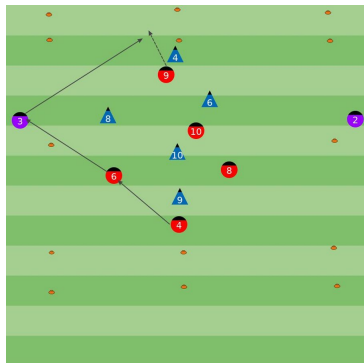


# TRAINING SESSION: TRAINING ACTIVITIES 2

## Objectives

### End zone Game 5v5 + 2 Neutrals



7 v 5

Cones, Pennies, Balls, Goals

Intensity: 6

15:00 min  
(4 x 03:00 min, 00:30 min rest)

#### Coaching Points

Spread out  
Create passing options  
Pass or dribble forward when possible  
Support the attack

#### Description

Create a 30x35 grid  
At each end create a 5 yard endzone.  
Create two teams with outside neutrals  
Players must connect a pass into the zone in order to score a point

### 4v4 Attacking Half |Defending Half



Players



Intensity:

15:00 min  
( x 00:00 min, 00:00 min rest)

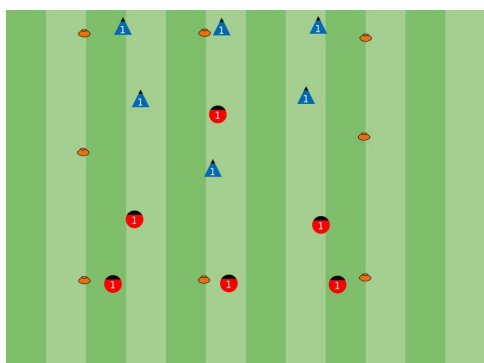
#### Coaching Points

Immediate Pressure on the ball  
Compactness  
Footwork  
Communication

#### Description

p.p1 {margin: 0.0px 0.0px 0.0px 0.0px; font: 8.5px Helvetica} Split players into 2 teams of 4 or based on numbers (no GK); Organize teams into 1-2-1 System of Play  
Game to goals ; If the defending team wins the ball in their attacking half and score it is worth two points . If they win it in their defending half and score it is worth one point.  
Play 1; 20-minute game (2-10 minute halves ).

### 3v3 to Endline



Players



Intensity: 5

15:00 min  
(5 x 02:00 min, 01:00 min rest)

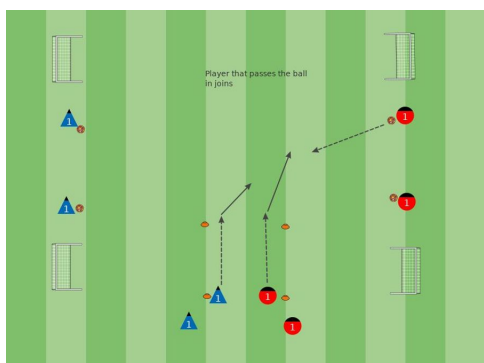
#### Coaching Points

Spread out  
Triangulate to create passing options  
occupy all spaces  
play forward  
create 2v1 or 1v1  
create diagonal passing lines  
Vary movements of the ball

#### Description

25x30 Grid  
Create two teams of 6+  
Teams play 3v3 to End line. If a team dribbles or passes across their opponents end line they get a point.

### 4x4 Game 1v1 or 2v1



Players



Intensity:

12:00 min  
( x 00:00 min, 00:00 min rest)

#### Coaching Points

Dribbling at pace  
Committing the defending  
Creativity with moves  
Acceleration after beating defender

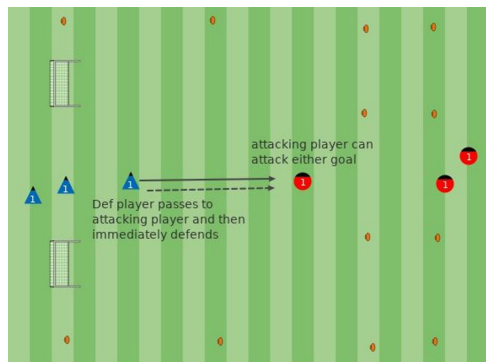
#### Description

Arrange players as shown.  
Players run through central gate; coach calls color. Designated team is on attack and works to get ball from either target player, of their color. The player who passes the ball in, joins the game to create a 2v1 and 1v2; players try to score on their respective goals . Play until a goal is scored or ball out of bounds, Players rotate top to

# TRAINING SESSION: TRAINING ACTIVITIES 2

## Objectives

### 1v1 to Two goals and an Endzone



**Players**



**Intensity:**

**12:00 min**  
( x 00:00 min, 00:00 min rest)

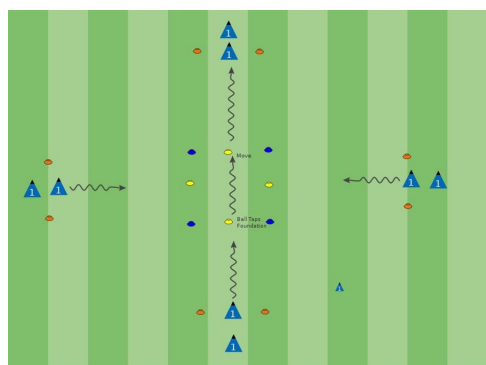
### Coaching Points

Immediate Pressure  
Forcing a Direction  
Footwork  
Communication

### Description

Arrange players as shown. The defending team serves the ball to the attacking team. The attacking team attempts to score on the 2 goals and the defending team attempts to win the ball and dribble into the end zone. If ball goes out of bounds, play begins with a new service from the defending team. Play 4; 4-minute games with a 30-second break between games. Rotate attacking and defending teams each game.

### Technical Box



**Players**



**Intensity:**

**00:00 min**  
( x 00:00 min, 00:00 min rest)

### Coaching Points

### Description

Players are divided equally amongst the 4 gates. Each player has a ball. The players dribble to the first cone and perform either 3 ball taps (sole of the foot) or 3 foundation touches (inside of the feet). They then dribble to the next cone, perform the designated move and speed dribble to the next line. When the first player reaches and completes their ball taps or foundations, the second player begins. Perform each of the following moves for 2 minutes on each side.  
Moves  
Inside/Outside Touches  
Scissors  
Body