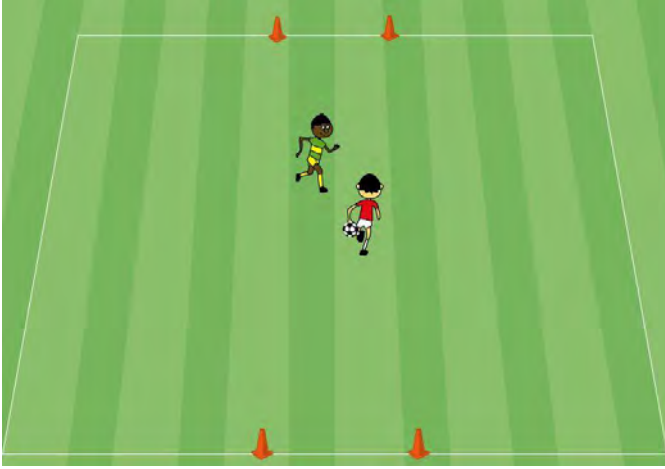


Attacking & Defending

One versus one each player attacking and defending

1 central gate:

Skill Work: **1v1 Attacking & Defending one gate** **15 minutes**

<p>Organization:</p> <ul style="list-style-type: none">• Set-up area 10x10m as shown.• Players are working in pairs.• Each player attacks and defends one Gate• All soccer balls close to coach• Coach serves balls to replace the ball out or to change the focus of the play		<p>Coaching Points:</p> <p>Attacker:</p> <ol style="list-style-type: none">1. Protect the ball from opponent2. Ability to fake – tease your opponent - dribble3. Use of the body to protect4. Ability to see the closes opportunity <p>Defender</p> <ol style="list-style-type: none">1. Close down - Get down Stay down2. Choose right moment to tackle <p>TRANSITION – go to goal</p>
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Description:

1. **Team function:** Attacking / defending
2. **Meaning in the game:** To keep the ball in possession and score / to defend the goal and to win the ball back
3. The coach plays the ball to a player who is trying to dribble its opponent and score by dribbling through the gates. If the defender recovers the ball, he/she must try to score while the other player will work to prevent from scoring.
4. The coach may decide to play a second ball while the first one is still in play – to change to point of attack and give a player a chance to touch the ball – once a second ball is played, the first ball no longer counts. * Have a player remove the dead ball to prevent injury.



Attacking & Defending

One versus one each player attacking and defending a goal

with a GK:

Skill Work:

1v1 Attacking & Defending one goal

15 minutes

Organization:

- Set-up area 10x10m as shown.
- Players are working in pairs.
- Each player attacks and defends the one target player
- All soccer balls close to coach
- Coach serves balls to replace the ball out or to change the focus of the play



Coaching Points:

Attacker:

1. Protect the ball from opponent
2. Ability to fake – tease your opponent - dribble
3. Use of the body to protect

Defender

1. Close down - Get down
Stay down
2. Choose right moment to tackle

TRANSITION – go to goal

Description:

1. **Team function:** Attacking / defending
2. **Meaning in the game:** To keep the ball in possession and score / to defend the goal and to win the ball back
3. The coach plays the ball to a player who is trying to dribble its opponent and score. If the defender recovers the ball, he/she must try to score while the other player will work to prevent from scoring.
4. The coach may decide to play a second ball while the first one is still in play – to change to point of attack and give a player a chance to touch the ball – once a second ball is played, the first ball no longer counts. * Have a player remove the dead ball to prevent injury.

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Attacking & Defending

One versus one each player attacking and defending 1 target player:

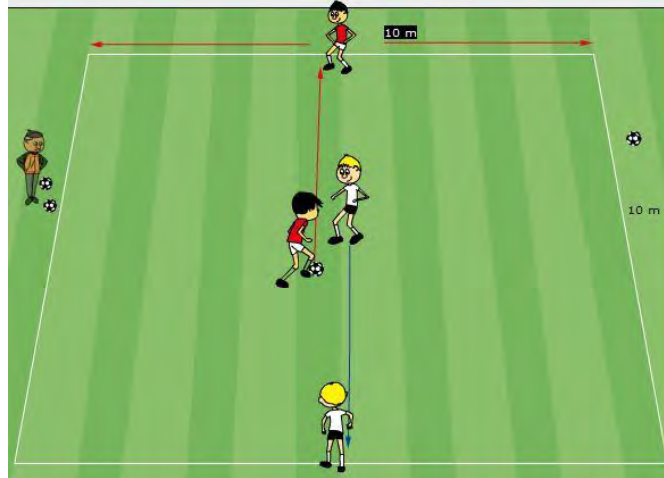
Skill Work:

1v1 Attacking & Defending a target player

15 minutes

Organization:

- Set-up area 10x10m as shown.
- Players are working in pairs.
- Each player attacks and defends the one target player
- All soccer balls close to coach
- Coach serves balls to replace the ball out or to change the focus of the play



Coaching Points:

Attacker:

1. Protect the ball from opponent
2. Ability to fake – tease your opponent - dribble
3. Use of the body to protect

Defender

1. Close down - Get down
Stay down
2. Choose right moment to tackle

TRANSITION – go to goal

Description:

1. **Team function:** Attacking / defending
2. **Meaning in the game:** To keep the ball in possession and score / to defend the goal and to win the ball back
3. The coach plays the ball to a player who is trying to dribble its opponent and score by playing the ball to the target player. If the defender recovers the ball, he/she must try to score while the other player will work to prevent from scoring.
4. The coach may decide to play a second ball while the first one is still in play – to change to point of attack and give a player a chance to touch the ball – once a second ball is played, the first ball no longer counts. * Have a player remove the dead ball to prevent injury.

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Attacking & Defending

One versus one attacking and defending one goal line:

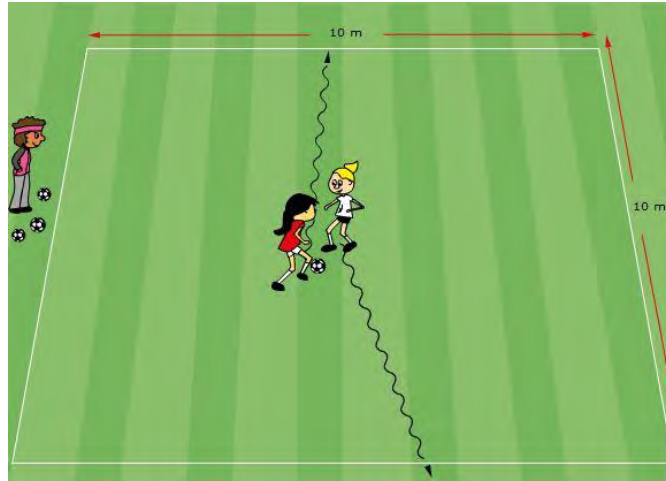
Skill Work:

1v1 Attacking & Defending one goal line

15 minutes

Organization:

- Set-up area 10x10m as shown.
- Players are working in pairs.
- One Goal line per player
- All soccer balls close to coach
- Coach serves balls to replace the ball out or to change the focus of the play



Coaching Points:

Attacker:

1. Dribble and protecting the ball from opponent
2. Ability to fake – tease your opponent
3. Use of the body to protect

Defender

1. Close down
2. Get down
3. Stay down
4. Choose right moment to tackle

TRANSITION – go to goal

Description:

1. **Team function:** Attacking / defending
2. **Meaning in the game:** To keep the ball in possession and score / to defend the goal and to win the ball back
3. The coach plays the ball to a player who is trying to dribble its opponent and score by dribbling the ball to the goal line under control. If the defender recovers the ball, he/she must try to score while the other player will work to prevent from scoring.
4. The coach may decide to play a second ball while the first one is still in play – to change to point of attack and give a player a chance to touch the ball – once a second ball is played, the first ball no longer counts. * Have a player remove the dead ball to prevent injury.

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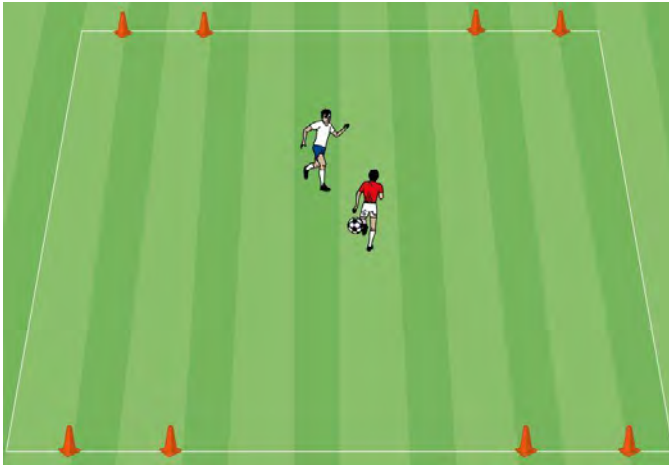


Attacking & Defending

One versus one each player attacking and defending

2 gates on same line:

