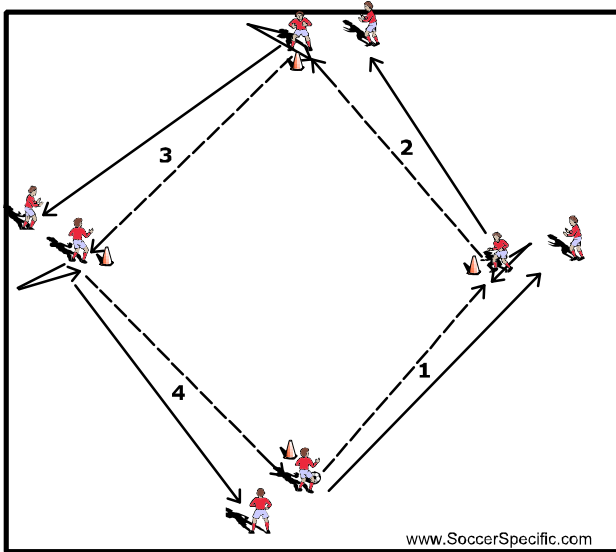
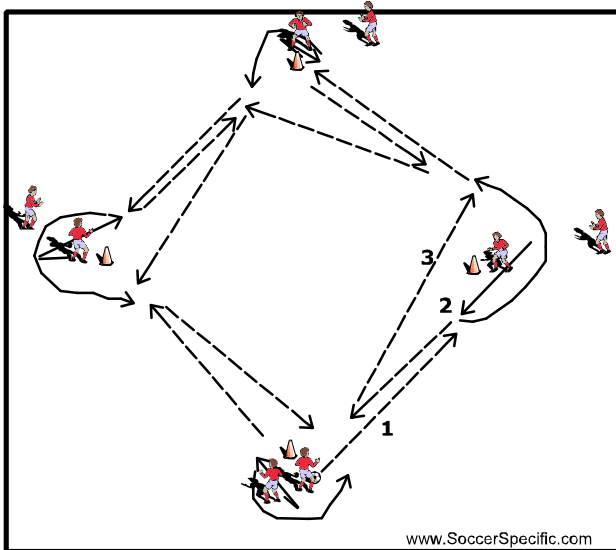


ACTIVITY #1



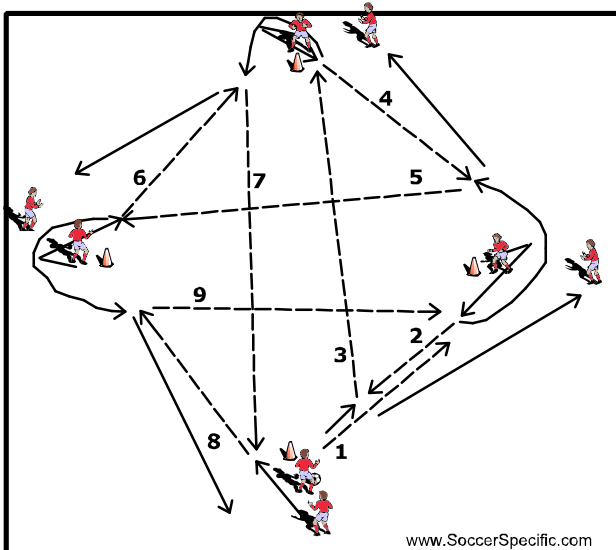
Set up: Diamond 20 yards apart. Size of diamond can be reduced with younger players.
Instructions: 2 players at each point of the diamond; Receiving player checks away and then towards the passer; Receive, pass and then follow your pass to the next point to wait your turn. Receive ball behind mannequin or cone. Increase tempo as players learn the movement.
Coaching Points: Q: How do you create space for yourself to receive the ball? A: Check away and then back towards the passer. Q: When should you check back to receive the ball? A: When the passer is about to pass. Coaching Points: (1) Work on the timing of the check away/towards (2) Receive ball sideways to the field (3) Look over shoulder towards next pass before receiving ball (3) Receive the ball across your body to the inside of the back foot (4) Touch ball toward next receiving player. (5) Pass the ball firmly (6) Pass to the receivers correct foot (back).

ACTIVITY #2



Set up: Diamond 20 yards apart. Size of diamond can be reduced with younger players.
Instructions: Double Wall Pass with Spin Away - start two touch and work towards one touch passing. Patterns should be rehearsed slow and correct and then increase the tempo. Spinning AWAY will free you for the next pass and improves passing angles.
Coaching Points: Coaching Points: (1) Work on the timing of the check away/towards (2) Look over shoulder before receiving ball (3) Drop ball back using foot furthest away from defender (4) Spin Away from drop pass and around the cone to receive the ball (5) Proper weight and accuracy of passes (6) Maintain good spacing between players and avoid over running your passes.

