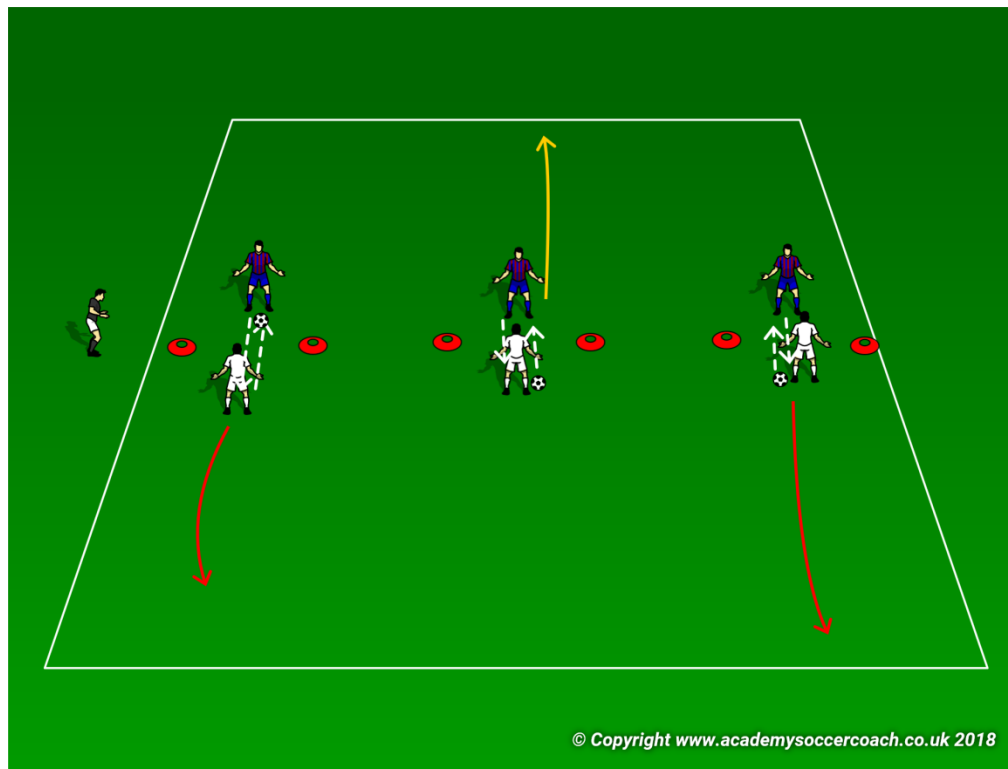
1 team where everyone has a ball lines up at 1 end of channel. 2<sup>nd</sup> team split in 2 groups , 1 ball per line. Both groups working at the same time. Team 1 dribbles back and forth while team 2 dribbles across grid, turns and passes back.

**Progression:** team 2 separates and plays 2 touch passing while team 1 dribbles across the grid.

**Coaching Points:**

- Quality and speed of the pass
- Preparation and first touch
- Communication and movement before the pass
- Be creative with passes
- Lift pass off ground
- Take first touch away from pressure
- Know when to play 1<sup>st</sup> touch & when to hold ball and wait for open passing lane.

# Passing Reaction Warm Up



**Area:** 25 Yards Long with 1 yard gates down the middle.

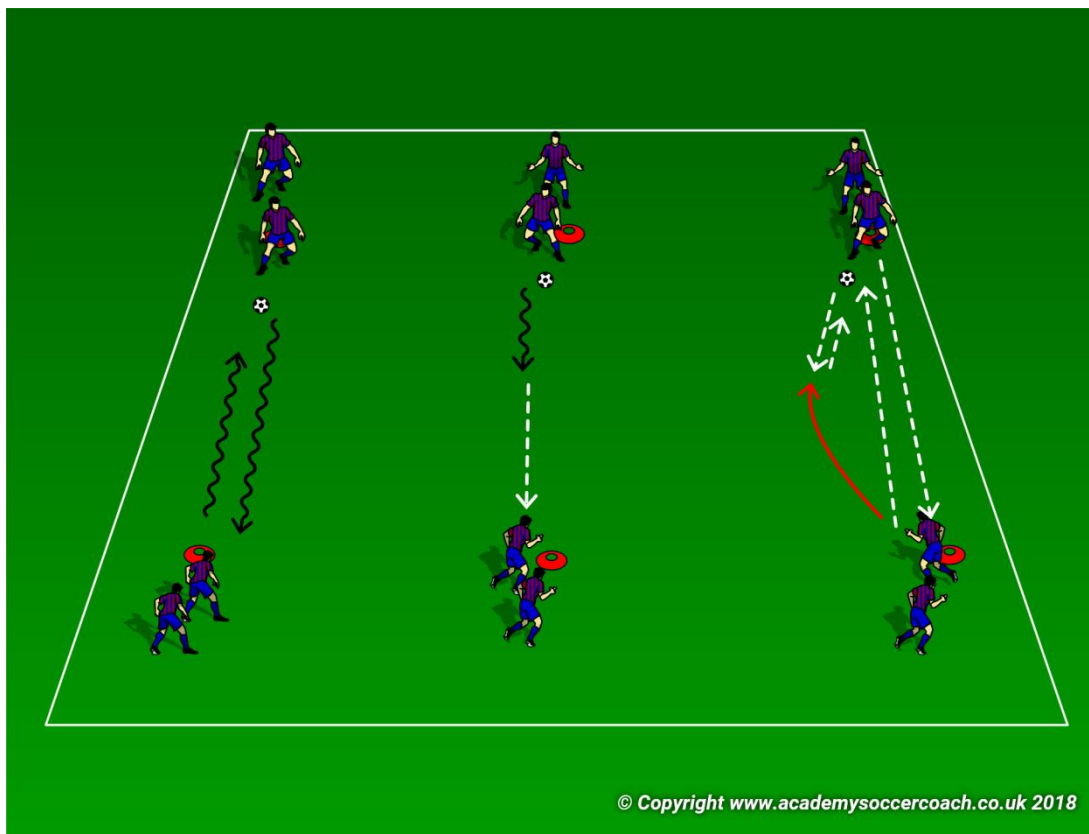
**Description:** Players stand 1 yard away from gate. Passing ball back and forth. When coach yells go. Player with ball must turn & try to dribble across the end line behind them before getting tagged by teammate.

**Progression:** 1) Play 1 touch.  
2) Rotate teammates.  
3) Make teammates juggle back and forth.  
4) Force defenders to win ball, not just tag.  
5) Turn 1v1 attack straight ahead to cross opponents end line.

**Coaching points:** Focus is on building reaction time & having fun. Keep it light. Add in dynamics. Change of speed. Good first touch out of feet to accelerate away from defender. Good clean passes to teammate.



# Hotspurs Warm Up



**Area:** Cones 15 yards apart. 5 yards separating each.

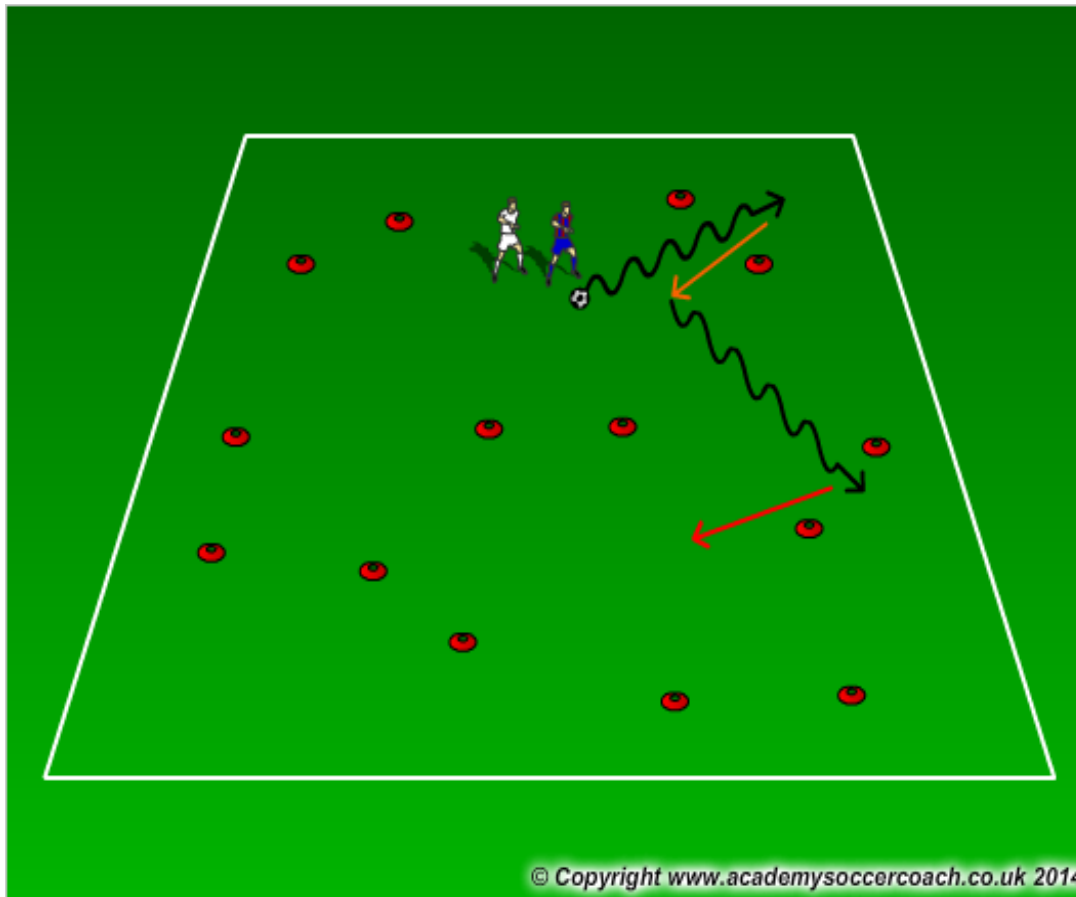
**Description:** Simple warm up to get players running and moving with the ball. 1 ball per line. Players dribble across to the line opposite them and lay the ball off for first person in line to repeat.

**Progression:** 1) Pass halfway.  
2) Play 2 touch – pass & follow.  
3) Add Wall Pass  
X3 Sets – working in dynamics.

**Coaching points:** Slow progression into game speed. Get creative. Use both feet. Don't dribble in a straight line. Hit passes with pass. Firm, Flat & Accurate. Hit pass harder than you think you should.

# 1v1 & 2v2 Games

Make it Fun. Use Competition & Keep lines as small as possible!