Skill Work:	1v1 Attacking & Defending two gates on same line	15 minutes
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Organization: <ul style="list-style-type: none">• Set-up area 10x10m as shown.• Players are working in pairs.• Each player attacks and defends two Gates on the same line• All soccer balls close to coach• Coach serves balls to replace the ball out or to change the focus of the play		Coaching Points: Attacker: <ol style="list-style-type: none">1. Protect the ball from opponent2. Ability to fake – tease your opponent - dribble3. Use of the body to protect4. Ability to see the closes opportunity Defender <ol style="list-style-type: none">1. Close down - Get down Stay down2. Choose right moment to tackle TRANSITION – go to goal
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Description: <ol style="list-style-type: none">1. Team function: Attacking / defending2. Meaning in the game: To keep the ball in possession and score / to defend the goal and to win the ball back3. The coach plays the ball to a player who is trying to dribble its opponent and score by dribbling through the gates. If the defender recovers the ball, he/she must try to score while the other player will work to prevent from scoring.4. The coach may decide to play a second ball while the first one is still in play – to change to point of attack and give a player a chance to touch the ball – once a second ball is played, the first ball no longer counts. * Have a player remove the dead ball to prevent injury.
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Attacking & Defending

One versus one each player attacking and defending

2 gates on same line:

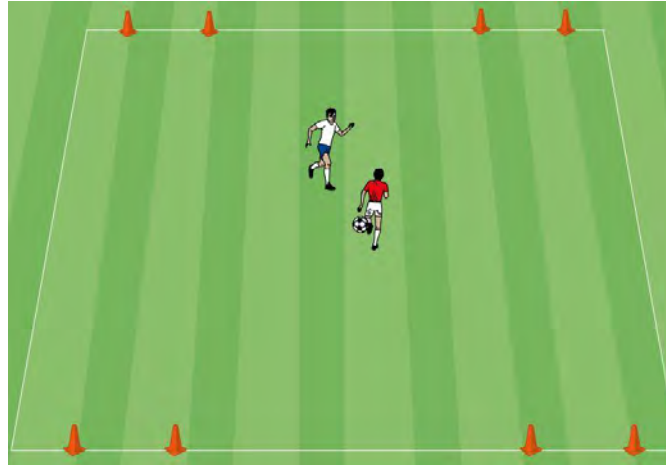
Skill Work:

1v1 Attacking & Defending two gates on same line

15 minutes

Organization:

- Set-up area 10x10m as shown.
- Players are working in pairs.
- Each player attacks and defends two Gates on the same line
- All soccer balls close to coach
- Coach serves balls to replace the ball out or to change the focus of the play



Coaching Points:

Attacker:

1. Protect the ball from opponent
2. Ability to fake – tease your opponent - dribble
3. Use of the body to protect
4. Ability to see the closes opportunity

Defender

1. Close down - Get down
Stay down
2. Choose right moment to tackle

TRANSITION – go to goal

Description:

1. **Team function:** Attacking / defending
2. **Meaning in the game:** To keep the ball in possession and score / to defend the goal and to win the ball back
3. The coach plays the ball to a player who is trying to dribble its opponent and score by dribbling through the gates. If the defender recovers the ball, he/she must try to score while the other player will work to prevent from scoring.
4. The coach may decide to play a second ball while the first one is still in play – to change to point of attack and give a player a chance to touch the ball – once a second ball is played, the first ball no longer counts. * Have a player remove the dead ball to prevent injury.

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Attacking & Defending

One versus one each player attacking and defending 2 goals:

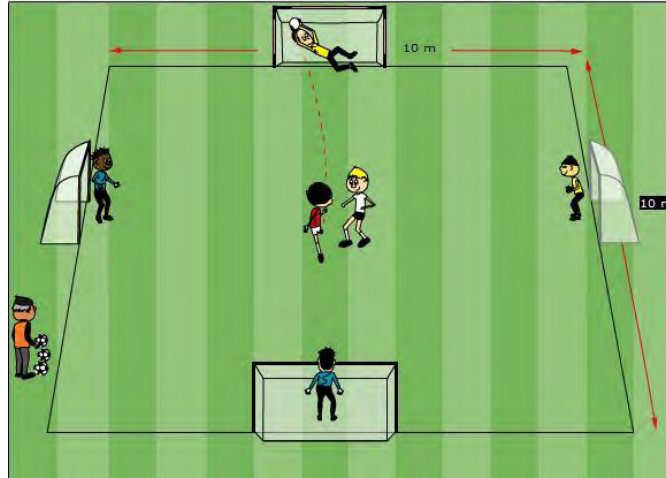
Skill Work:

1v1 Attacking & Defending 2 goals

15 minutes

Organization:

- Set-up area 10x10m as shown.
- Players are working in pairs.
- Each player attacks and defends two Goals each
- All soccer balls close to coach
- Coach serves balls to replace the ball out or to change the focus of the play



Coaching Points:

Attacker:

1. Protect the ball from opponent
2. Ability to fake – tease your opponent - dribble
3. Use of the body to protect
4. Ability to see the closes opportunity

Defender

1. Close down - Get down
Stay down
2. Choose right moment to tackle

TRANSITION – go to goal

Description:

1. **Team function:** Attacking / defending
2. **Meaning in the game:** To keep the ball in possession and score / to defend the goal and to win the ball back
3. The coach plays the ball to a player who is trying to dribble its opponent and score on the open net. If the defender recovers the ball, he/she must try to score while the other player will work to prevent from scoring.
4. The coach may decide to play a second ball while the first one is still in play – to change to point of attack and give a player a chance to touch the ball – once a second ball is played, the first ball no longer counts. * Have a player remove the dead ball to prevent injury.

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Attacking & Defending

One versus one attacking and defending two goal lines:

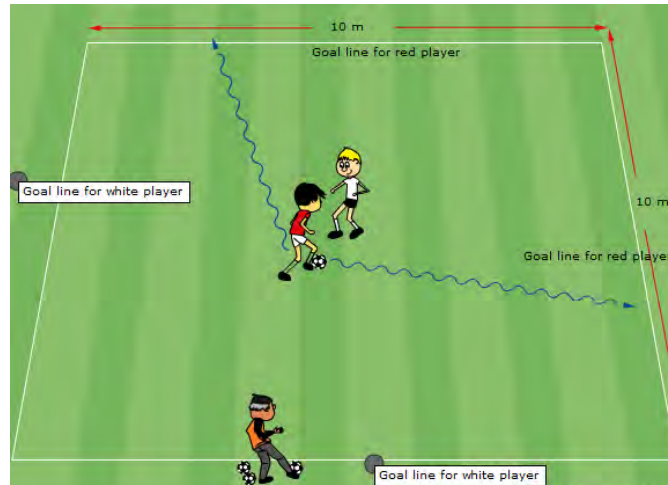
Skill Work:

1v1 Attacking & Defending two goal lines

15 minutes

Organization:

- Set-up area 10x10m as shown.
- Players are working in pairs.
- Two Goal lines per player to score and defend
- All soccer balls close to coach
- Coach serves balls to replace the ball out or to change the focus of the play



Coaching Points:

Attacker:

1. Dribble and protecting the ball from opponent
2. Ability to fake – tease your opponent
3. Use of the body to protect

Defender

1. Close down
2. Get down
3. Stay down
4. Choose right moment to tackle

TRANSITION – go to goal

Description:

1. **Team function:** Attacking / defending
2. **Meaning in the game:** To keep the ball in possession and score / to defend the goal and to win the ball back
3. The coach plays the ball to a player who is trying to dribble its opponent and score by dribbling the ball to one of the two goal lines under control. If the defender recovers the ball, he/she must try to score while the other player will work to prevent from scoring.
4. The coach may decide to play a second ball while the first one is still in play – to change to point of attack and give a player a chance to touch the ball – once a second ball is played, the first ball no longer counts. * Have a player remove the dead ball to prevent injury.

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Attacking & Defending

One versus one each player attacking and defending 2 target players:

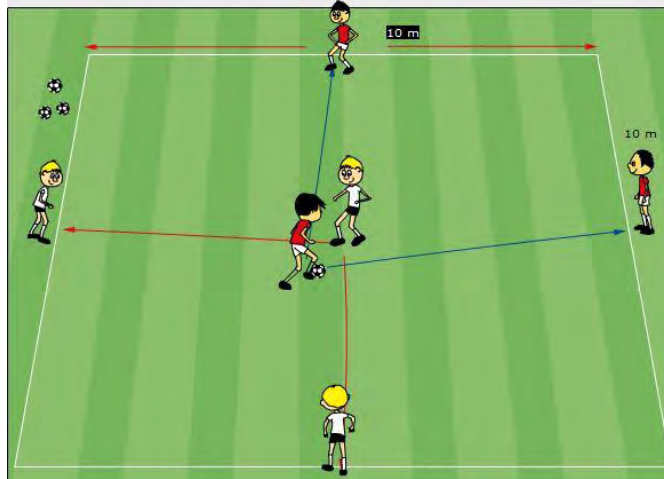
Skill Work:

1v1 Attacking & Defending two target players

15 minutes

Organization:

- Set-up area 10x10m as shown.
- Players are working in pairs.
- Each player attacks and defends the one target player
- All soccer balls close to coach
- Coach serves balls to replace the ball out or to change the focus of the play



Coaching Points:

Attacker:

1. Protect the ball from opponent
2. Ability to fake – tease your opponent - dribble
3. Use of the body to protect
4. Ability to perceive and choose open target

Defender

1. Close down - Get down
Stay down
2. Choose right moment to tackle

TRANSITION – go to goal

Description:

1. **Team function:** Attacking / defending
2. **Meaning in the game:** To keep the ball in possession and score / to defend the goal and to win the ball back
3. The coach plays the ball to a player who is trying to dribble its opponent and score by playing the ball to the two target players. If the defender recovers the ball, he/she must try to score while the other player will work to prevent from scoring.
4. The coach may decide to play a second ball while the first one is still in play – to change to point of attack and give a player a chance to touch the ball – once a second ball is played, the first ball no longer counts. * Have a player remove the dead ball to prevent injury.