ACTIVITY #3



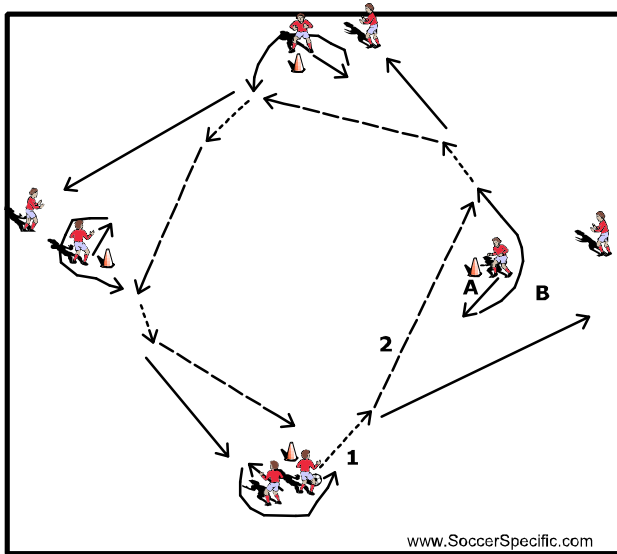
Set up: Diamond 20 yards apart. Size of diamond can be reduced with younger players.
Instructions: Third Man Running - start two touch and work towards one touch passing. Patterns should be rehearsed slow and correct and then increase the tempo. This pattern requires that the players concentrate on their timing
Coaching Points: Coaching Points: (1) Timing!! (2) Look over shoulder towards next pass before receiving ball (3) Drop ball back using foot furthest away from defender (4) Spin Away from drop pass and around the cone to receive the ball (5) Proper weight and accuracy of passes (6) Maintain good spacing between players. Avoid over running your passes. (7) Try to drive the longer pass with instep

ACTIVITY #4

Set up: Diamond 20 yards apart. Size of diamond can be reduced with younger players.

Instructions: Check and Break Behind Defender - start two touch and work towards one touch passing. Patterns should be rehearsed slow and correct and then increase the tempo.

Coaching Points: Coaching Points: Timing, weight and accuracy of passes (1) Dribble ball towards checking player (2) Play pass behind defender (cone). (A) Look over shoulder before checking towards dribbler (B) Spin Away and break behind defender (cone).

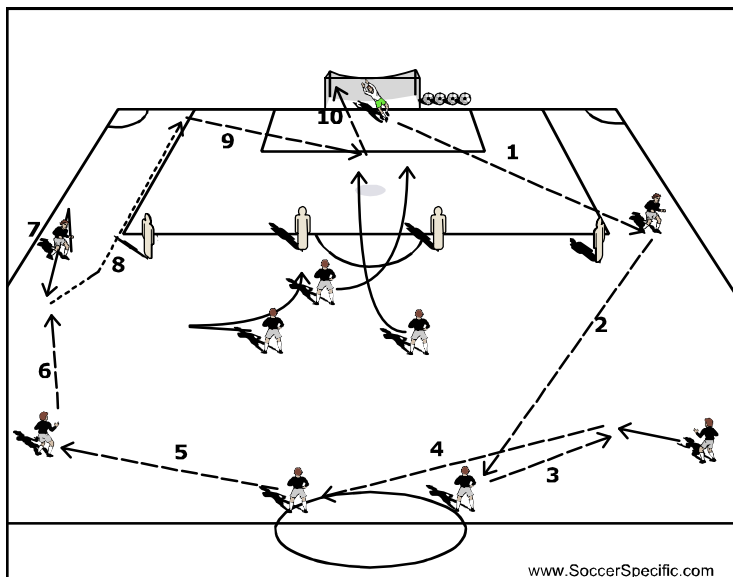


ACTIVITY #5

Set up: TECHNICAL FUNTIONAL TRAINING - Half Field: 4 backs; 2 center midfielder, 1 center forward, 2 wingers(outside midfielders), goalkeeper, balls with keeper

Instructions: (1) GK distributes the ball to winger; (2) winger plays long ball to CB (3) CB receives ball and plays ball to OB-one touch ideal but proper execution is goal (4) OB drive ball to opposite CB (5) CB keeps ball moving to outside back (6) outside back plays ball into BACK FOOT of winger (7) winger checks away and back, receives the ball on far foot (8) winger dribbles at defender, breaks down line (9) serves ball into box (10) CF and CM finish on goal. (11) Repeat same pattern going the opposite direction.

