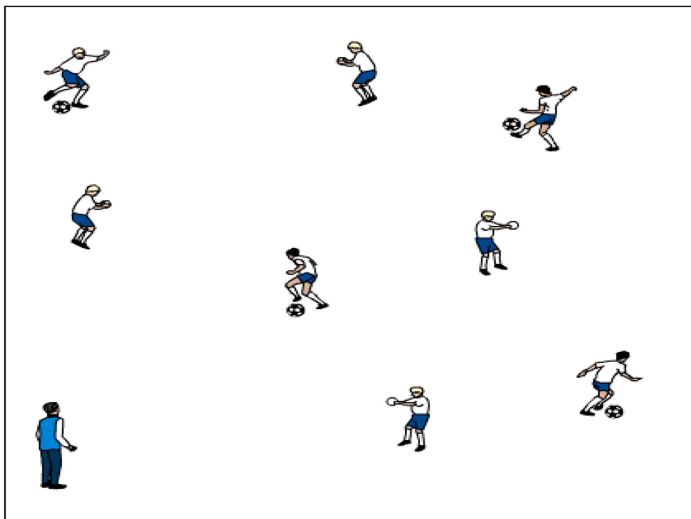
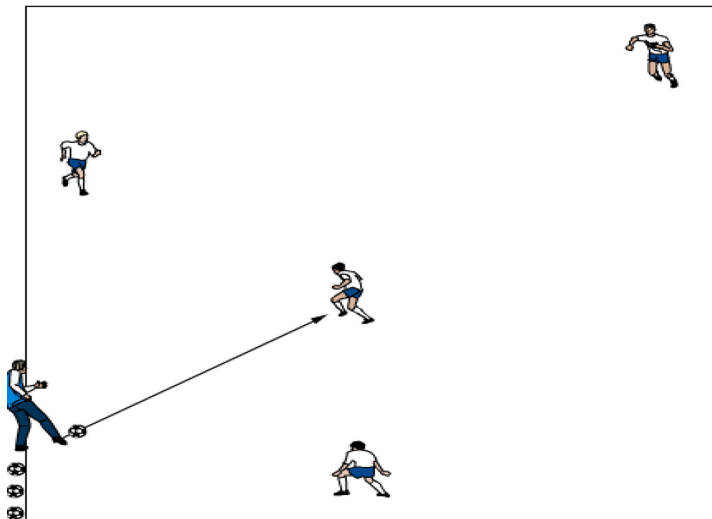
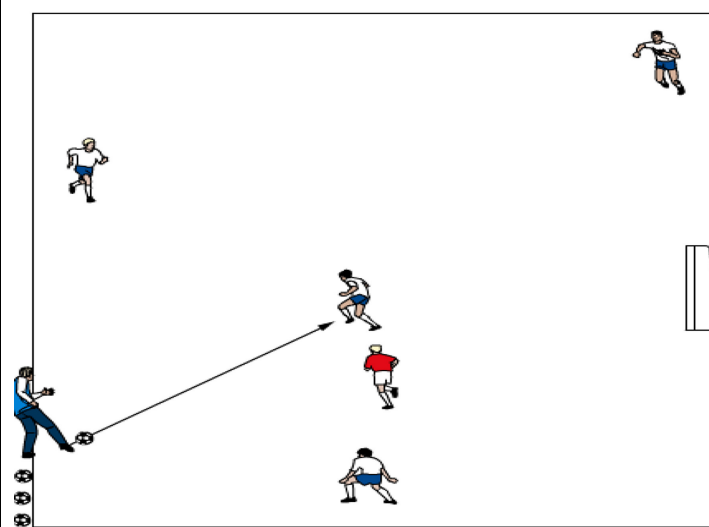


Activity Name	Description	Diagram	Coaching Points
1 Warm-Up	Use any space on the field you want or make a grid. Two players with one ball. The player with the ball knocks it into the air. The other player receives it and passes it immediately back to the first player who dribbles to the nearest line. Make this a competition if you wish. Variation: Take the above activity to a situation for groups of threes or fours using various conditions to challenge the players. Be sure to stretch at varying intervals during the warm-up. Players should now become more responsible for their own stretching.		 Players should select a player to receive their pass when the ball  Observe the execution of receiving and dribbling.
2 Receive & Pass	Mark off a 20 x 20 yard grid. Have spare balls with the coach on the side of the grid. The coach plays a ball into the grid of four players. The players control the ball and pass it to each other so that every player touches it at least twice.		 Observe the players' touch in both passing and receiving.

3 Receive & Pass - Pressure

Add a goal in part 2.

1. Same as above, only now after the coach plays the ball, a defending player tries to disrupt the passes.
2. Take this same activity to goal, using different numbers of attackers and defenders



See which players use the proper pass to get out of trouble.

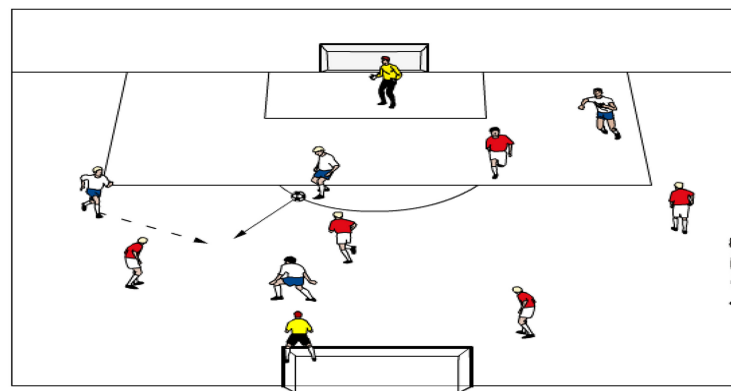


Encourage players to shoot when the opportunity arises.

4 Group Activity (tactics – decisions)

Play on half field.

Divide the number of players into two teams. A team must complete four, five or six passes before they shoot on goal. Each time a team loses possession the pass count begins again.



Look for good choices on the part of the players. See which players move without the ball (indicates thinking – when and where movement)

5 Cool-Down

Balance on one leg with the other leg straight in front of you.

1. pull toes back
2. point toes down
3. turn foot in
4. turn foot out

Lie on your back and bend one knee in toward your chest. Straighten the bent leg upward. Do not use the hand to hold or pull the leg.

Once the leg is extended rotate the foot out away from the midline of the body and then in toward the midline.