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Attacking & Defending

One versus one with opponent chasing from behind:

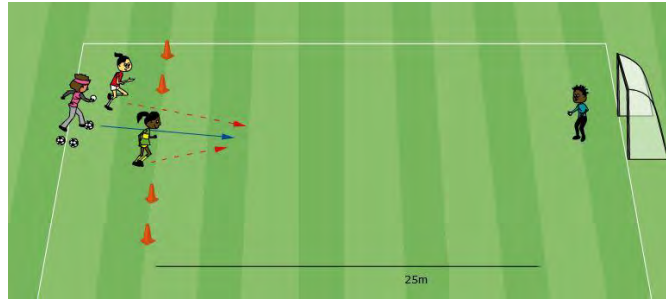
Skill Work:

1v1 Attacking & Defending from behind

15 minutes

Organization:

- Set-up area 25x15m as shown.
- Players are working in pairs.
- One GK.
- One Goal
- All soccer balls behind starting point.



Coaching Points:

Attacker:

1. Ball within playing distance
2. Dribble and protecting the ball from opponent
3. Last touch at an angle
4. Ability to fake – tease your opponent

Defender

1. Take the ball away by positioning between ball and attacker
2. Tackle the ball away
3. Choose right moment

Description:

1. **Team function:** Attacking / defending
2. **Meaning in the game:** To keep the ball in possession and score / to defend the goal and to win the ball back
3. One player identified as the attacker position on the start line (25m away from the goal) where another player acting as the defender positions at an angle – 2 m behind the attacker. The coach passes a ball forward for the two players to run onto. The attacker's aim is to score a goal against a goalkeeper. The defender is working on regaining possession. If the player succeeds, the aim is to turn and try to play the ball through the two doors created at the starting line.

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Attacking & Defending

One versus one with opponent chasing from different angles:

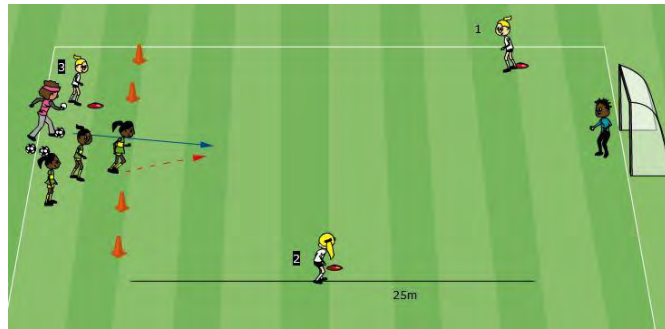
Skill Work:

1v1 Attacking & Defending from different angles

15 minutes

Organization:

- Set-up area 25x15m as shown.
- Players are working in pairs.
- One GK.
- One Goal
- All soccer balls behind starting point.



Coaching Points:

Attacker:

1. Ball within playing distance
2. Dribble and protecting the ball from opponent
3. Last touch at an angle
4. Ability to fake – tease your opponent

Defender

1. Close down in a way to prevent a shot first
2. Get down
3. Stay down
4. Choose right moment to

Description:

1. **Team function:** Attacking / defending
2. **Meaning in the game:** To keep the ball in possession and score / to defend the goal and to win the ball back
3. One player identified as the attacker position on the start line (25m away from the goal) where three players are acting as the defenders from different positions and angles – (refer to individual session of defending from the side, the back and the front). The coach passes a ball forward for the attacker to run onto. At the same time, the coach calls a number (front: 1 – side: 2 – behind: 3). The attacker's aim is to score a goal against a goalkeeper and the defender coming into play from different angles. The attacker must adapt while the defender is looking at gaining possession and scoring into one of the two small goals set up by the coach.
4. The coach can call two numbers to create a 1 versus 2 situation.

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Attacking & Defending

One versus one with opponent chasing from the front:

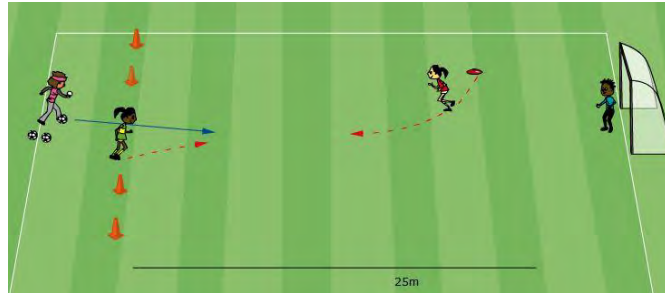
Skill Work:

1v1 Attacking & Defending from the front

15 minutes

Organization:

- Set-up area 25x15m as shown.
- Players are working in pairs.
- One GK.
- One Goal
- All soccer balls behind starting point.



Coaching Points:

Attacker:

1. Ball within playing distance
2. Dribble and protecting the ball from opponent
3. Last touch at an angle
4. Ability to fake – tease your opponent

Defender

1. Close down – fast and slow down
2. Get down
3. Stay down
4. Choose right moment to

Description:

1. **Team function:** Attacking / defending
2. **Meaning in the game:** To keep the ball in possession and score / to defend the goal and to win the ball back
3. One player identified as the attacker position on the start line (25m away from the goal) where another player acting as the defender positions at an angle – 2 m behind the attacker. The coach passes a ball forward for the two players to run onto. The attacker's aim is to score a goal against a goalkeeper. The defender is working on regaining possession. If the player succeeds, the aim is to turn and try to play the ball through the two doors created at the starting line.

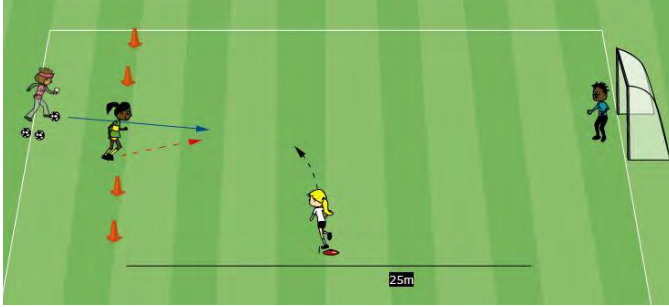
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Attacking & Defending

One versus one with opponent chasing from the side:

Skill Work:	1v1 Attacking & Defending from the side	15 minutes
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<p>Organization:</p> <ul style="list-style-type: none"> • Set-up area 25x15m as shown. • Players are working in pairs. • One GK. • One Goal • All soccer balls behind starting point. 		<p>Coaching Points:</p> <p>Attacker:</p> <ol style="list-style-type: none"> 1. Ball within playing distance 2. Dribble and protecting the ball from opponent 3. Last touch at an angle 4. Ability to fake – tease your opponent <p>Defender</p> <ol style="list-style-type: none"> 1. Close down in a way to prevent a shot first 2. Get down 3. Stay down 4. Choose right moment to
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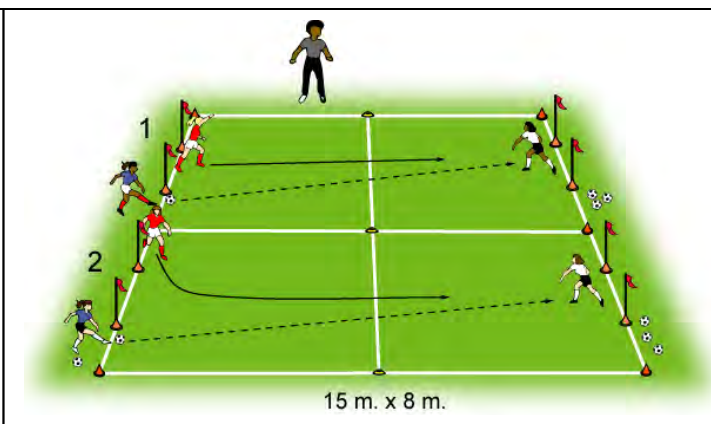
Description:

1. **Team function:** Attacking / defending
2. **Meaning in the game:** To keep the ball in possession and score / to defend the goal and to win the ball back
3. One player identified as the attacker position on the start line (25m away from the goal) where another player acting as the defender positions at an angle – 2 m behind the attacker. The coach passes a ball forward for the two players to run onto. The attacker’s aim is to score a goal against a goalkeeper. The defender is working on regaining possession. If the player succeeds, the aim is to turn and try to play the ball through the two doors created at the starting line.