Coaching Points: Q: How do you create the opportunity for flank play? A: Change the point of attack. Coaching Points: Timing of winger movement, weight and accuracy of passes, quality of 1st touches, quality of wingers cross, timing of finishing runs

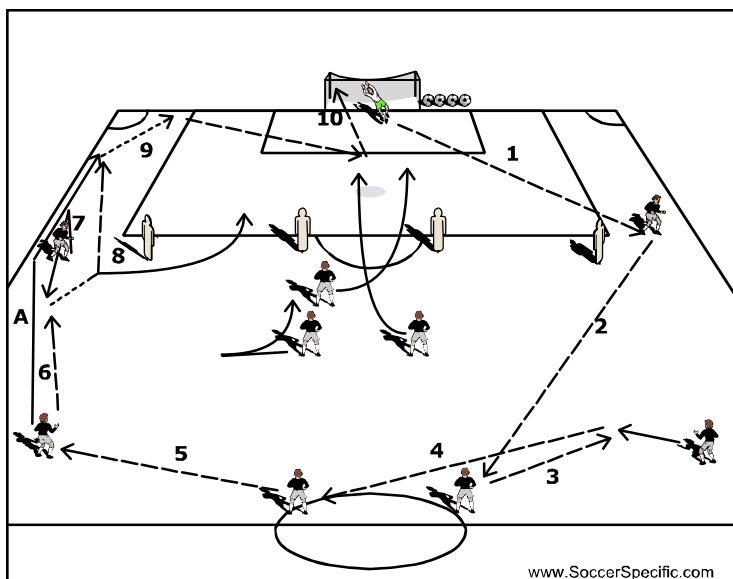


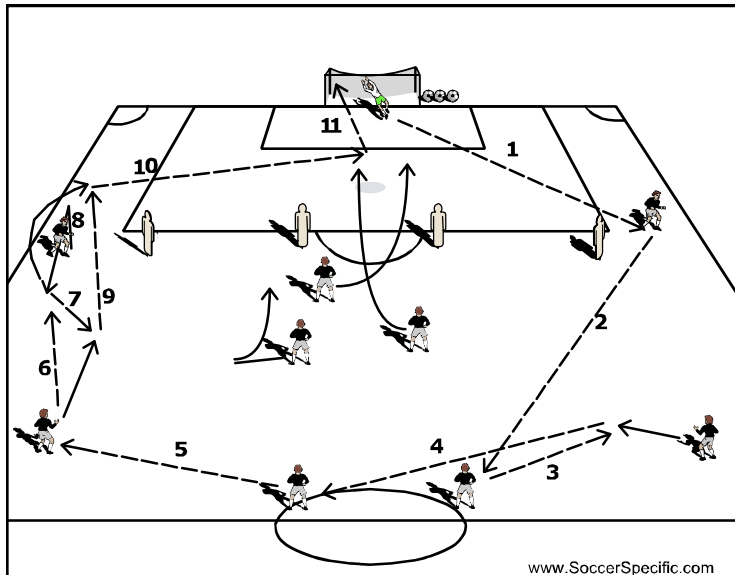
ACTIVITY #6

Set up: TECHNICAL FUNTIONAL TRAINING - Half Field: 4 backs; 2 center midfielder, 1 center forward, 2 wingers(outside midfielders), goalkeeper, balls with keeper

Instructions: OUTSIDE BACK OVERLAP - (1-7) Same as Progression 1 (8) winger dribbles at defender, passes to overlapping outside back "A" and runs into penalty box (9) back dribbles to endline and serves ball into runners (10) CF and CM finish on goal. (11) Repeat same pattern going the opposite direction.

Coaching Points: Q: What is the que or signal to make an overlapping run on flank? A: Winger dribbles or runs inside to create space on flank for the overlap. Coaching Points: Timing of winger movement, weight and accuracy of passes, quality of 1st touches, quality of wingers cross, timing of finishing runs. Adding a deceptive pass from winger to overlapping back at (8) by using outside of foot.



