
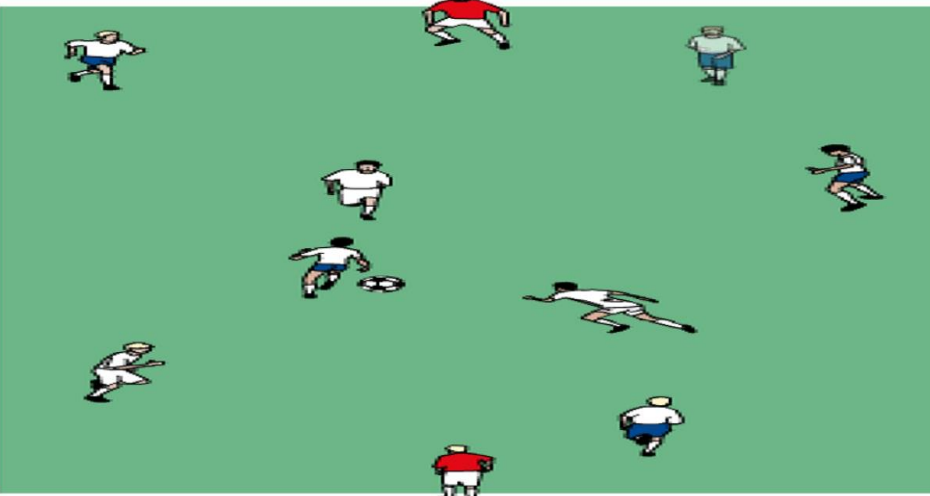


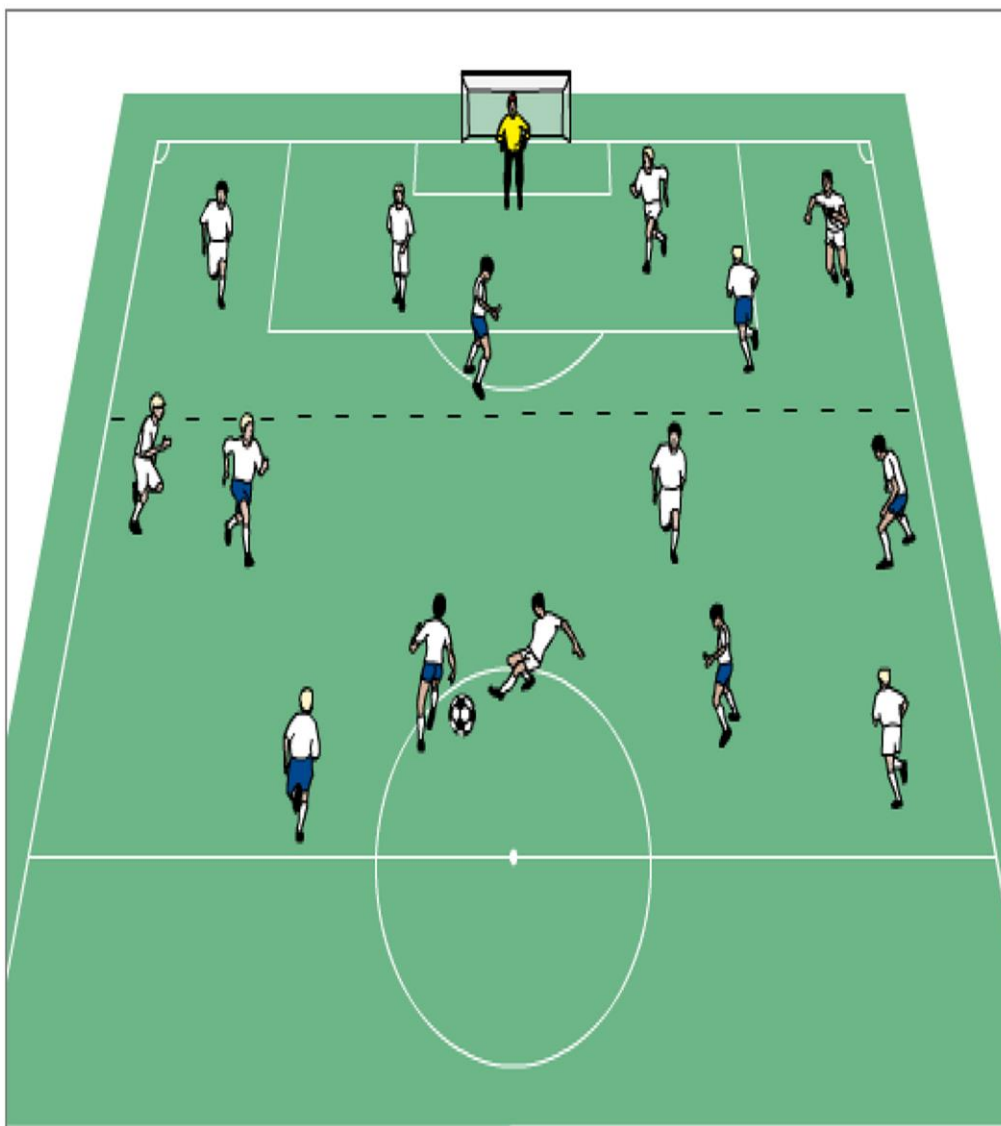
Activity Name	Description	Diagram	Purpose/Coaching Points
<b>1 3v3 + 2 – General Possession</b>			
<p>Space: 35 x 25 yards</p> <p>Scoring: Highest number of consecutive passes</p> <p>Time: 10-15 minutes</p>	<p>Play three blue versus three white and two red neutral players who are always on offense. Play keep away to work on group shape, supporting runs, vision, communication, and the skills of dribbling, passing and receiving.</p>		<p>Maintain shape and circulate the ball quickly.</p> <p>Guided Question: How do you know when to move close to support the teammate with the ball and when you should stay far away?</p>
<b>2 5v (3+2) – Directional Possession</b>			
<p>Space: 35 x 25 yards</p> <p>Scoring: Highest number of consecutive passes</p> <p>Time: 10-15 minutes</p>	<p>Play five blue versus three white and two neutral red players who are always on offense. The two red players are now on the outside of the grid to be used for wall passes.</p>		<p>Patience in attack!</p> <p>Guided Question: How do you know when the player with the ball might pass or dribble?</p>