1v1 Defending: Skill/Technique #1

Skill/Technique: 1v1 defending **20 minutes**

<p>Organization:</p> <ul style="list-style-type: none"> • Set-up areas 15x8m as shown • Divide players into groups of three, one server, one defender and one attacker. • Rotate each player every six attempts. 	 <p>15 m. x 8 m.</p>	<p>Coaching Points:</p> <ul style="list-style-type: none"> • Take away the shot and close down quickly. • If forward has a poor touch try and win the ball. • If forward has a good touch jockey/contain her. • Watch the ball not the forwards feet/body. • Angle your body to steer forward to side. • Be strong in the
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Description:

1. The server (blue) passes the ball to the white player in the opposite goal. As the ball travels the defender closes the ball down and attempts to win the ball and score in the white player's goal. The white player must try and score in the red player's goal. If the ball goes out of play the defender gets 1 point (3 points =1 goal). Switch player roles every six attempts. Once the cycle is completed repeat this process with the ball being played in from the opposite side.
2. As the previous exercise but this time the red player starts at the corner of the playing area and to the side of her goal. The white player can shoot as soon as she receives the ball, or dribble in order to create a scoring opportunity. Switch player roles every six attempts. Once the cycle is completed repeat this process with the ball being played in from the opposite side.

Note: This is a demanding exercise for the players working so please allow recovery time between each attack.



1v1 Dribbling: Skill/Technique

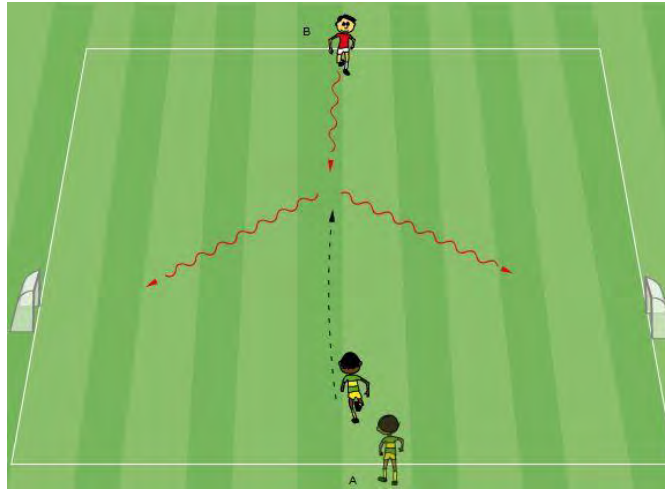
Skill Work:

1v1 Dribbling

15 minutes

Organization:

- Set-up areas 15x8m
- 2 goals
- 8 markers
- 4 to 6 players
- Supply of balls.



Coaching Points:

Attacker

1. Controlling touch from B out of feet
2. Be positive and direct when dribbling
3. Dribble at pace towards defender before executing Trick/ Turn.
4. Disguise.
5. Pace after executing Trick/ Turn.

Defender

1. Adapt to the run of the dribbler;
2. Be patient
3. Look to recover by position between attacker and the ball
4. Tackle as last option

Description:

A passes to B then plays 1V1.
B can score in either goal.

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1v1 Dribbling: Skill/Technique

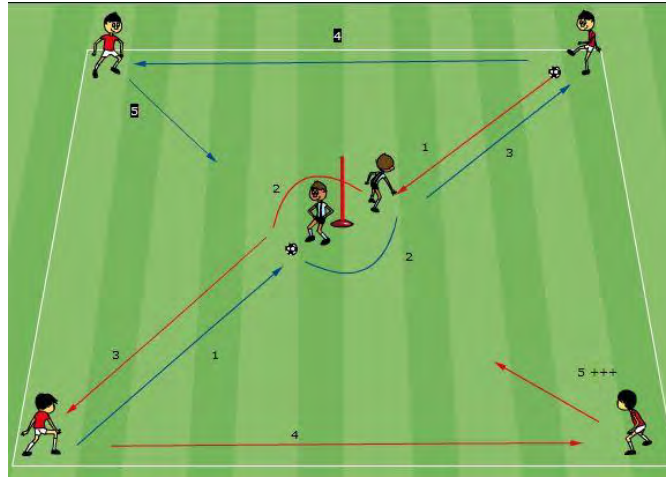
Skill Work:

1v1 Dribbling

15 minutes

Organization:

- Set-up areas 10 x 10m
- 4 players in passing position
- 2 players in dribbling position, unopposed
- 1 mannequin
- 4 cones
- 2 balls.



Coaching Points:

Attacker

1. Execute fakes before turning;
2. After turn keep ball on foot that would be furthest away from the defender if chasing you
3. Accelerate away to leave chasing player.

Description:

1. Two players in opposing corner start with the ball.
2. Pass to the middle player who turns and plays the ball to teammate in the opposed corner diagonally.
3. The ball is played across and the same scenario starts again.
4. When the ball has gone back to the first passer for the same central player, change central and outside players.

Progression

1. Use only one ball and apply progressive defending pressure.

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Attacking & Defending

Two versus two each player attacking and defending

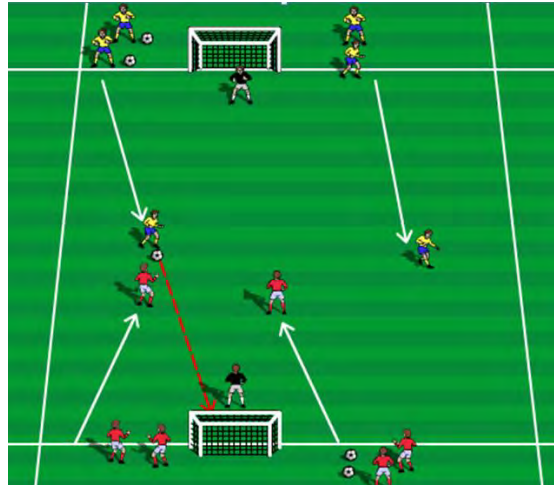
Technical & tactical:

2v2 attacking & transition to defending

15 minutes

Organization:

- Set-up area 30x40m.
- Players work in pairs
- 2 yellows attack the other goal and try to score;
- When the ball is out or in the goal, the next two reds in line go to opposing goal;
- The 2 yellow players must now switch to a defending role.



Coaching Points:

Attackers:

1. Quality technical-tactical skills (passing, dribbling, shooting)
2. Decision making – passing to teammate – dribbling

Defenders:

1. Adjust to speed of opponent
2. Try to gain possession back

TRANSITION – go to goal

Description:

1. **Team function:** Attacking / defending
2. **Meaning in the game:** Quick progression with the ball to score a goal
3. Two players get forward and try to eliminate two opponents to score. If the defender recovers the ball, they must try to score while the two yellow players will work to prevent from scoring.
4. If the ball goes out of bounce, or in the goal, the next two red players in line will get going immediately while the two defenders teammate return at the back of the line. The same two yellows who were attacking must defend.

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SSG - Attacking & Defending

Four versus four without goalkeepers

Attacking and defending one goal line:

Small Sided Game:

4v4 Attacking & Defending one goal line

15 minutes

Organization:

- Using the real width of the pitch for games
- Set up with 2 teams of 4 inside players, 2 wide players and a GK
- Mark up outside channels for the wide players.



Coaching Points:

Attacker:

1. Good technical skills
2. Decision making to go to goal or play wide;
3. Decision making of wide players to go in, dribble or use support

Defender

1. Apply good pressure on offensive players
2. Choose right moment to regain possession

Description:

1. **Team function:** Attacking / defending
2. **Meaning in the game:** To keep the ball in possession and score / to defend the goal and to win the ball back
3. 4v4 game where players play freely inside. Each team has two support players on the outside.
 - a. Option 1: wide players must take the defender 1 on 1 on the outside channel to play the ball inside for a goal
 - b. Option 2: wide players have the option to dribble inside to create a 5 versus 4 situation

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SSG - Attacking & Defending

Four versus four without goalkeepers

Attacking and defending one goal line:

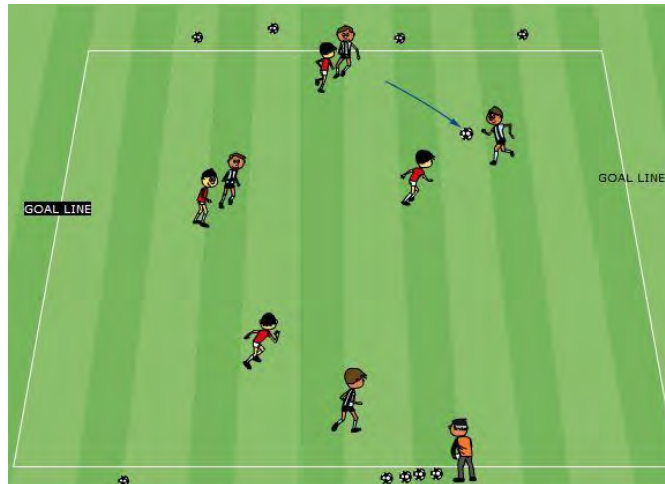
Small Sided Game:

4v4 Attacking & Defending one goal line

15 minutes

Organization:

- Set-up area 40m wide x 20m in deep
- Set up with 2 teams of 4 players
- Mark up lines to identify the goal line for each team to score.



Coaching Points:

Attacker:

1. Player 's first option is to play forward & go to goal;
2. Player look to score a goal at every occasion
3. Decision making to run to the line and score
4. Decision to dribble and score
5. Quality control of the ball

Defender

1. Apply good pressure on offensive players
2. Choose right moment to regain possession

Description:

1. **Team function:** Attacking / defending
2. **Meaning in the game:** To keep the ball in possession and score by stopping the ball on a goal line / to defend the goal line and to win the ball back
3. 4v4 game where players play freely.
 - a. Depending on standard end players should be restricted to two touches.