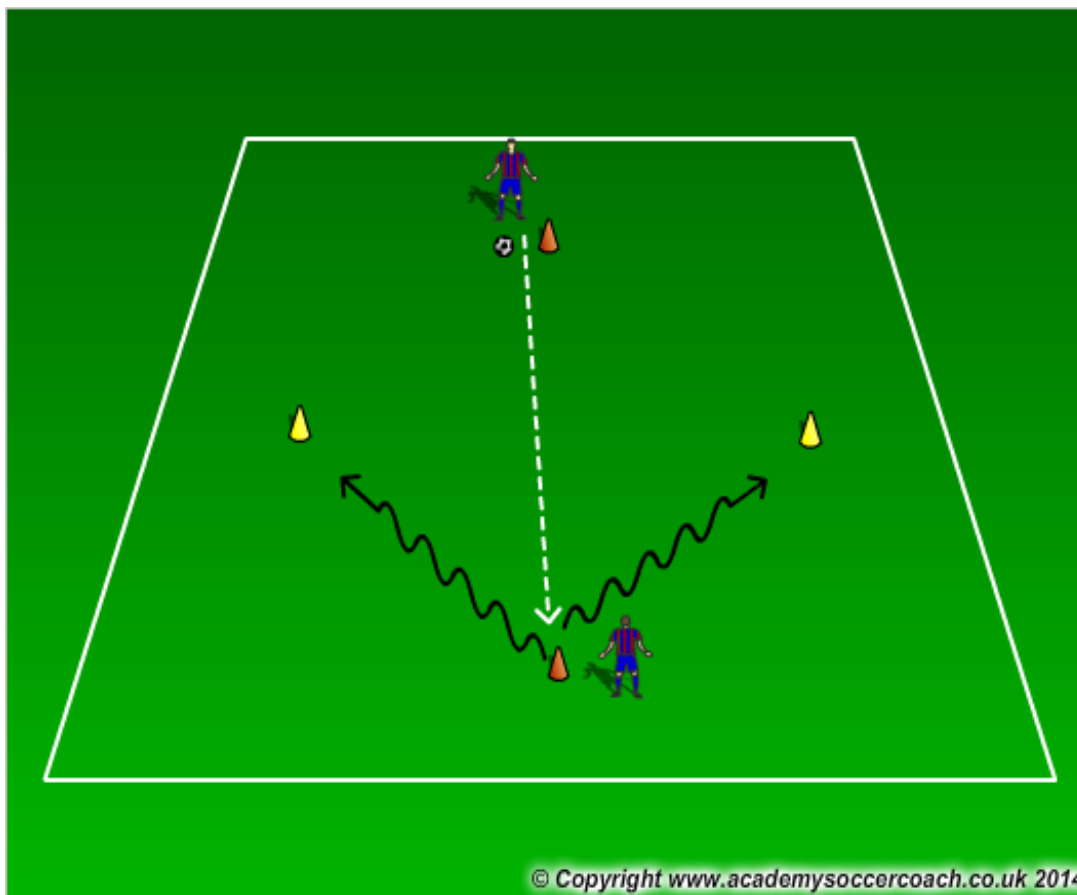


**Set-up:** Players in pairs with 1 ball per pair.

**Description:** Player 1 has the ball and attempts to dribble around the area, moving through the different gates. Player 2 tries to stop them and win possession. Once possession is lost, ball goes back to Player 1. Perform 1-2 minute rotations.

**Coaching Points:** Player 1 (attacker) uses body to shield the ball and dribbles for the open gates. If defender comes in from the side or gets in front of you, use a move to change direction. To increase difficulty, Player 1 has to perform a turn through the gate(s). Add points to make the activity more competitive or change partners with each rotation.

# 1 VS 1's: MOVES TO A SIDE CONE/TARGET



**Set-up:** Players 15-20 yards apart. Side cones (targets) approximately 10 yards either side (diamond formation). Players in pairs with 1 ball per pair.

**Description:** Player 1 passes to Player 2. Player 1 becomes a defender, Player 2 becomes an attacker. Player 2 attempts to dribble to one of the side cones (targets) utilizing the moves to change direction. Rotate positions after possession is lost.

**Coaching Points:** Attacker on the toes before receiving the ball. Positive first touch in the direction you want to dribble. Use the moves to change direction. Change speed after move(s) to create separation from the defender.

# 1 VS 1's: TO TARGET GOALS

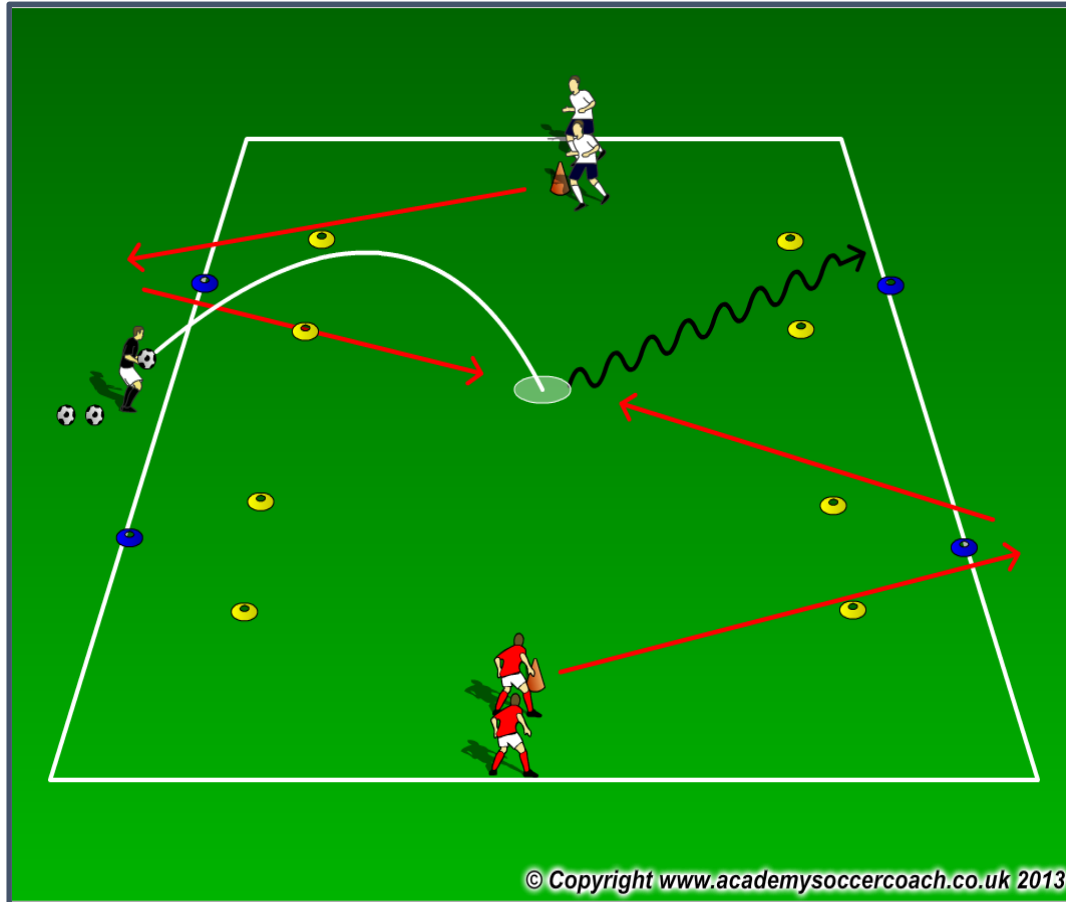


**Set-up:** Defender and attacker 20 yards apart. Gates (3 yards wide) on each side of the area with target goal 5 yards from gates. 1 ball per pair. Arrange pairs behind each line, based on the number of players.

**Activity:** Defender passes the ball to the attacker. Attacker attempts to dribble through either side-gate and then shoot into a target goal. Rotate positions each time.

**Coaching Points:** Good pass to start off the activity. Attacker takes positive first touch in the direction you want to go. Attack the defender at speed making them commit to the ball. Shoot as soon as you are through the gates and have space to do so.

# 1 VS 1's: CHANGE OF DIRECTION



**Area:** Start cones are 15 yards apart, wide cones are 15 yards apart and 5 yards from start cones, gates are 2 yards wide, and 3 yards from wide cones.

## **Description:**

Separate the group into 2 teams, the first player from each line play 1v1. Players must react to the ball being played in, then run around the wide blue cone before challenging for the ball. To score the players must dribble through one of the gates.

## **Coaching Points:**

Always protect the ball

Correct Foot

Scan

Quick acceleration after move

Moves: Use turns/fakes from Week 1-3

# 1 VS 1's: CHANGE OF DIRECTION



**Area:** Start Cones 20 Yards apart. 3 goals (can use 2 yard gate with cones as goals) spread out with 1 yard gate, in front of and perpendicular to goal.

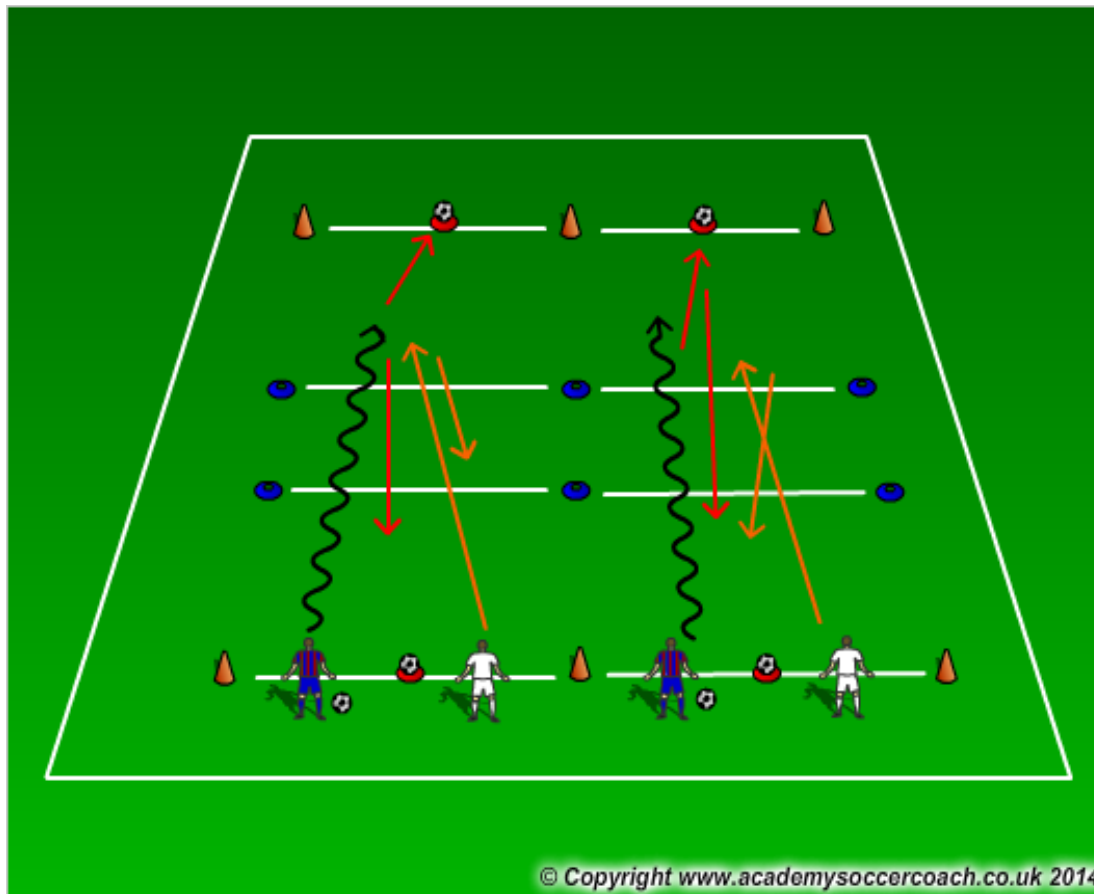
**Description:**

Separate the group into 2 teams, the first player from each line play 1v1. Players must react to the ball being played in and decide which gate to attack. Attacking player must dribble through a gate before finishing on goal.