## 3 Playing in two thirds

One half of the full field  
Numbers:  
4v2 in D/3  
and 4v5 or  
4v6 in M/3

### Special Rules:

1. No press zone in back 25 yards (logistical adjustment).
2. Attackers (blue) score by dribbling over half-way line
3. Defenders (white) score in the regular goal.
4. Additional players may be used as targets at halfway for blues: Passing goals vs. dribbling goals.
5. Teammates may be “played” in, but not ahead of the ball (pass leads run to keep space alive).



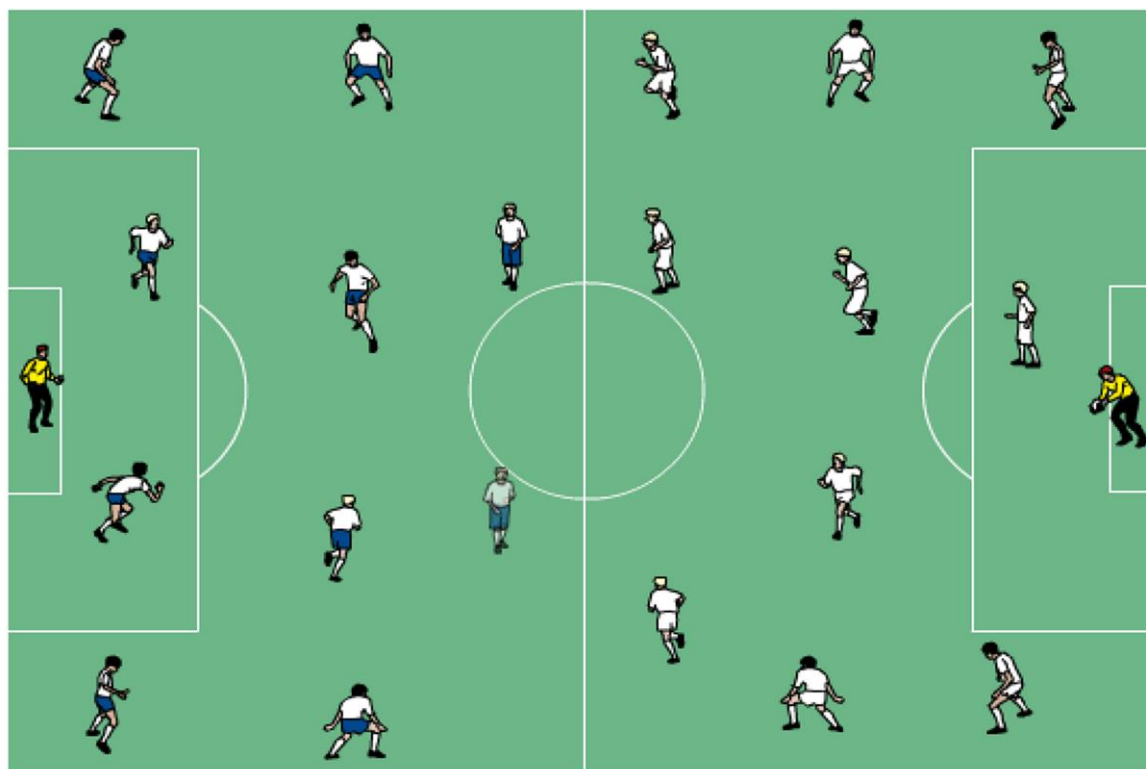
Change speed of attack when opportunity to penetrate arises.

Involve back players in attack, but maintain defensive team balance.

Guided Question:  
When and how should you get into a passing lane?

## 4 11 vs. 11

Play a match for 20 minutes. Allow the players to use what they have learned in the training session. Give praise when they execute or attempt to execute what you practiced.



Patience in attack!

Maintain shape and circulate the ball quickly.

Change speed of attack when opportunity to penetrate arises.

Involve back players in attack, but maintain defensive team balance.

## 5 Cool-Down

Attend to any injuries.

Drink water and/or electrolyte fluids.

Static stretching as a group.

Ask the players what they learned in training today and then be quiet, let them talk.

Send everyone home.