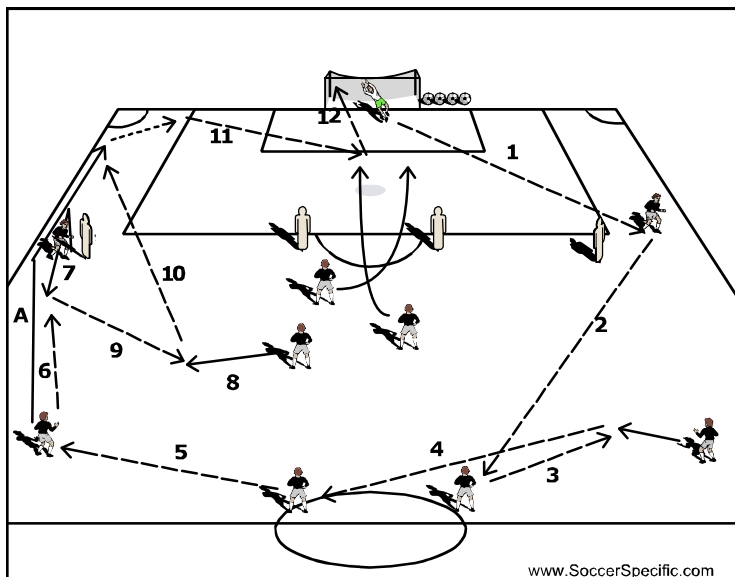


ACTIVITY #7

Set up: TECHNICAL FUNTIONAL TRAINING - Same as previous step

Instructions: DOUBLE WALL PASS: (1-5) Same as Progression 1 (6) OB passes ball to wingers (7) winger drops the ball back to OB (8) winger swings away from pass and breaks fast behind defender (9) back plays a through ball to path of winger (10) winger looks to play a one touch early cross to center (11) CF and CM finish on goal. (12) Repeat same pattern going the opposite direction.

Coaching Points: Q: What is the que or signal for a double wall pass on flank? A: When the winger is marked tightly. Q: When is an early cross "on"? A: When the opposing defense is flat and our central players are making forward penetrating runs. Coaching Points: The ideally weight through ball from the back will set up the winger for a one time cross, otherwise, the winger will need to take a touch. Coaching Points from previous progressions apply.

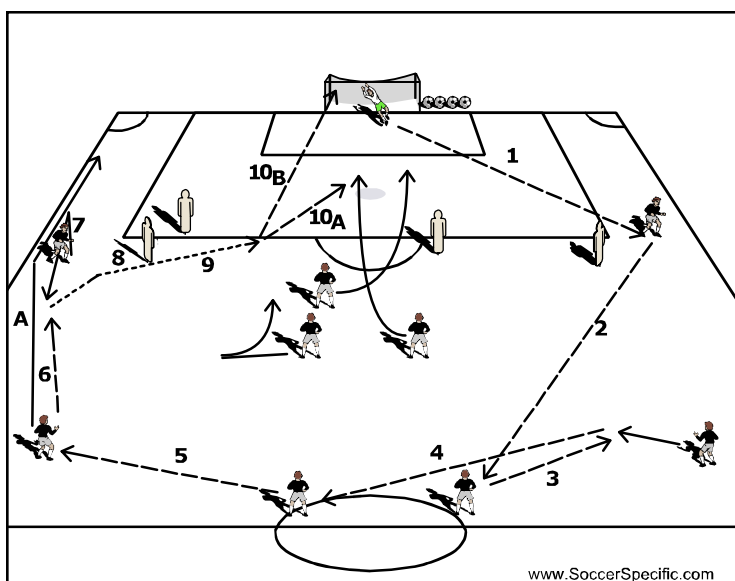


ACTIVITY #8

Set up: TECHNICAL FUNTIONAL TRAINING - Half Field: 4 backs; 2 center midfielder, 1 center forward, 2 wingers(outside midfielders), goalkeeper, balls with keeper

Instructions: THIRD MAN RUNNING - (1-7) Same as Progression 1 (8) CM supports for central drop pass (9) Winger pass to CM (10) CM passes to overlaping outside back "A" (11) back dribbles to endline and serves ball into runners (10) CF and CM finish on goal. (11) Repeat same pattern going the oppsite direction.

Coaching Points: Q: What is the que or signal to make an overlaping run on flank? A: Winger dribbles or runs inside to create space on flank for the overlap. Q: When is the 3rd-Man Run "on" A: When defense is flat Coaching Points: Weight of the through ball. Deception on the through ball. Timing of runs.