**Coaching Points:**

- Always protect the ball
- Good first touch
- Use fakes
- Head Up
- Change Speed
- Use COD Moves
- Take what defender give you!

# CHANGE OF DIRECTION: 1 vs 1 TURNS TO A TARGET



**Set-up:** Players in pairs with 1 ball per pair. Add a target (ball balanced on a cone) at each end of the channel.

**Description:** Player 1 has the ball and attempts to dribble up the channel. Player 2 cannot move until Player 1 takes their first touch. Player 2 then becomes the defender. Player 1 can either dribble to the far target, or turn and come back to the near target (once they have passed the center cones). Once possession is lost stop and return to the start. Rotate positions each time.

**Coaching Points:** Player 1 (attacker) uses body to shield the ball and dribbles with the ball on the outside foot. Positive first touch. Use moves if the defender attempts to tackle or blocks space. Use multiple moves (changes of direction) to beat the defender.

# 1 vs 1 to End Zone & Goal



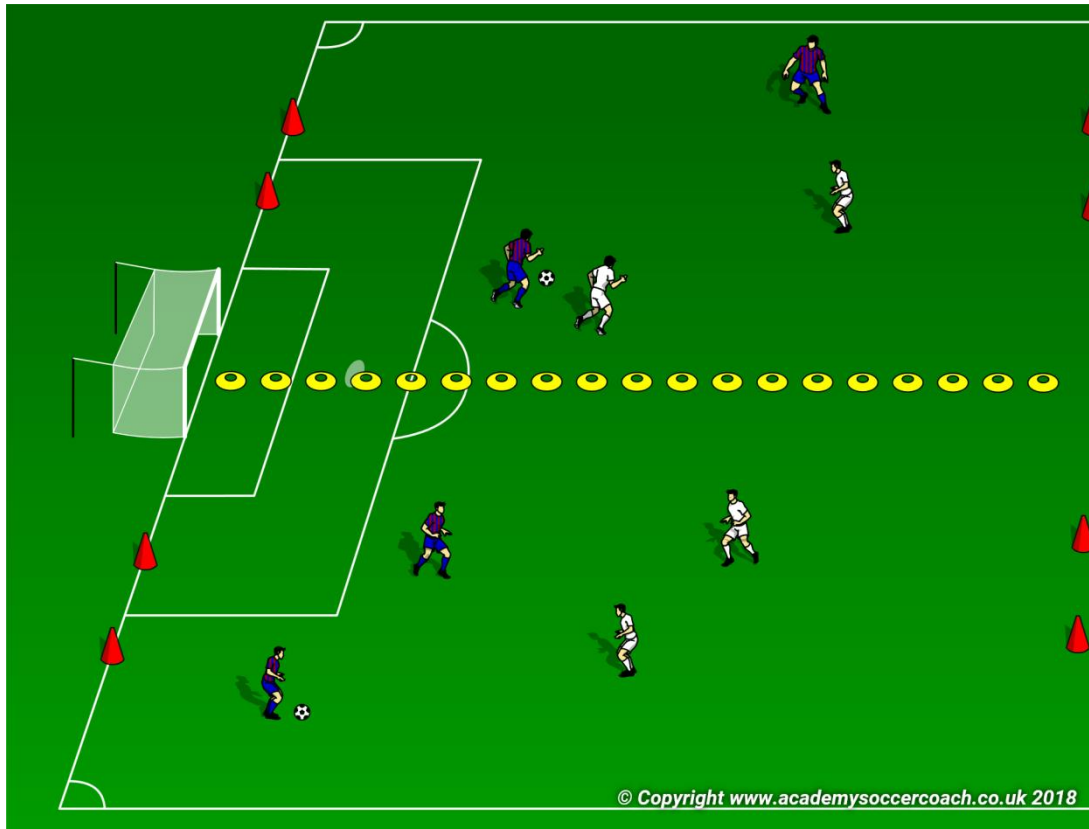
**Set-up:** 25 by 15 yard field with 4 yard end zone in front of each goal.

**Description:** Team 1 start with a pass across to team 2. Object is to beat the defender into the end zone and score in the target goals. Once possession is lost, the ball goes outside of the area or a goal is scored the defender (Team 1) collects the ball and goes back to their starting line. The attacker (Team 2) now becomes the defender against the next player from Team 1. Repeat.

**Coaching Point(s):** Attackers take a positive first touch into the area. Use moves to beat the defender. Attempt to shoot once an opportunity arises in the end zone. Defenders make an angled recovery run to get in front of the attacker before they reach the end zone. Slow down as you reach the attacker, get into a good defensive position. Do not dive in or lunge. Keep moving your feet. Try to force the attacker to the outside. Stay touch tight.



# PLAY 2v2



**Description:** Split players into 4 teams. Set up goals at end with cones about 4 feet apart. Give a ball to each field and let them play! Passing the ball, ON THE GROUND, through the gates to score.

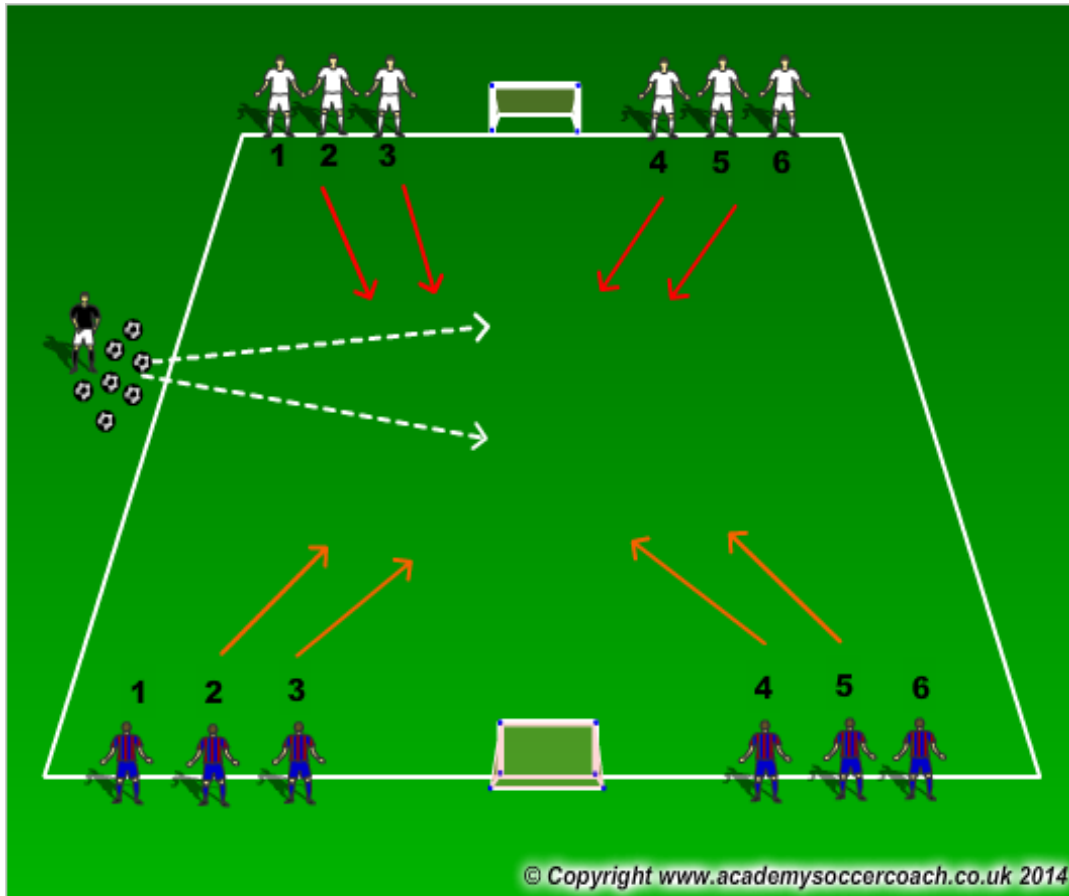
**Progression:** Mix/rotate teams after 5 minutes or so.

**Coaching Points:** Take Chances! Get Creative! Limit coaching to individuals.

New approach to practice allows players to get right into playing and having fun. Great for player development as small space and low numbers on each team force/create opportunity for players to learn the game in a controlled small environment. As season progresses coaches can start pairing players of similar abilities on the same fields to help challenge and ENCOURAGE players to get involved and try new things.

# Finishing Games

Make it Fun. Use Competition & Keep lines as small as possible!

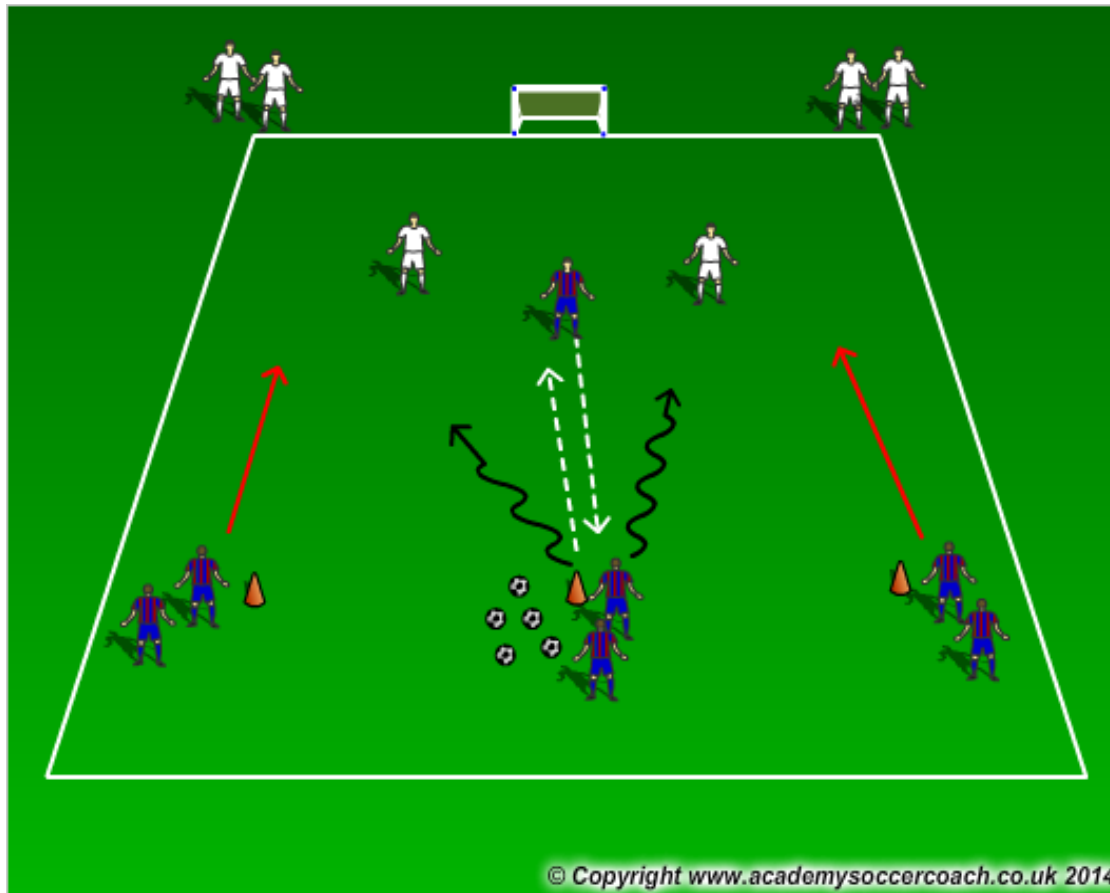


**Set-up:** 40 x 60 yard area. 2 large target goals (1 on each end line). Players in teams of 4-6 split evenly on either side of the target goals. Number each team 1-6 (depending on number of players). Coach on the outside of the area with a supply of balls. Add GK's to progress.