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Attacking & Defending

Four versus four each player attacking and defending

1 goal by using support players on end line:

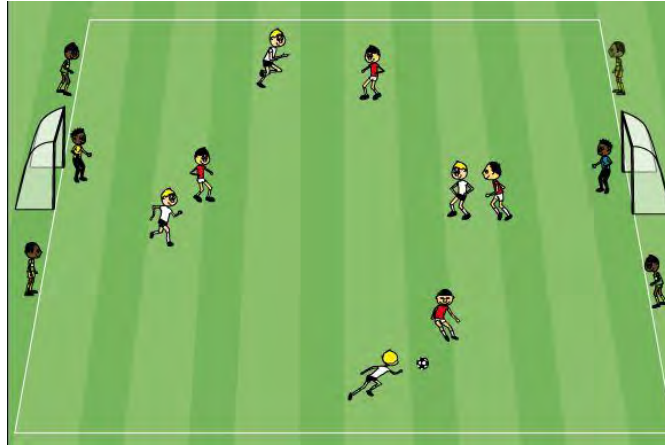
Skill Work:

1v1 Attacking & Defending one goal

15 minutes

Organization:

- Set-up area 40x40m.
- Set up with 3 teams of 4, playing on a small pitch with four end players (green)
- Goalkeepers should be involved in the game where possible.



Coaching Points:

Attacker:

1. Width, depth
2. Eye contact & communication on pass;
3. Follow through towards the target when passing;
4. Play forward when possible

Defender

1. Apply good pressure on offensive players
2. Choose right moment to tackle

Description:

1. **Team function:** Attacking / defending
2. **Meaning in the game:** To keep the ball in possession and score / to defend the goal and to win the ball back
3. 4v4 game where players play freely but must hit end players with a pass before supporting and finishing on goal.
 - a. Depending on standard end players should be restricted to two touches.

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SSG - Attacking & Defending

Six versus six with goalkeepers:

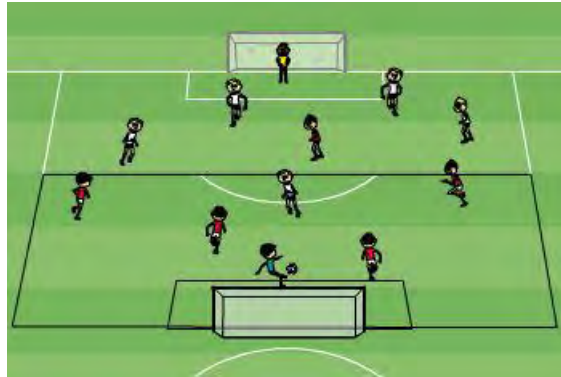
Small Sided Game:

6v6 Attacking & Defending one goal

15 minutes

Organization:

- Set-up area 40x40m.
- Set up with 2 teams of 6, playing on a small pitch
- Goalkeepers should be involved in the game where possible.



Coaching Points:

Attacker:

1. Quality technical skills
2. Good decision making
3. Players off the ball look to support
4. Player are mobile rather than static
5. Look to score every time you can

Defender

1. Apply good pressure on offensive players
2. Choose right moment to regain possession

Description:

1. **Team function:** Attacking / defending
2. **Meaning in the game:** To keep the ball in possession and score / to defend the goal and to win the ball back
3. 6v6 game where players play freely.
 - a. Depending on standard end players should be restricted to two touches.

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SSG - Attacking & Defending

Six versus six with goalkeepers:

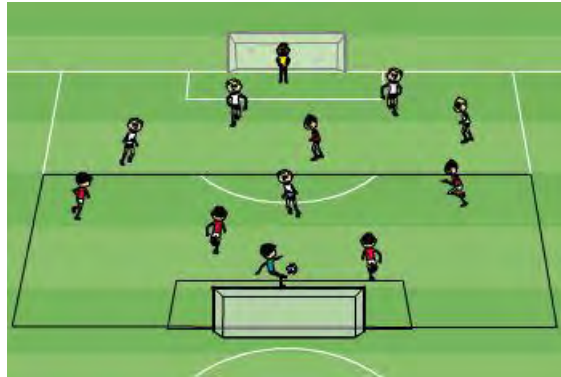
Small Sided Game:

6v6 Attacking & Defending one goal

15 minutes

Organization:

- Set-up area 40x40m.
- Set up with 2 teams of 6, playing on a small pitch
- Goalkeepers should be involved in the game where possible.



Coaching Points:

Attacker:

1. Quality technical skills
2. Good decision making
3. Players off the ball look to support
4. Player are mobile rather than static
5. Look to score every time you can

Defender

1. Apply good pressure on offensive players
2. Choose right moment to regain possession

Description:

1. **Team function:** Attacking / defending
2. **Meaning in the game:** To keep the ball in possession and score / to defend the goal and to win the ball back
3. 6v6 game where players play freely.
 - a. Depending on standard end players should be restricted to two touches.

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SSG - Attacking & Defending

Six versus six with goalkeepers:

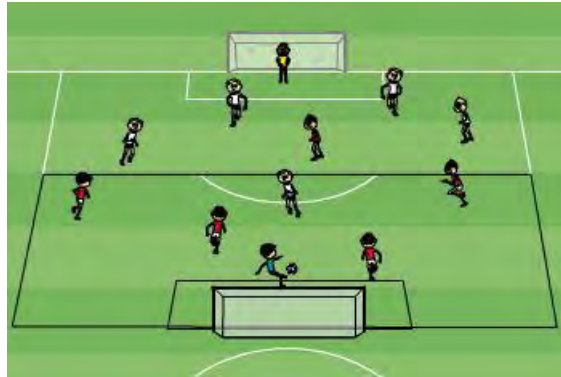
Small Sided Game:

6v6 Attacking & Defending one goal

15 minutes

Organization:

- Set-up area 40x40m.
- Set up with 2 teams of 6, playing on a small pitch
- Goalkeepers should be involved in the game where possible.



Coaching Points:

Attacker:

1. Quality technical skills
2. Good decision making
3. Players off the ball look to support
4. Player are mobile rather than static
5. Look to score every time you can

Defender

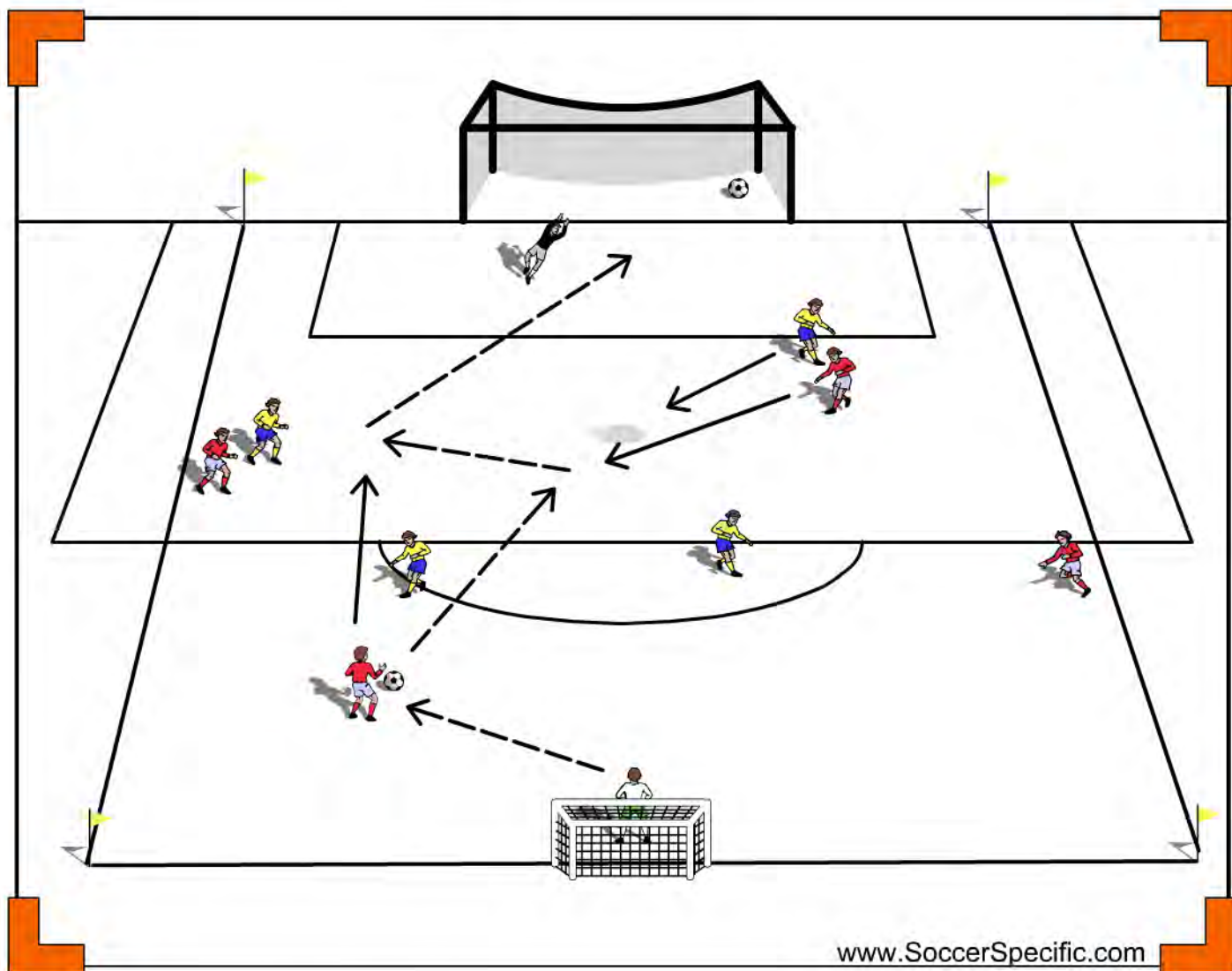
1. Apply good pressure on offensive players
2. Choose right moment to regain possession

Description:

1. **Team function:** Attacking / defending
2. **Meaning in the game:** To keep the ball in possession and score / to defend the goal and to win the ball back
3. 6v6 game where players play freely.
 - a. Depending on standard end players should be restricted to two touches.