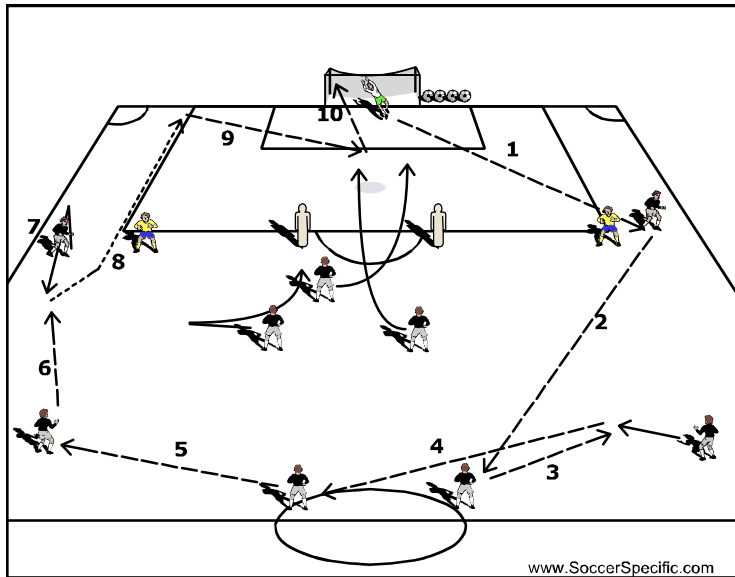


ACTIVITY #9

Set up: TECHNICAL FUNTIONAL TRAINING - Half Field: 4 backs; 2 center midfielder, 1 center forward, 2 wingers(outside midfielders), goalkeeper, balls with keeper

Instructions: WINGER INSIDE CUT w/ OB OVERLAP - (1-7) Same as Progression 1 (8) winger dribbles at defender (9) cuts inside on the dribble (10A) Winger Pass to CF or CM for finish on goal (10B) Winger shoots (11) Repeat same pattern going the opposite direction.

Coaching Points: Q: What is the que or signal that the winger should cut inside? A: When cover center back is over committed to flank i.e. unbalanced Q: How can we encourage the CB to over commit to flank? A: Overlaps down flank. Coaching Points: Use the overlap as a decoy by opening hips towards overlaping player before cutting to the inside. Emphasis that an decoy overlap is very effect and still a good run even if the back does not receive the pass.

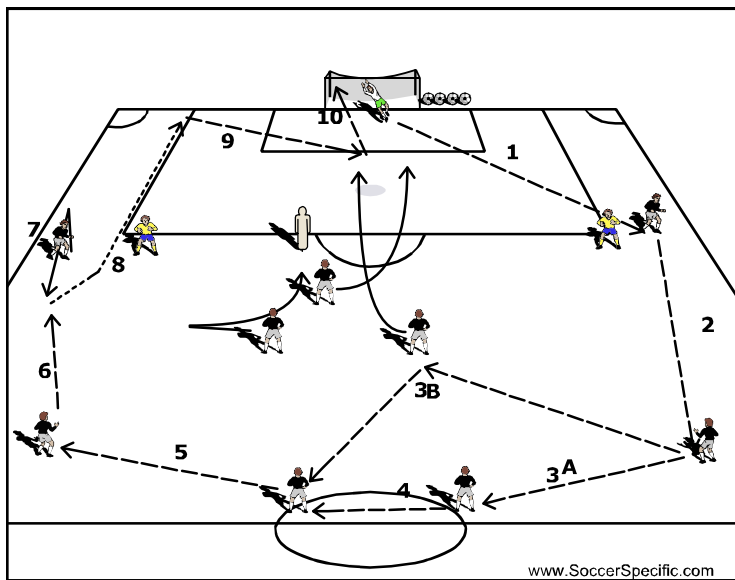


ACTIVITY #10

Set up: TACTICAL FUNCTIONAL TRAINING - Same as previous Technical Function set up with two passive defenders

Instructions: Same as Technical Function progressions with the ADDITION OF "PASSIVE" OUTSIDE BACKS. These passive defenders are instructed to either mark winger LOOSE 5 YARDS or TIGHT. The attacking players now are asked to execute the previous patterns based on their own "reading of the game", Attempting to penetrate from the middle third to the final third and create a scoring chance.

Coaching Points: Q: How do you know what choices to make as a flanker? A: Look over shoulder to get a "read" on the defender BEFORE the ball is passed to you then decide (A) if the defender is marking tight drop the ball back to a supporting player and swing away to receive ball behind the defense (B) If the defender is marking you loose then face up and take the ball at the defender to either play 1 v 1 or create space for an overlap.



ACTIVITY #11

Set up: TECHNICAL FUNCTION TRAINING - Option for defender "build up" patterns

Instructions: (3A) Swing the ball through each defender (3B) Use a deeper HM to chase point of attack.

Coaching Points: Coaching points for back during pattern play: Body position facing the field; 1st touch away from body in the direction of next pass; if pass is soft and back has time they can let the ball run across their body; if pass is firm then they will need a quality 1st touch