**Description:** Coach calls out a number and passes a ball into the middle of the area. The numbered player(s) from each side of the area run into the area and attempt to win possession of the ball. The first player to the ball becomes an attacker, the second player becomes a defender. Once the ball is either outside of the area or in one of the target goals the players go back to their lines. Coach varies the calls to include 1 vs 1 and 2 vs 2's.

**Coaching Points:** Concentrate and listen for the coaches' call. When you hear your number get to the ball as quickly as possible. If you are the attacker be positive and try and beat the defender. Use changes of direction (moves) and changes of speed to beat the defender

# FINISHING: 3 vs 2 or 4 vs 2

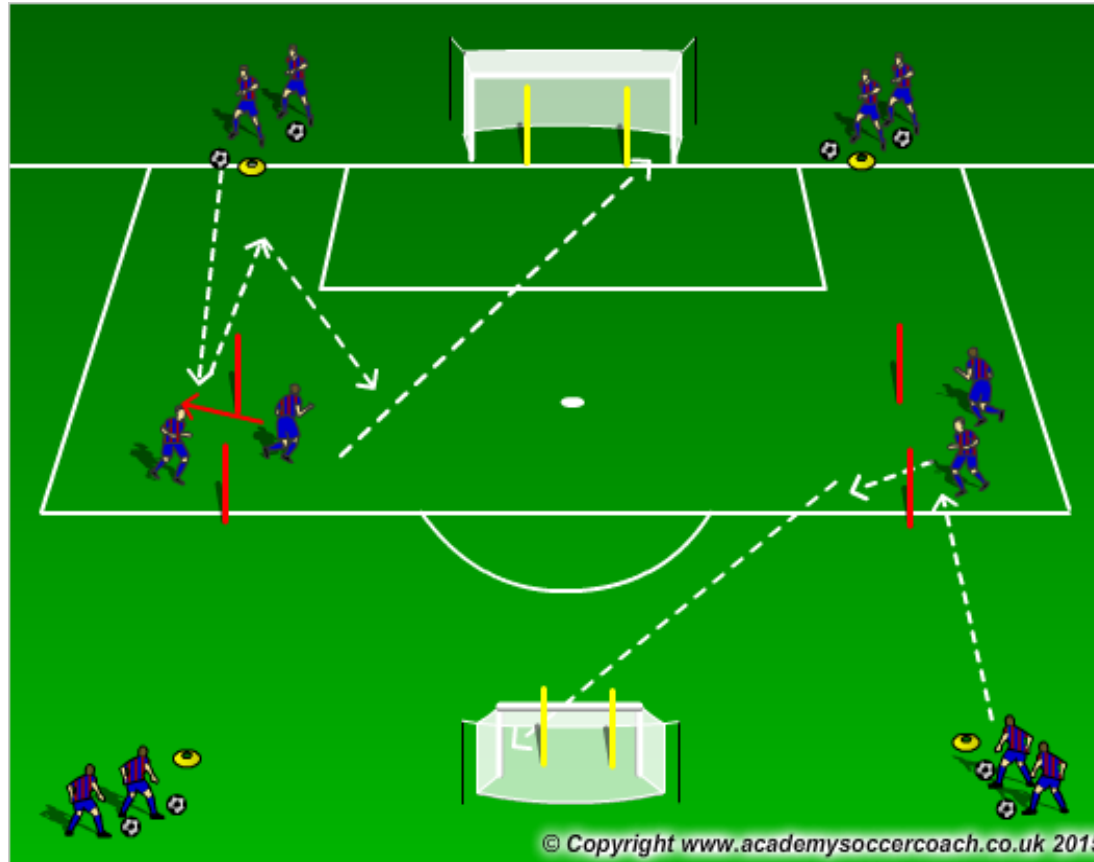


**Set-up:** 40 x 60 yard field. Target goal(s) on end line. Separate players into 2 teams. 1 team of attackers, 1 team of defenders. Defenders line up on opposite sides of the end line. ½ Defenders in the area. Attackers line up at the top of the area at 3 different cones 5-10 yards apart. 1 Attacker to start in the middle of the area between the 2 Defenders Supply of balls with the attackers at the center cone. Add a GK to progress.

**Description:** Center attacker passes the ball into the attacker in the center of the area. The ball is played back and players then attack the goal 4 vs 2. Change the passing combinations and runs. Switch attackers and defenders around every 5-10 minutes.

**Coaching Points:** Passes to be hit with pace. Movement off the ball is as important as the passes. Communicate which run you are making. Attempt to play in 1 or 2 touches. Finish with a shot at the goal.

# FINISHING: COMBINATIONS TO GOAL



**Area:** Same set up, now using 2 extra poles and adjust players as set out in diagram.

**Description:** Ball played into feet, use first touch to take ball around pole and finish

**Coaching Points:** Quality and direction of first touch.

Set ball wide of target and look to bend ball back in.

Practice closing hips and finishing near post

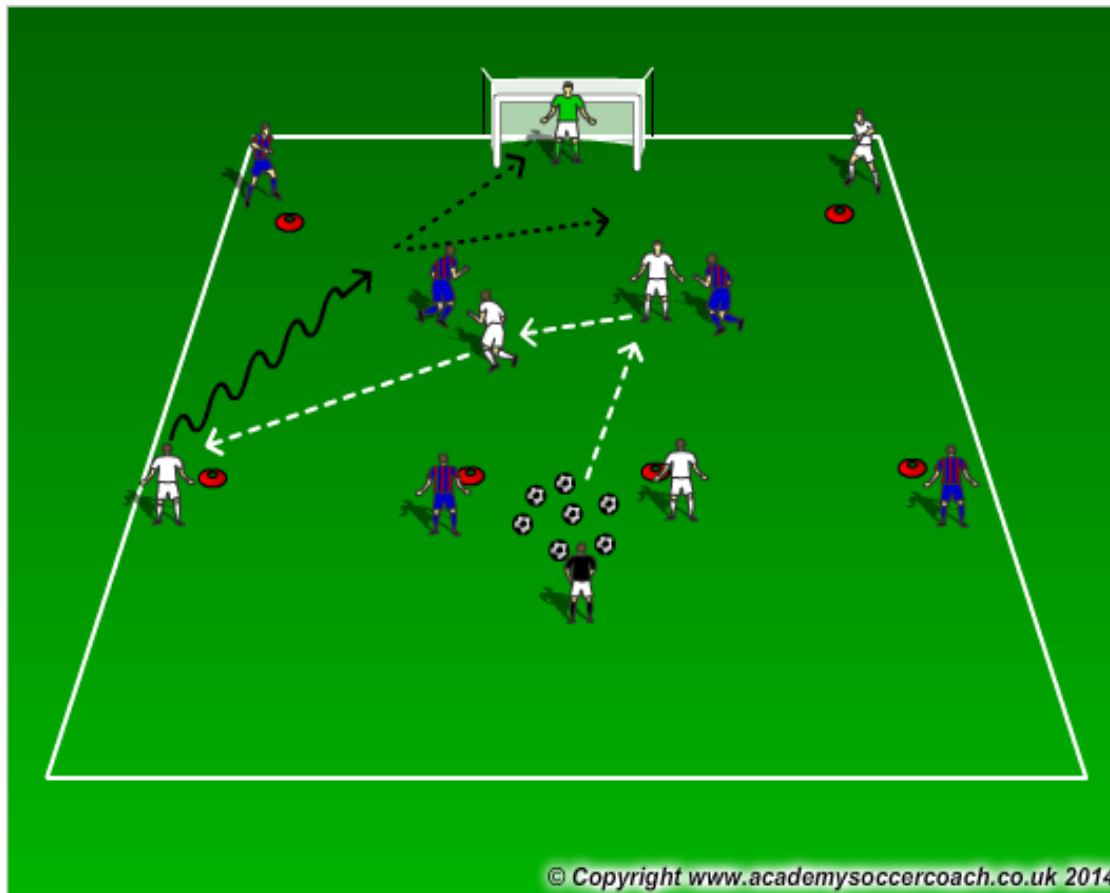
**Progressions:**

1 ) – Play give and go with lead pass (see left side of diagram)

CP – Timing of movement, give and go at speed

2) - Give and go followed by forward pass into opposite corner for set and finish