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Drill Name: Combined Play SSG

Set up :

Combined Play SSG

4v4 + GK's Small Sided Game in a 30 x 30 yard area. Adjust size of area to favour session.

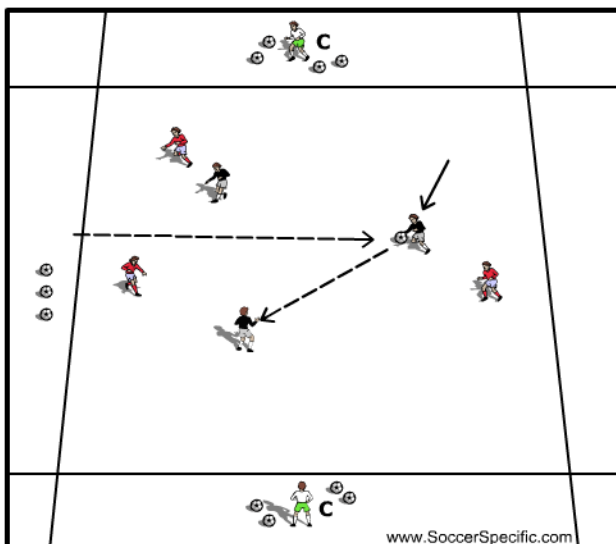
Instructions:

This could be a regular small-sided game or a conditioned game with the emphasis on combined play.

Coaching Points:

All Key Factors for passing & receiving & support will apply as will Set-up, Wallpass, & Takeover Key Factors.

ACTIVITY #1



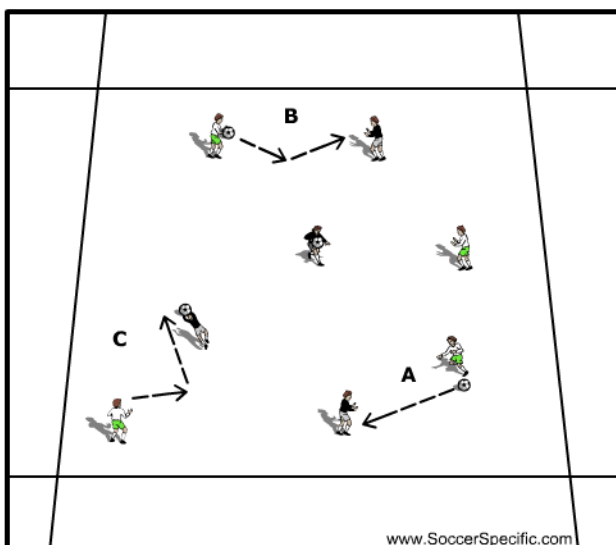
Set up: GK Handball (3v1 Keep Away) in a 10 x 20 yard area. This game format can be used to develop catching, throwing, deflecting, punching, & communication skills. This basic structure can be progressed in many ways according to the age & ability levels of the Goalkeepers involved.

Instructions: 3 GK's pass & move maintaining possession of the ball by throwing & catching. The ball can be rolled, or thrown. Coach starts play rolling a ball to the Attacking Team. The Team in possession score by completing 5 passes. Players are allowed 3-steps with the ball. Only 1 GK can defend to start. When the defending team wins the ball they switch with the Attackers. Progress & play 3v2 & finally 3v3.

Coaching Points: Catching Key Factors: Eyes on the ball, Body behind the ball, Hands in front of body, Hands relaxed, Hand position, Secure the ball

Throwing Key Factors: Eyes on target, Body open & balanced, Part of hand, Weight, Follow through, Support

ACTIVITY #2



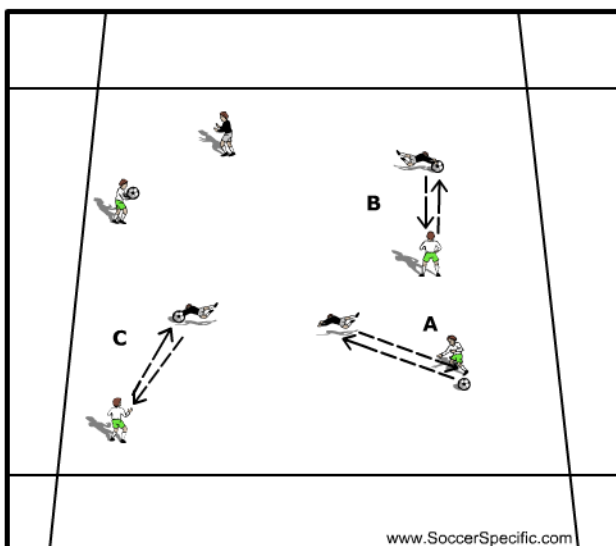
Set up: Goalkeeping Introduction to Handling. 4 GK's + 4 Coaches/Adults working in a 10 x 10 yard area (One with One concept)

Instructions: Coach/Adult working to provide quality service to GK's.

A) Rolled ball B) Bouncy ball low (mid-area) C) Bouncy ball high Progress from static to moving throughout the area working in pairs. Progress again so that GK's are moving from coach to coach dealing with varied service.

Coaching Points: Body behind the ball, Attack the ball, Body Shape, Hand position, Meet ball at highest point

ACTIVITY #3



Set up: Goalkeeping Introduction to Diving. 4 GK's + 4 Coaches/Adults working in a 10 x 10 yard area (One with One concept)

Instructions: Coach/Adult working to provide side to side service to GK's.

A) Side to side with GK on bum B) Side to side with GK on knees C) Side to side with GK in squat (Dump) position. GK distribution back to server can be introduced & coached as well.

Coaching Points: Diving: Body behind the ball, Body & hands to the ball, Body Shape

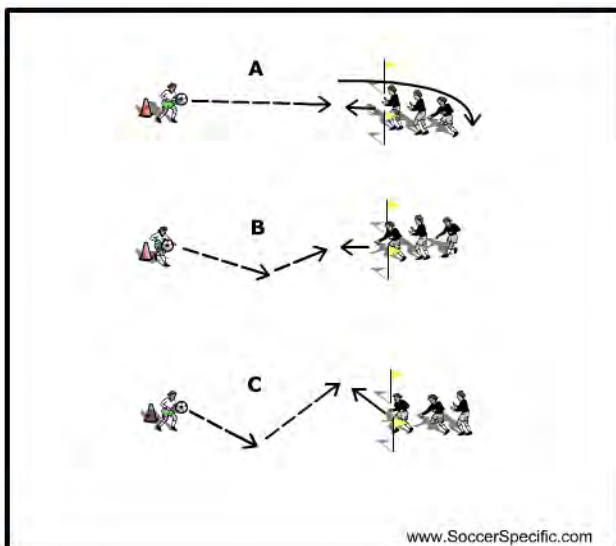
Throwing: Eyes on target, Body Shape (open & balanced), Part of hand, Follow through

ACTIVITY #4

Set up: Goalkeeping Relay. Groups of 3-5 GK's with 1 server (Coach/Adult) organized in files as shown.

Instructions: On signal, Coach/Adult begins service to 1st GK. After save, GK throws ball back to server & spins out to back of line. 1st team to complete wins. Coach can change type of service for different types of races: A) Rolled ball B) low (mid-area) C) Bouncy ball high

Coaching Points: Handling: Body behind the ball, Attack the ball, Body Shape, Hand position, Meet ball at highest point
Throwing: Eyes on target, Body shape (open & balanced), Part of hand, Follow through

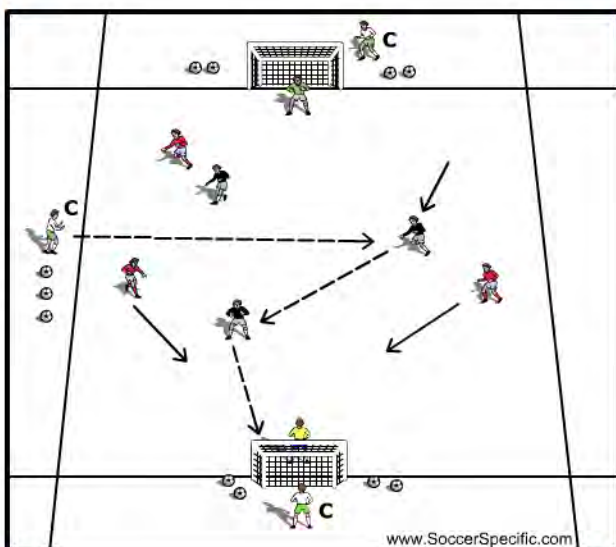


ACTIVITY #5

Set up: GK Handball. This game format can be used to develop catching, throwing (distribution), deflecting, punching, & communication skills. This basic structure is a progression on the GK Handball Keepaway games & again, can be progressed in several ways depending on age & ability levels of the Goalkeepers involved. 3 Teams of 4 pass & move maintaining possession of the ball by throwing & catching. The ball can be rolled, or thrown in the air.

