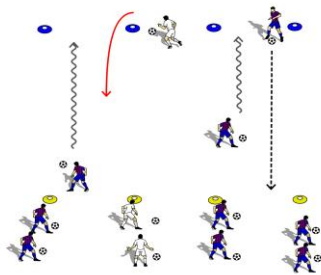




OBJECTIVES- Passing and Receiving going forward



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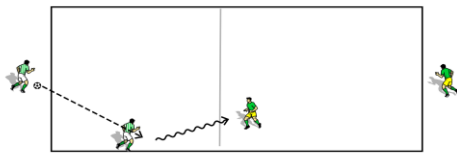
**TECHNICAL WARM-UP** Grid Size: 20x30 Duration: 15 Mins

**French Dribbling**

Groups of 2-3 players max in each line, cones 10 yd apart  
Player A dribbles to blue cone using different parts of feet.  
Once to the blue cone he should perform a turn and speed dribble and return to the end of the line.  
When Player A gets back to start Player B can proceed  
Progression: After turn he can pass to the player at the back of the line

**COACHING POINTS / KEY CONCEPTS**

Heads up while dribbling. Go slow and perform the moves correctly.  
Lots of small touches.



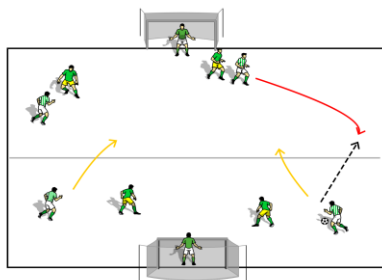
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**ACTIVITY 2** 1v1 with 2 neutrals Grid Size: 10x20 Duration: 15 Mins

The attacking player in the middle checks back in his own half of the field (the defender can not go in the front half, he must defend in his own half). The player receives the pass on the turn and attempts to beat the defender and pass to the neutral at the end line. If successful, The attacking player continues to receive a pass from the other neutral and try to play back to the other side.  
If the defender wins the ball he becomes the attacker.

**COACHING POINTS / KEY CONCEPTS**

Hips are open to the entire field, try to turn on the first touch. Check your shoulder to see open space. Passer should let player know he has time and can "Turn"



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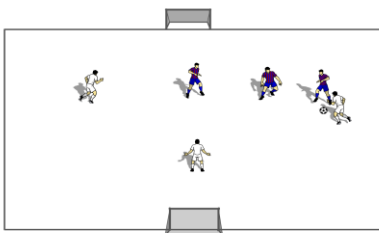
**ACTIVITY 3** 4v4 game Grid Size: 40x50 Duration: 15 Mins

**4v4 with goalkeepers.**

Offensive players are restricted to stay in own half. The 2 defenders can join attack after ball is played across the midfield line, making it a 4v2 situation.

**COACHING POINTS / KEY CONCEPTS**

Go away to create room to "check" back into to receive ball.  
Communication between players. "man on", "Turn"



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**ACTIVITY 3** 3v3/4v4 game Grid Size: 20x30 Duration: 15 Mins

3v3 games

**COACHING POINTS / KEY CONCEPTS**

Team must make 2-3 passes before they can score.  
Look for an open teammate to pass to so they can shoot and score