# FINISHING INSIDE THE 18 (OVERLOAD)

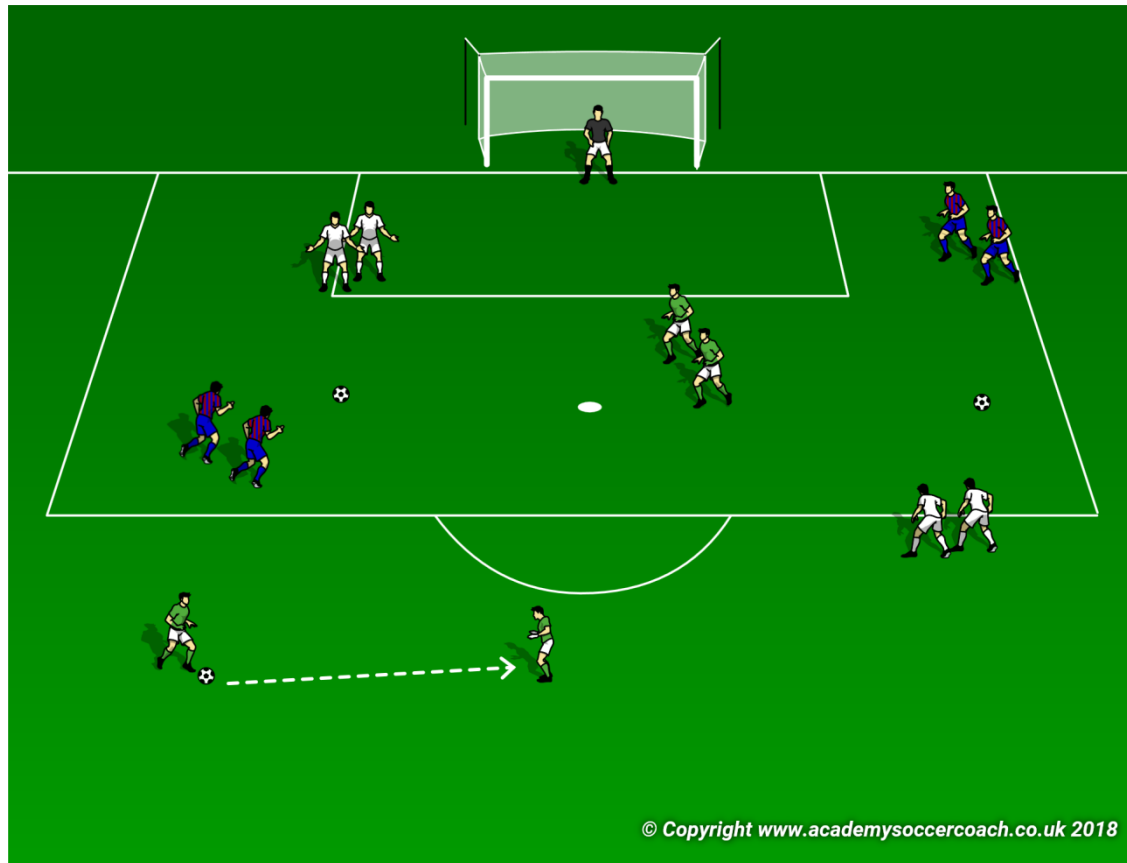


**Set-up:** Target goal with a GK. Set-up an area that simulates an 18 yard box. Players in Teams of 5. 2 vs 2 in the middle of the area. Remaining players on the outside cones offering support. Supply of balls in the middle, with the coach passing them into the area.

**Description:** Players on the outside of the area offer support (wall passes). 2 vs 2 in the area with all players attempting to score. Once a goal is scored, the GK collects the ball or the ball is hit outside of the area, the coach serves another ball in. Players check to and away from the ball to create space. Players can combine with passes to create space. Players on the outside move into the area after a combination is played to create an overload (3 vs 2 or greater).

**Coaching Points:** Players in the middle use movement to create space. 1<sup>st</sup> touch is crucial in order to create space. If defender is tight use the outside support. If defender backs off, turn and go to goal. Follow in for all rebounds. If space is denied pass to the outside to create an overload situation.

# World Cup



© Copyright [www.academyfootballcoach.co.uk](http://www.academyfootballcoach.co.uk) 2018

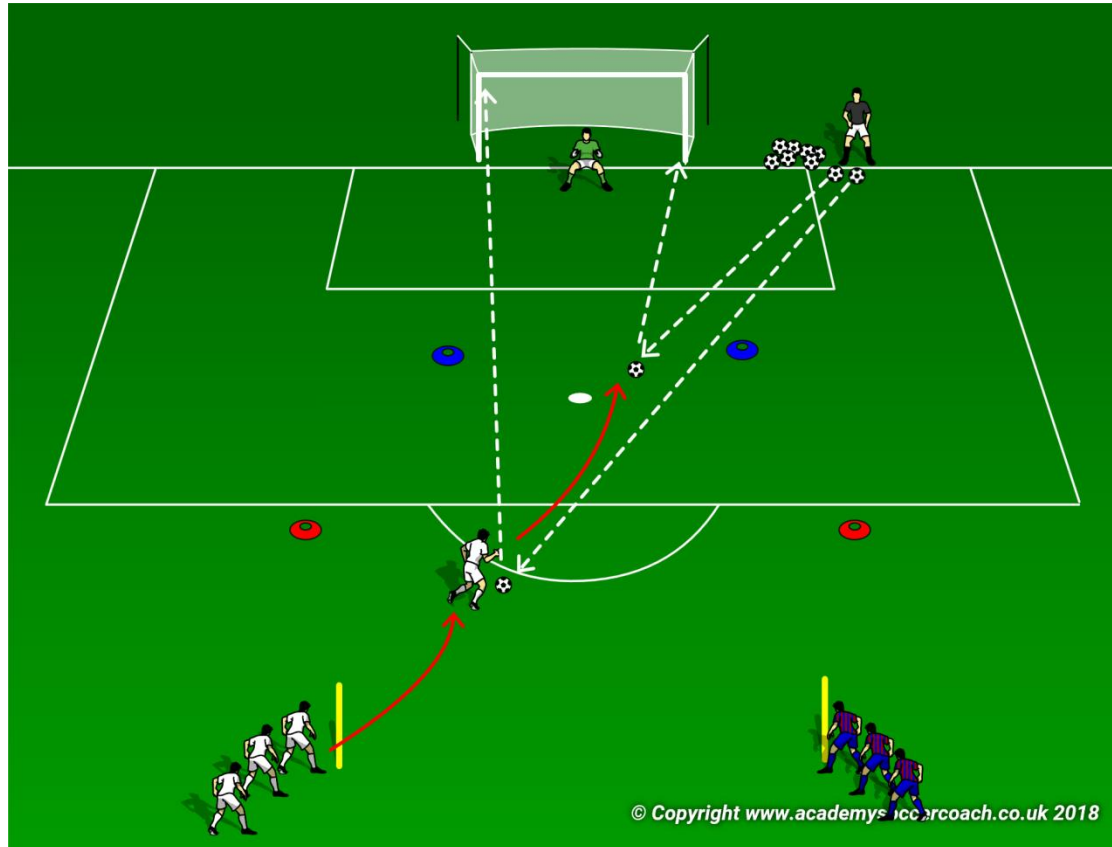
**Description:** Players pair up. Groups of 3 if odd numbers. Coaches play goalie. Throw/kick out  $\frac{3}{4}$  balls. Team scores and gets to move on to the next round. Last team to score is eliminated! Play until final round of 2v2. Golden Goal Rule for Final Round! First team to score wins!!

**Progression:** 1) Must complete 1 pass before going to goal. 2) Must be 1 touch finish. 3) Must score from outside the box

**Coaching Points:** Take Chances! Get Creative! Work Together! Head Up! Scan Area!

Talk to players about setting a “team strategy” for advancing. Great opportunity for social development between teammates to work together to formulate a game plan... Are we going to work together to go after same ball? Do we want to split up? Does 1 player “hang” in front of goal? How does your strategy change as game develops and competition gets tighter?

# Power & Finesse



**Area:** 25 to 30 yards in front of goal.

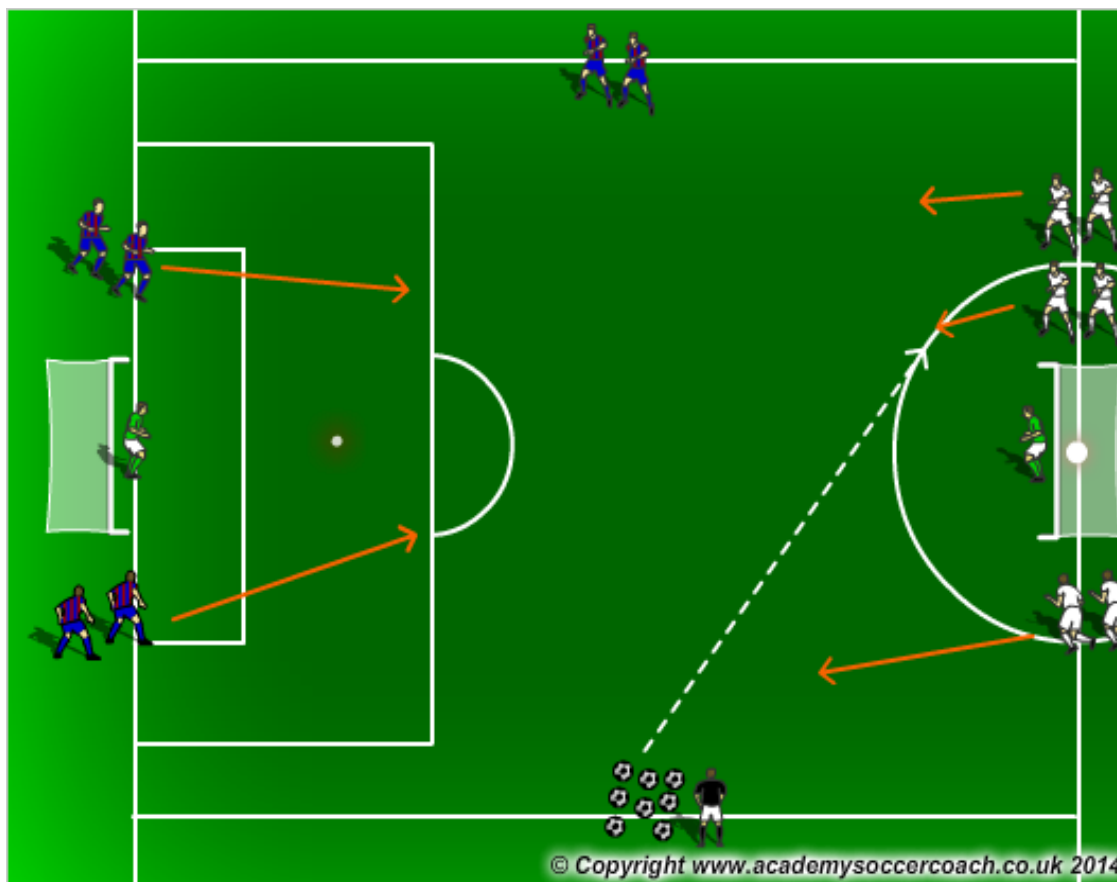
**Description:** 2 teams split in lines at starting cones. 1 goalie needed! Balls beside goal with coach. Each player gets 2, one time, shots on target. Player must score at least 1 goal to stay in the game. If they score both, they can “challenge” any player from the other team, who now needs to score both to avoid elimination. However if the challenged player scores both, the player who challenged them is out! Team with last player standing wins!

**Progression:** Must score both to stay in. Must use Laces for power & inside for finesse.

**Coaching points:** Power = LACES, head down, knee and chest over the ball \* land on shooting foot. Finesse = INSIDE of foot. Pick out a side of the net and pass the ball by the GK.



# 3v2 Transition to Goal



**Area:** Half Field with 2 Goals Squeeze Sideline and tweak based on age of players

**Description:** Coach plays pass into team of 3 (white team) who attack 3v2 to goal. If the attacking team score then round is over. If the attacking team miss or the ball goes out of play Coach plays pass square to a player on halfway line to create a counter attack 3v3

**Coaching points:** Player on ball in the 3v2 should attack the defender (invite pressure, destroy pressure with pass) and slip pass into one of the other two attacking players. Timing of pass, aggressive wide runs. Quality of lead pass (allow forward to finish first time).