Instructions: Coach starts play by rolling a ball to either Team. The Team in possession score by throwing the ball into the opponents goal. Players are allowed 3-steps with the ball. Change GK's regularly. Progressions: Minimum 3-passes before you can score. Score by kicking from hands (volleys). Incorporate Passbacks to the GK (Game reality).

Coaching Points: 1) Catching KFs 2) Throwing KFs 3) Communication KFs 4) Set Position KFs 5) Angles KFs

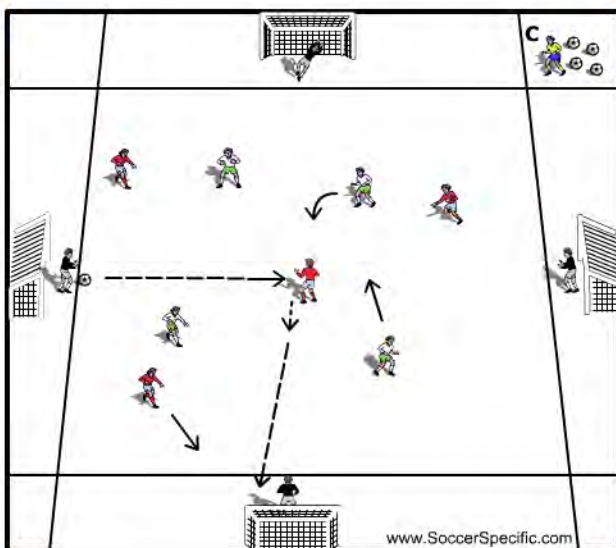


ACTIVITY #6

Set up: 4v4 Shooting SSG with 4 Goals & Goalkeepers

Instructions: Goalkeeper initiates play by passing to any player. Once in possession the Attacking Team can score in any goal. Restarts always begin with the GK or the Coach.

Coaching Points: 1st touch control, Attitude & Accuracy, Eye on ball, Part of foot & ball, Follow through, When to shoot & when not to shoot

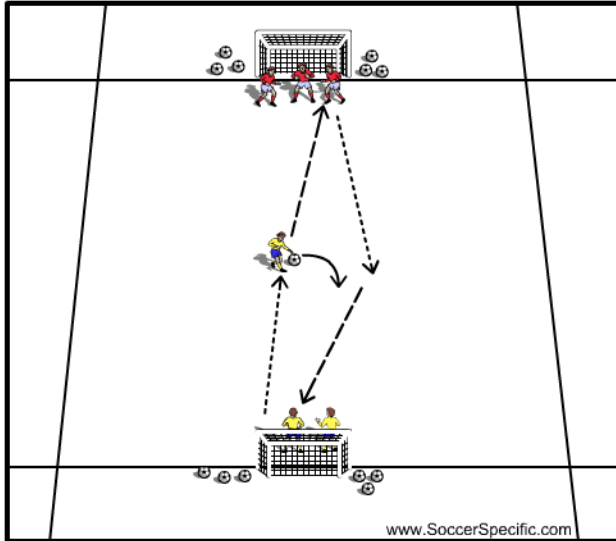


ACTIVITY #7

Set up: Rapidfire Dribbling & Shooting. Continuous 1v1 duels. 2 Teams of 3-6 players set up to defend a goal as shown.

Instructions: All players are Goalkeepers to start. Play starts with a player attacking the opponents goal with a dribble & a shot. The player who stops the shot immediately attacks the opponents goal in the opposite direction. As soon as the shot is released, the "Shooter" defends his goal & tries to pressurize the attacking opponent. The sequence repeats itself end to end to create non-stop action.

Coaching Points: See the ball, See the players, Changes of direction, Changes of speed, Attitude & accuracy

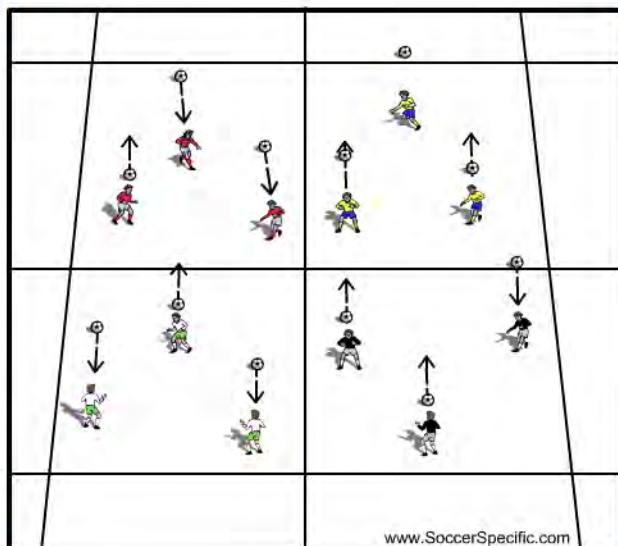


ACTIVITY #1

Set up: Heading Introduction. Heading Keep-ups. 1 ball per player.

Instructions: Keep the ball up individually by juggling with the head only. Keep track of number of consecutive touches. If the ball touches the ground or any other part of the body you must start again.

Coaching Points: Eyes on the ball, Part of head & ball, Attack the ball, Body position

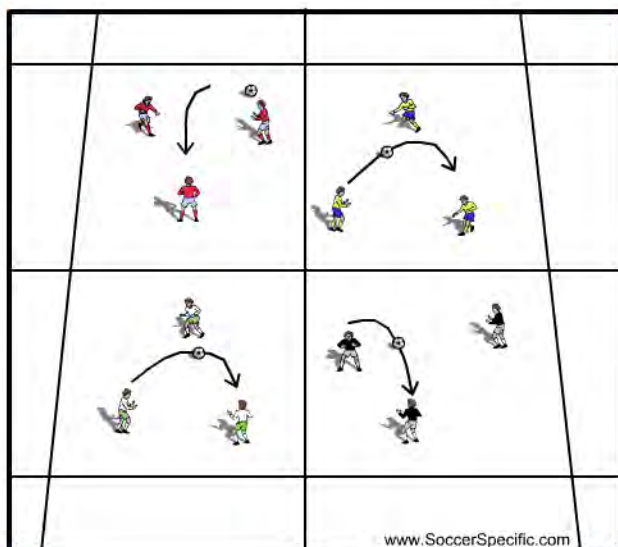


ACTIVITY #2

Set up: Heading Introduction. Heading Keep-ups. 1 ball between 2 or 3 players.

Instructions: Keep the ball up in groups by juggling with the head only. Keep track of number of consecutive touches. If the ball touches the ground or any other part of the body you must start again. Progress from 1-touch to 2-touch. Which group can get the highest count?

Coaching Points: Eyes on the ball, Body behind the ball, Attack the ball, Part of head & ball

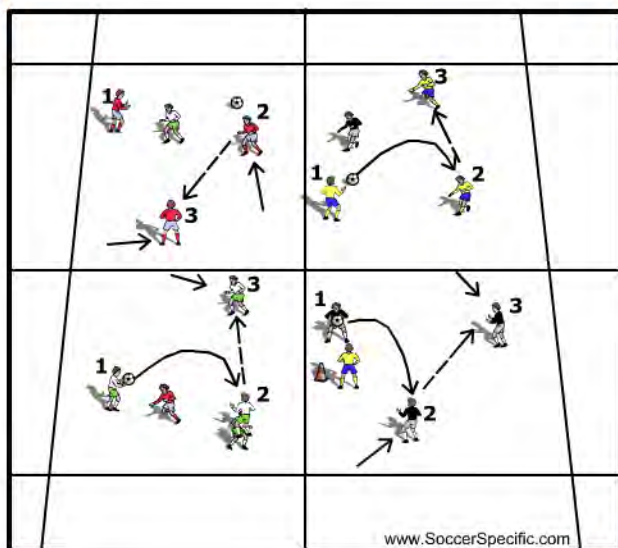


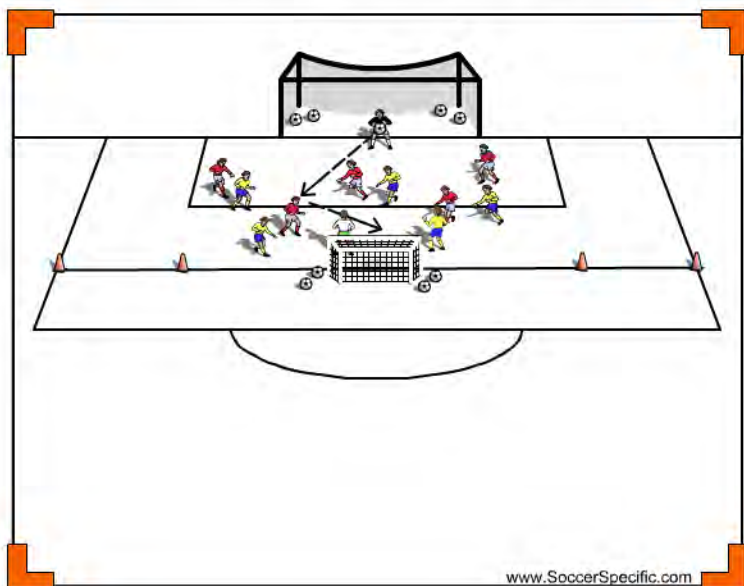
ACTIVITY #3

Set up: Heading: Throw-Head-Catch Possession SSG. 1 ball between 3 players. 1 Defender.

