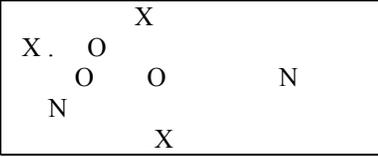
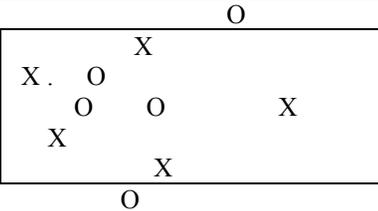
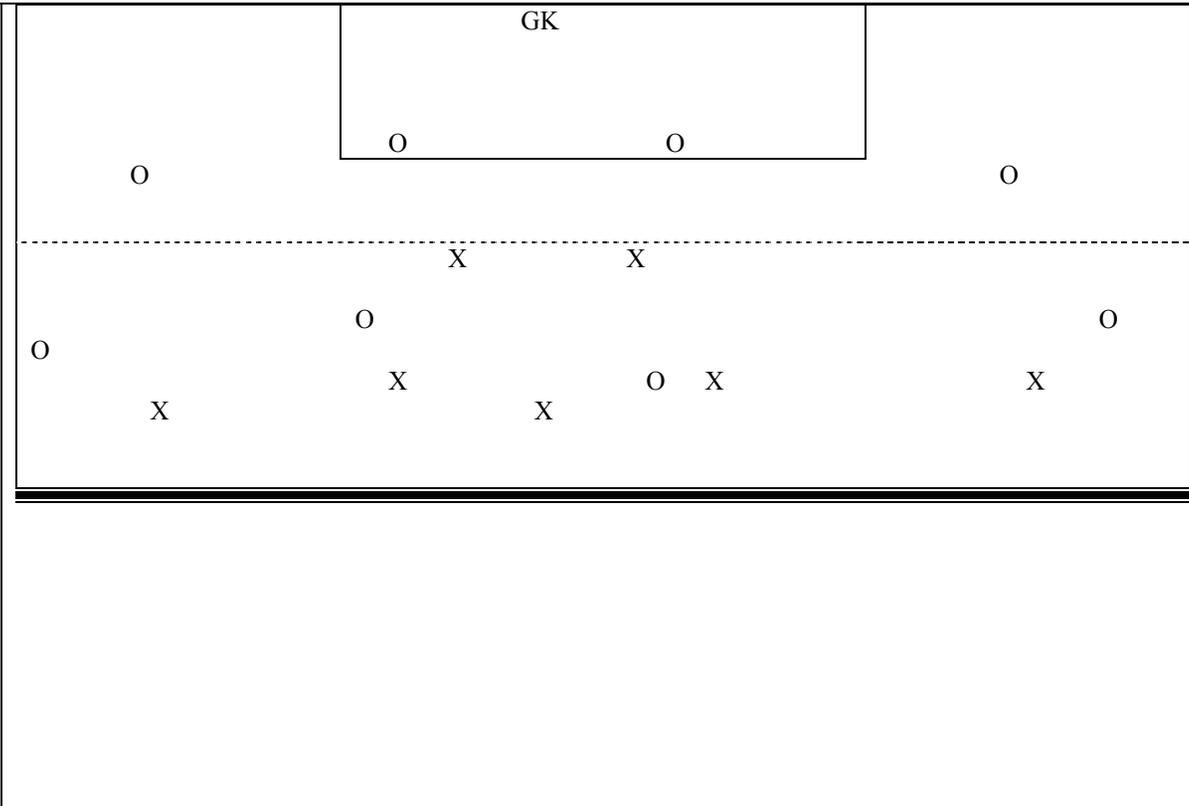


Activity Name	Description	Diagram	Purpose/Coaching Points
<b>1 Warm-Up</b>			
Juggling	Juggle on the move first individually and then in pairs.		<ul style="list-style-type: none"> <li>• Mental focus</li> <li>• Increase blood flow</li> <li>• Cooperation</li> </ul>
<b>2 Activity #2: General Possession</b>			
Numbers 3 v 3 + 2	Space: 35 x 25 yards Scoring: Highest number of consecutive passes Time: 10-15 minutes		
<b>3 or....5 v (3 + 2)</b>			
	Space: 35 x 25 yards Scoring: Highest number of consecutive passes Time: 10-15 minutes		<p>Coaching Points: 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</p>

**4 Activity #4: Playing in two thirds**

<p>Special Rules:</p> <ol style="list-style-type: none"> <li>No press zone in back 25 yards (logistical adjustment).</li> <li>Attackers (X) score by dribbling over half-way line.</li> <li>Defenders (O) score in the regular goal.</li> <li>Additional players may be used as targets at half-way for X's: Passing goals vs. dribbling goals.</li> <li>Teammates may be "played" in, but not ahead of the ball (pass leads run to keep space alive).</li> </ol>	<p>Numbers: 4 v 2 in D/3 and 4 v 5 or 4 v 6 in M/3</p>		
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**5 Activity #5: 11v11**

<p>Regulation pitch.</p>	<p>Play by FIFA Laws of the Game</p>		<p>Coaching Points: As above</p>
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Cool-Down & Drink Water