Transition in the 3v3 at speed both sides of the ball, quick support to player on the ball



# Fun Soccer Games

Make it Fun. Use Competition & Keep lines as small as possible!

- Soccer Tennis
  - [https://www.youtube.com/watch?v=Hk\\_R7JSS4fU](https://www.youtube.com/watch?v=Hk_R7JSS4fU)
- Soccer Horseshoes
  - <https://www.youtube.com/watch?v=zWv0PWYH3Ek>
- Soccer Golf
  - [https://www.youtube.com/watch?v=kxKHO\\_whUzc](https://www.youtube.com/watch?v=kxKHO_whUzc)
    - Pretty simply use a blue cone to mark as the “hole” and a red cone to mark as the tee-box

Get Creative! Ask the Kids for input! Use anything you know to break up the day with some fun challenges!

# Passing/Possession Games

Make it Fun. Use Competition & Keep lines as small as possible!



**Area:** 4 cones 10 yards away from center cone. 1 player at each cone and 1 player in middle. Extra players form line at bottom cone.

**Description:**

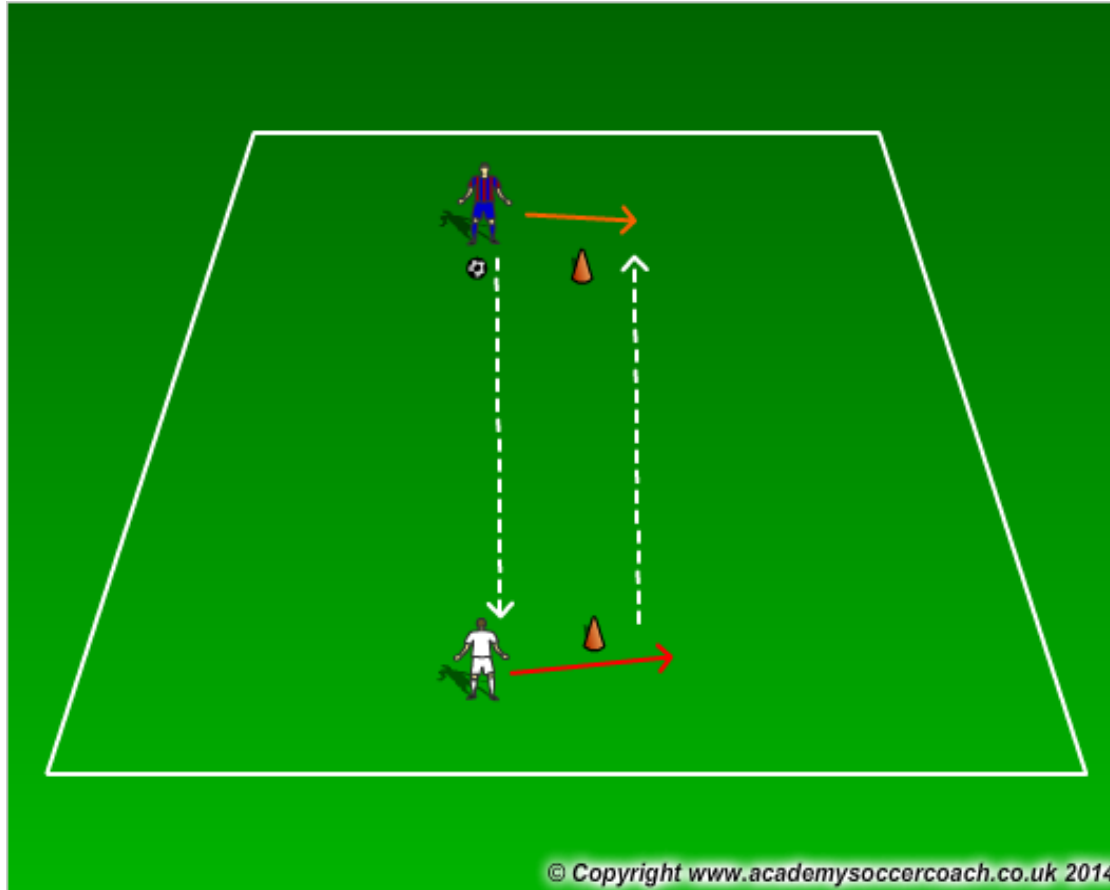
Players pass into middle cone and out to left or right. Following their pass . 2 touches.

**Progression:** Varying surface for 1<sup>st</sup> touch and pass. Inside foot, Outside Foot, Sole of Foot. Play 1 touch.

**Coaching Points:**

Quality and speed of the pass.  
Preparation and first touch.  
Communication and movement before the pass.

# PASSING: 1<sup>st</sup> TOUCH

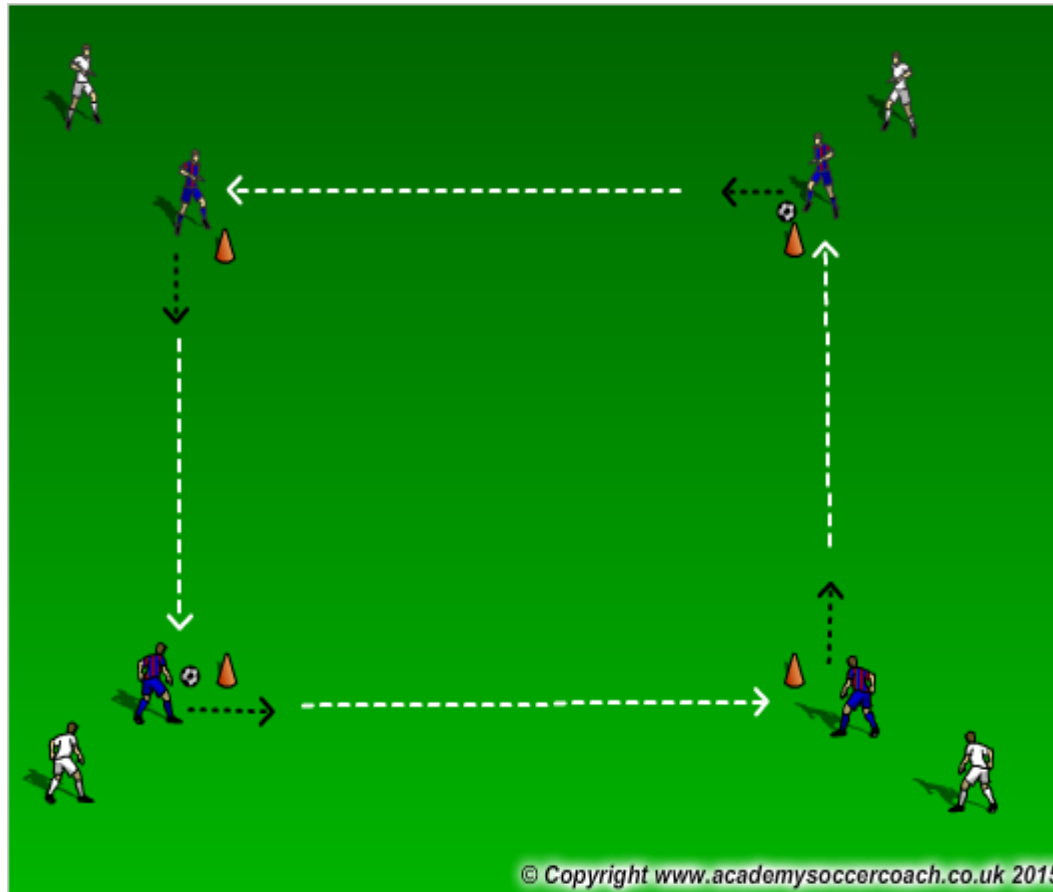


**Set-up:** Cones 10-20 yards apart, depending on passing surface. Players in pairs, one player at each end cone. 1 ball per pair.

**Activity:** Player with the ball passes across the area and then moves to the opposite side of the cone. Player receiving the ball, takes a touch to the side to move themselves to the opposite side of their cone. Repeat across the area. Change passing surfaces (side-foot, instep, laces)

**Coaching Points:** Concentrate on speed of the pass to get it across the area quickly. Strike the ball with the correct surface. Knee over the ball to keep the passes on the ground. First touch to the outside, second touch is the pass. Make sure the ball is in front of you, not under your feet; take an extra touch if necessary.

# PASSING DIAMOND



## Area:

20 x 20 Diamond

## Description:

1 or 2 players at each cone (1 working, 1 waiting)

Ball is passed around the outside of the cones by players who follow their pass to the next cone after passing

## Coaching Points:

Can you get the ball around the square in 8 seconds.....

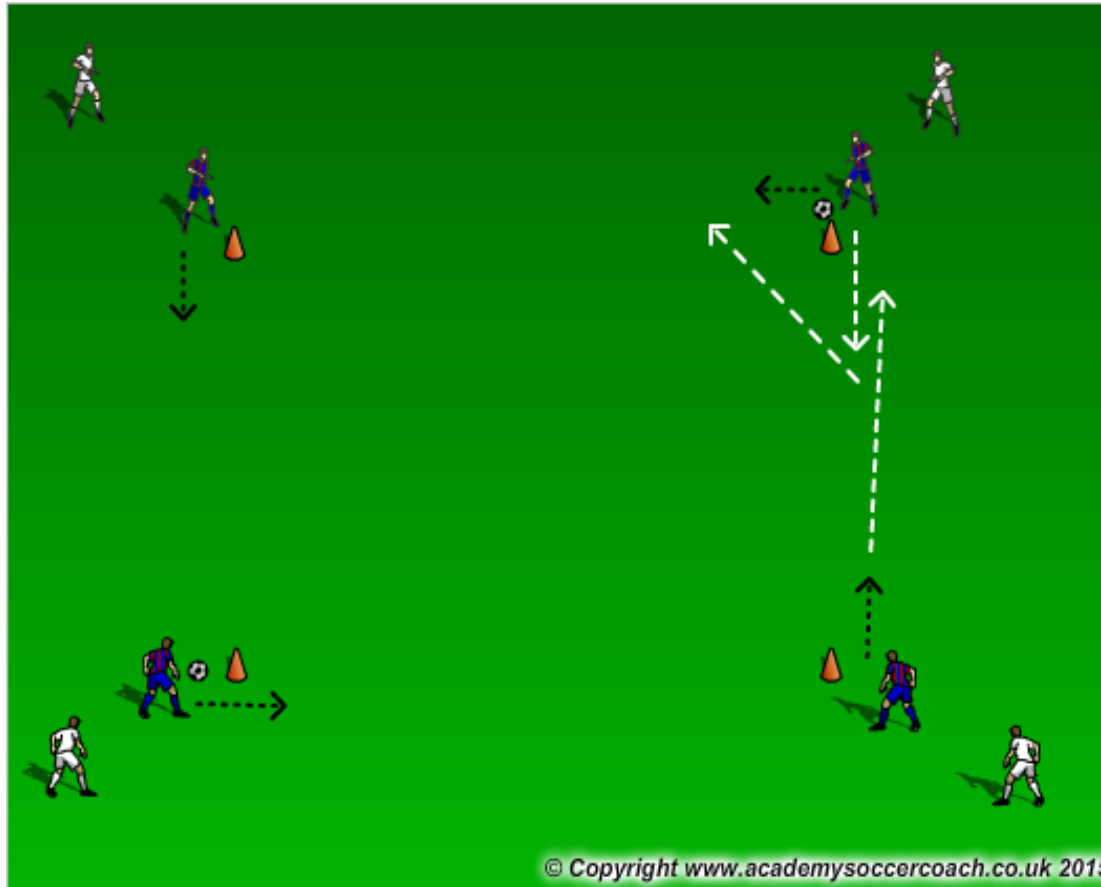
Tight first touch, get the ball off your foot as soon as possible

SCAN – when you think its coming, when you know its coming, when its on its way

## Progressions:

Add a second ball. Add check to and away

# PASSING DIAMOND: GIVE AND GO's



## **Area:**

20 x 20 Diamond

## **Description:**

Ball is passed around the outside of the cone by players who follow their pass to the next cone after passing.

