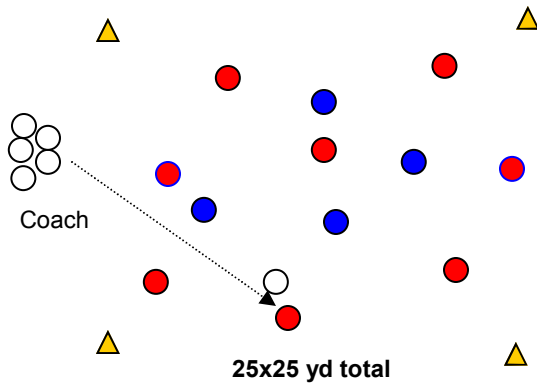


### WARM-UP



### 8v4 Keep Away 15 min

The coach starts the activity by passing a ball into any of the eight attacking players. The eight attacking players attempt to keep possession for as long as they can. The four defenders must try to intercept the ball and clear it from the grid. Play for a total of six balls before switching the defensive players.

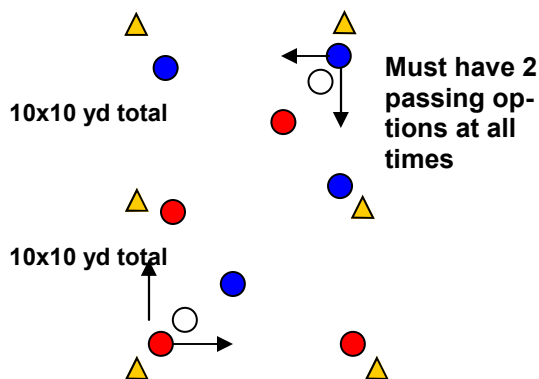
#### Progression 2 min then switch defenders

- Multiple touches
- 3 touches
- 2 touches
- 1 touch
- Multiple touches

#### Coaching Points

- Quality of passing is imperative.
- Angles of support.
- Vision to split the defenders with a pass .

### EXERCISE 1



### 3v1 15 min

Each group of 3 must pass the ball using one and two touch passing inside their 10x10 yard grid with 1 defender. When the ball goes out of bounds or is taken by the defender, the person who makes the mistake must go in the middle

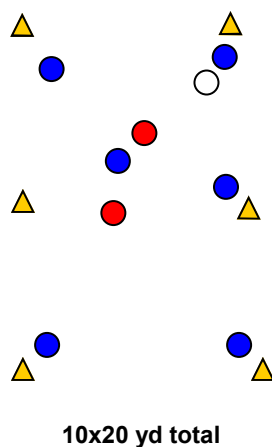
#### Progression

- 2 touch only

#### Coaching Points

- Passing must be sharp and accurate – keep the ball moving. .
- Players must offer good angles and distance of support to receive passes.
- Defenders should apply as much pressure as possible to force a high tempo.

### EXERCISE 2



### 4v2 Quick Switch 15 min

Combine 2 groups into one. Same rules at the 3v1. When the ball goes out of bounds or is taken by the defender, the person who makes the mistake must go in the middle. The middle defenders work together and rotate out according to who came in first.

#### Progression

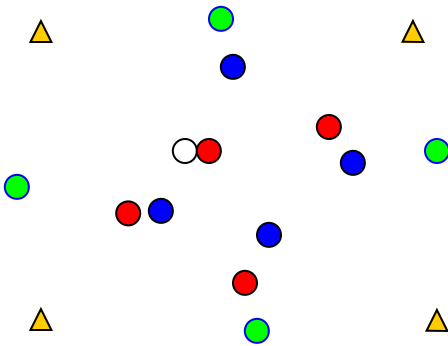
- 2 touch only
- Throw-ins when ball goes out

#### Coaching Points

- Quick passes
- Know where teammates are
- Move after the ball is passed

### EXERCISE 3

20x20 yd



#### 4v4 with walls 15 min

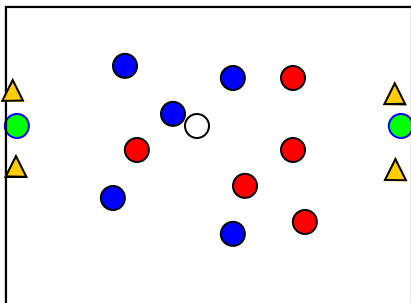
Keep away inside the square. Teams can pass to each other or to a wall player. The ball cannot go to a wall player twice in a row by the same time. Switch teams every 2 minutes.

#### Coaching Points

- Players check to and AWAY from the ball to create space
- Player look to make quick passes
- Encourage 1 and 2 touch passes

### EXERCISE 4

40x40 yd



#### 6v6 Scrimmage 15 min

Encourage checking runs, passes and turning with the ball.

#### Coaching Points

- Players check to and away from the ball
- Player look to turn with the ball
- Quick passes and movement