Combination – Player 1 pass to Player 2, Player 2 lay-off to Player 1 and then movement around the cone, Player 1 pass into player 2's path. Repeat around the area.

## **Coaching Points:**

Movement before the pass (check to)

Movement after the pass (spin away)

Speed of the pass and lay-off is important

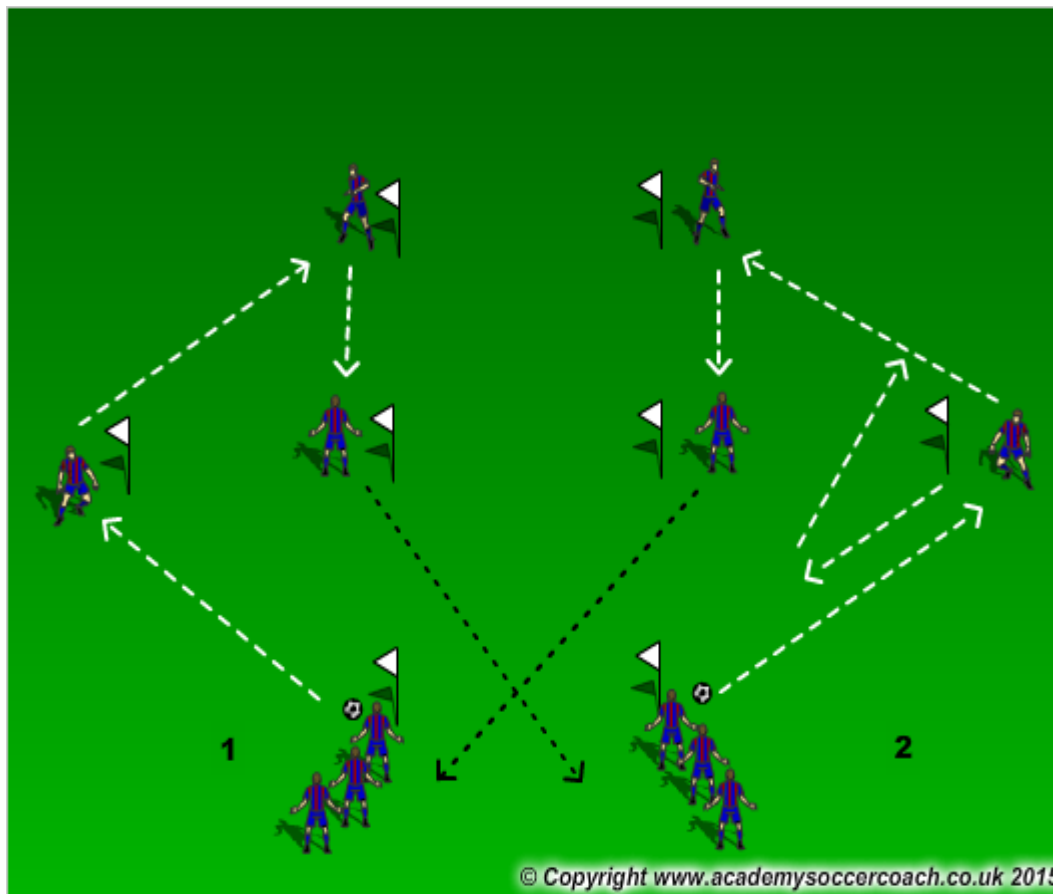
Do not get too close to each other and 'kill' the space.

2 touch if possible

## **Progression:**

Add a second ball

# PASSING WARM-UP: 2 MAN COMBINATIONS



**Area:** Set-up 4 cones or flags, approx. 8-10 yards apart. Mirror with two areas.

**Description:** Multiple players on 1<sup>st</sup> cone/Flag. All with a ball.  
1 player each on remaining cones/flags

## **Phase 1:**

Player 1 passes to outside player, player 2 passes to far cone, player 3 passes to inside cone, player 4 dribbles to the back of the opposite line. All players follow their pass.

## **Phase 2:**

Repeat with player 1 and player 2 combining on a give and go.

## **Coaching Points:**

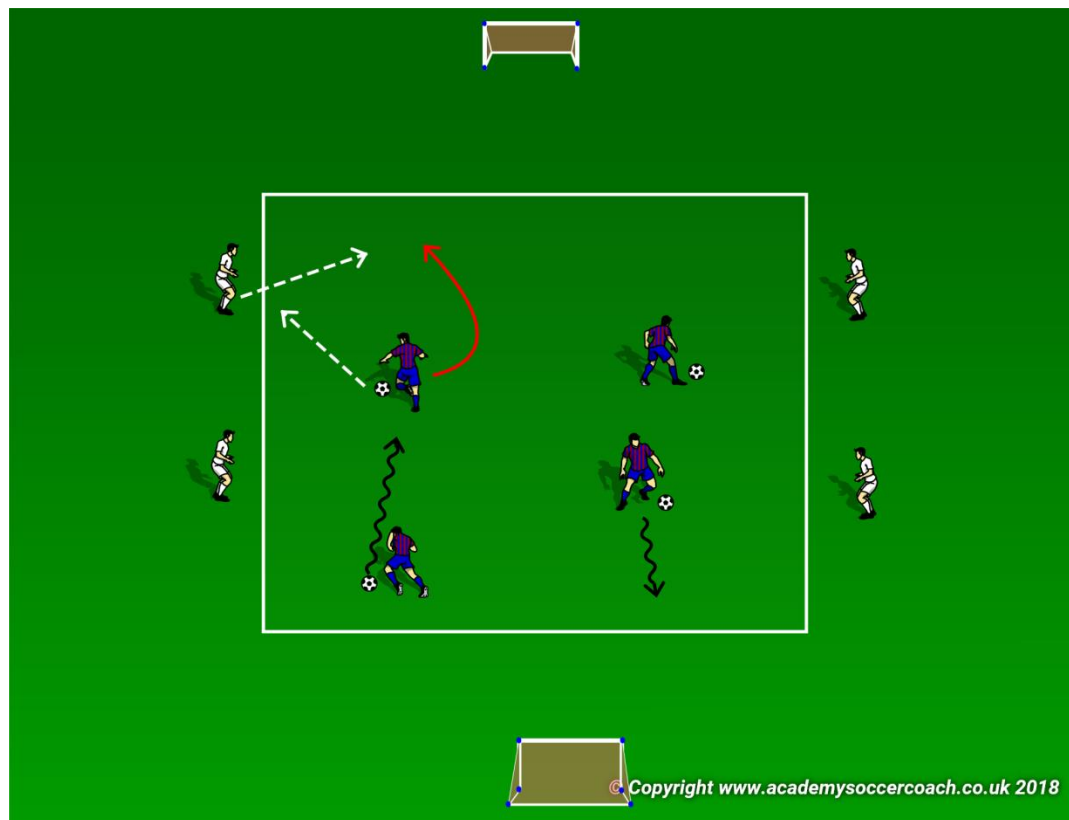
Quality of the pass – zip it in

Movement before and after the pass

First touch in the direction you want to play

Communicate – demand the ball

# Passing & Receiving Box



**Area:** 20x15 yard grid

**Description:** Separate team into 2 groups, 1 group with balls inside the grid and one team without balls surrounding the grid. Players must connect passes with those on the outside continuously.

**Progression:**

Use other foot.  
Complete give & go with outside.  
Add Defenders, after completing 2 passes with outside player. Players with ball try to score on goal.

**Coaching points:** Balanced body position, lock ankle, head steady, follow through in direction of target, open up hips, create angle to play into the game.

# Rondo



**Area:** Within your half of the field.

**Description:** The game is played as keep away. 1 defender in the middle . 4-5 players surround the box. The players on the outside must try to pass the ball amongst each other without dribbling. Every time they can successfully connect 5 passes they get a point.

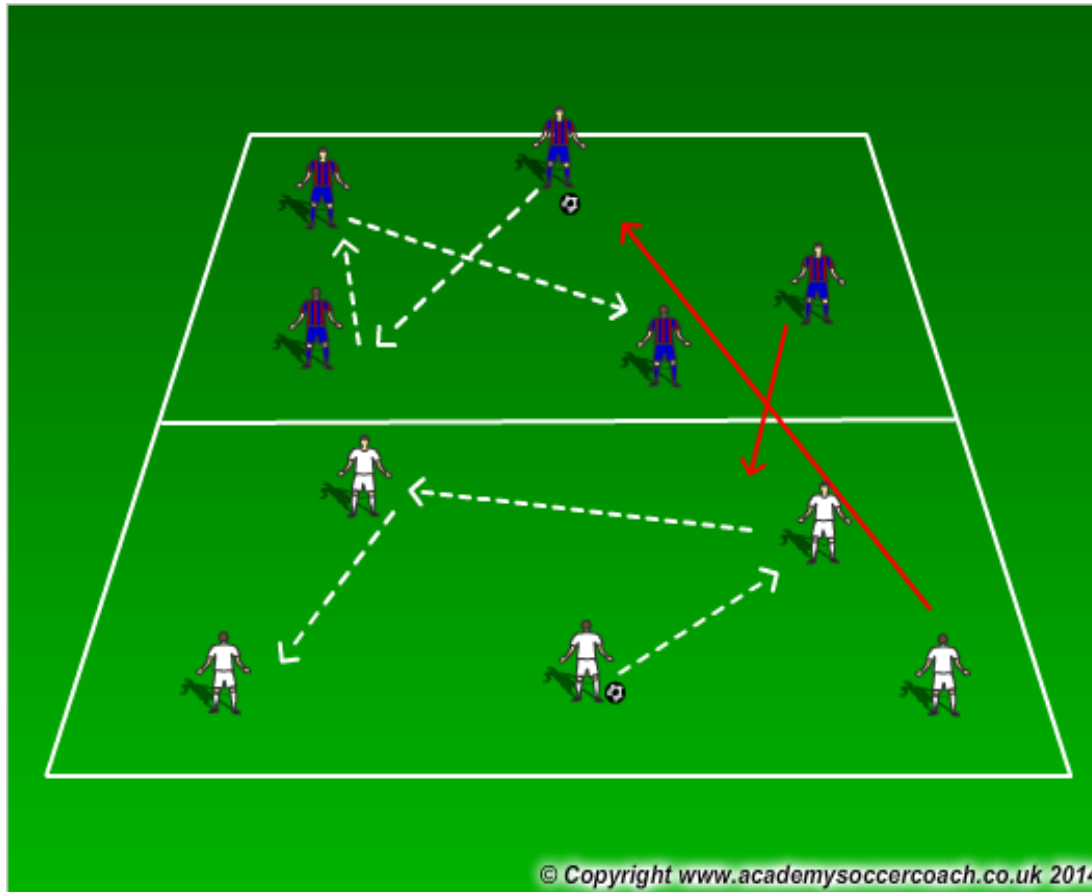
**Progression:** 1) Add a defender to make more challenging 2) Add goals. Once the team gets 5 passes they will try to score play same game but everyone has a ball at their feet!

**Coaching Points:** Introduction to basic ABC'S  
A = Agility B = Balance C = Coordination  
S = Speed

Help players get familiar with playing area at the start of the session. Help players get to know each other by introducing themselves before each round. FUN & LIGHT way to get players engaged and tired to help focus with rest of session.



# PASSING: #'s GAME – 4 vs 1

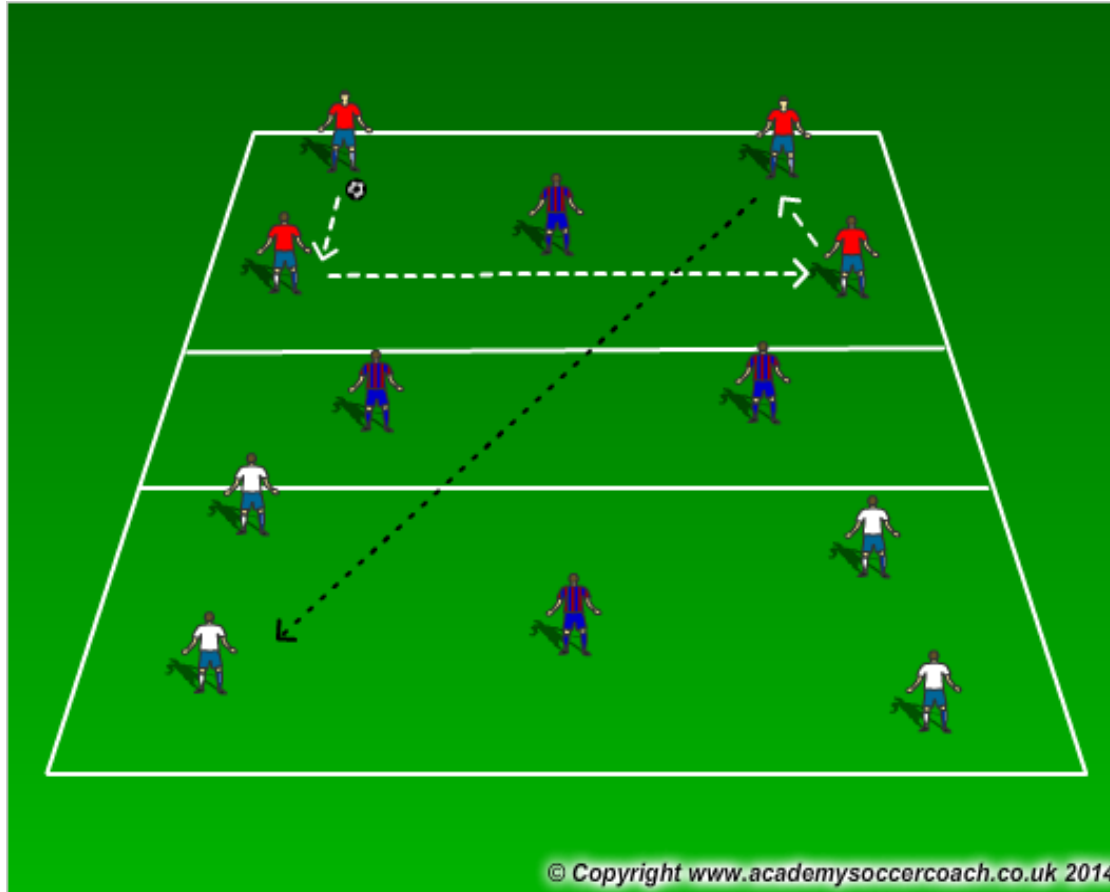


**Set-up:** 25 x 50 yard area (2 x 25 yard areas next to each other). Players in two separate groups of 5-10 players in each of the areas. 1 ball per team. Players number themselves within their group (1-5).

**Activity:** Players numbered 1-5 within the area. Players pass and move within the area to start. Coach on the outside calling out numbers. If coach shouts out # 1, then # 1 from each team goes into the opposing area and tries to win the ball (4 vs 1). First defender to win the ball gets a point for their team. If players possess the ball for more than 10-12 passes the coach calls out a second #.

**Coaching Point(s):** Try to move to open space (outside of the area). Paces to be hit with pace. Use your hands to let the player with the ball know where you want the pass played. Take first touch away from the pass (pressure) on the back foot. Try to split the defender(s).

# PASSING: 3 TEAM PENETRATION

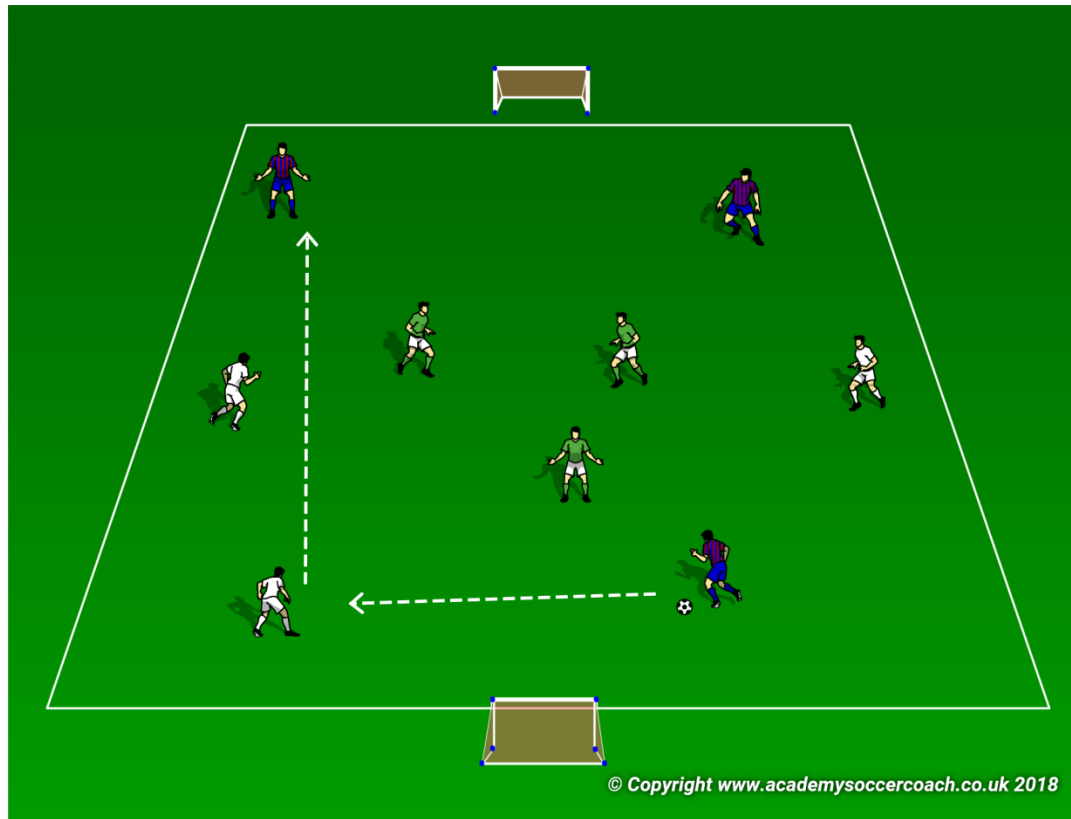


**Set-up:** 60 x 40 yard area with a 5 yard zone in the center. 3 teams of 4 players. 2 teams in each end area, 1 team split with 2 defenders (1 in each area) and 2 players in the center zone. 1 ball in the area, with a supply of balls on the outside.

**Description:** 4 vs 1 in the bigger areas. Possession game with the object to transition the ball to the opposite zone either on the ground or in the air. Defending team attempt to intercept. Add passing conditions (4 passes before the ball can be transitioned) or pass limits (2 touch) to increase difficulty. Teams play 3 minute possession games and then change roles. Progress to teams changing positions once possession is gained.

**Coaching Points:** Move the ball quickly (speed of play) with reduced touches if possible. Look for gaps and opportunities to transition the ball to the next area. First touch away from pressure.

# 3 Team Possession



**Area:** 25 x 30 Grid

**Description:** 3 teams. Two teams in the area playing against the other. Teams in possession try to combine passes to get points. Coach dictates how many passes in a row earns a point. Teams have 3 minutes to get as many points as possible and then defending team switches. When defending team wins ball, they attempt to keep ball away from 2 attacking teams to kill off the clock.

**Coaching Points:** Speed of the pass is very important. Move the ball quickly with short, sharp passes. Once the ball is played to the outside targets move wide to create space for a return pass. Use the inside neutral player to link up the play.

**Progression:** Reduce the number of touches. Increase the number of passes before a point. Add Goals! After number of passes is reached. Those teams try to score in either goal, for additional 2 points. When Defense wins ball they can go straight to goal, can score on either goal!

# CONDITIONED GAME: 4 GOAL GAME WITH BUMPERS



**Set-up:** 60 x 40 yard field. 4 goals in the corners of the area. Players in 3 teams (4 players per team or similar). 2 teams play possession in the middle of the area. 1 team stays on the outside of the area as neutral players (play for the team in possession). No GK's.

**Activity:** 2 possession teams try to combine with team mates for varying pass combinations (coach decides based on the ability of the players), linking up with the neutrals. Start with a 21 point game (1 point for a successful fake, 5 points for a goal). Restrict the touches with each game played. Rotate neutral players after each 21 point game.

**Coaching Points:** Concentrate on speed of the pass and 1<sup>st</sup> touch away from pressure (technique focus) and Speed of Play (tactical focus). Move the ball quickly to a team mate or neutral until space opens up for a shot. First look for the pass is forward (attacking pass). If the forward pass is not on, then go sideways or back. Utilize changes of direction to create space and attack multiple goals.