Instructions: Attackers keep possession from 1 defender by Throw - Head - Catch pattern. Defender can only intercept thrown ball with a header but can intercept the headed ball with any part of the body. Defender replaces Attacker when the ball is won.

Coaching Points: Eyes on the ball, Attack the ball, Part of head & ball, Head ball down to target, One foot take off, Meet ball at highest point (Timing)



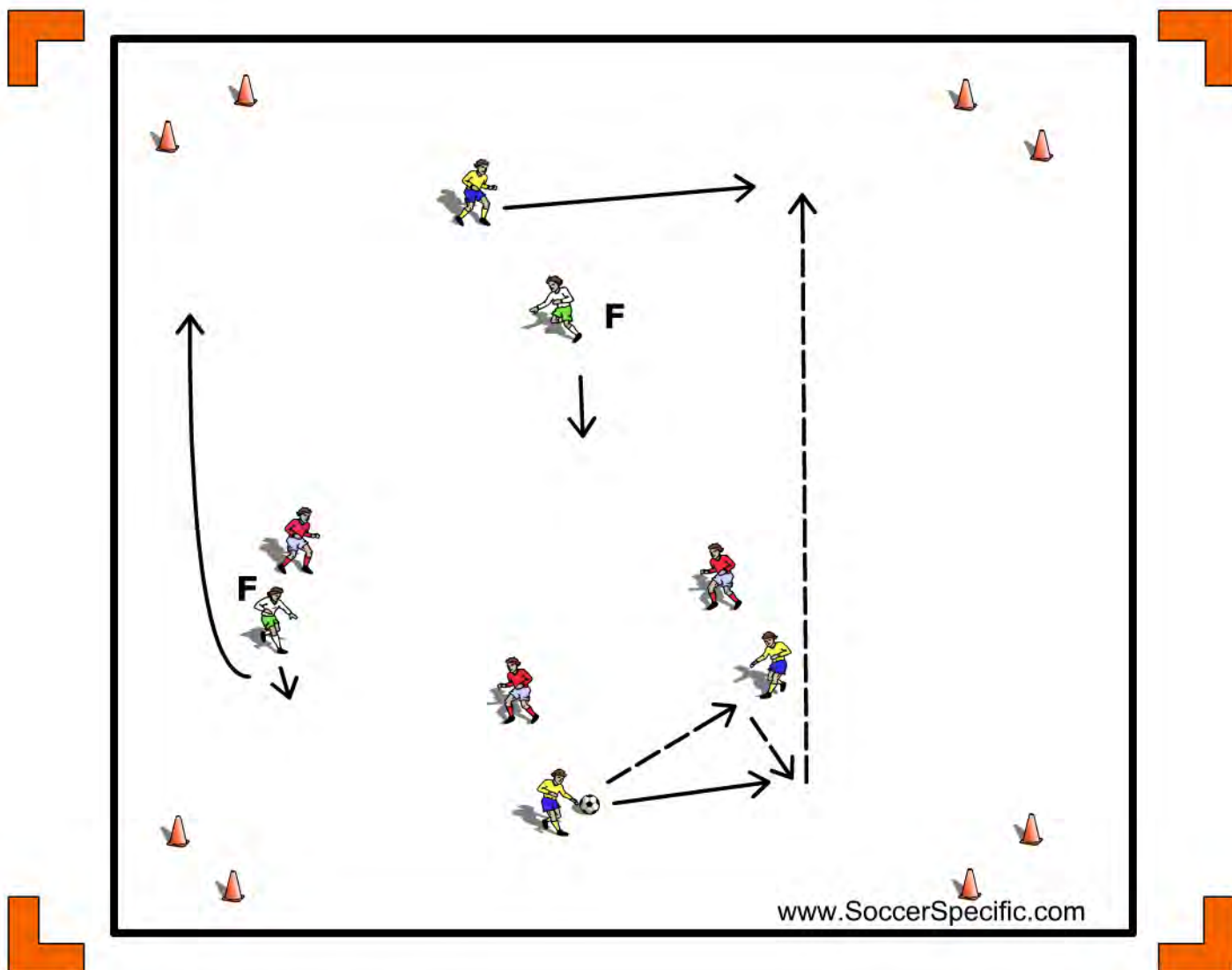


ACTIVITY #4

Set up: Heading Wars. 5v5+GK's up to 10v10+GK's set up in a tight area double the 6-yard box

Instructions: GK's trigger practice by serving for an attacking header in opponents goal. Each service must be intended for a direct header on goal - no passing. If the ball touches the ground the first player to the ball can play wide to a supporting player to cross. Double headers count double. Infractions are a penalty kick offense (diving header).

Coaching Points: Mentality to finish, Eyes on the ball, Attack the ball, Out to get in, Pace & accuracy of service, Part of head & ball



Drill Name: CCY Four Goal Game

Set up :

Four Goal Game in a 40 x 40 yard area (Adjust size to suit but should be large)

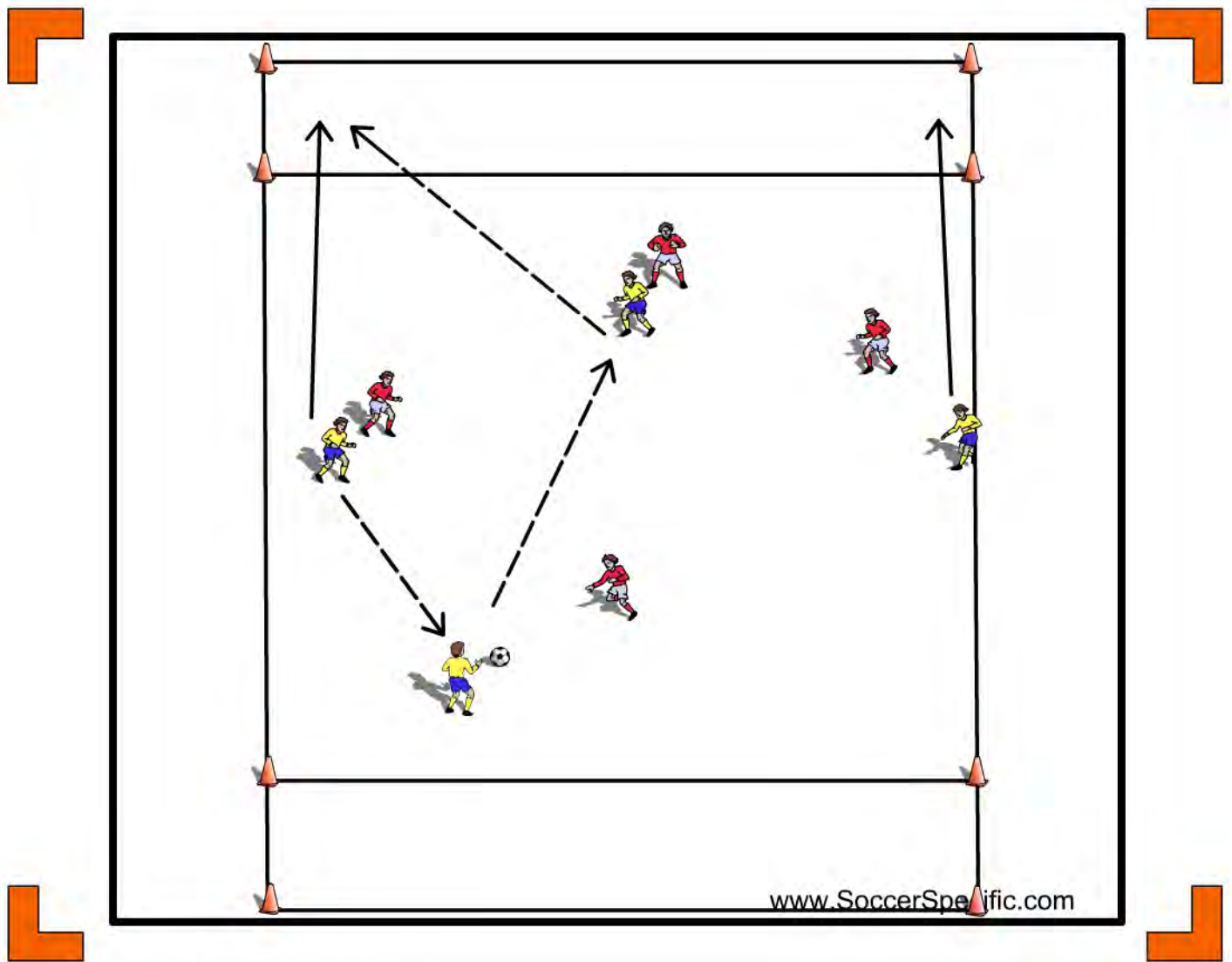
Session objective could be Support Play or Short & Long Passing. Divide players into 2 teams of 3 plus 2 "Float" players who support the team in possession at all times.

Instructions:

Score in any goal. Keep possession when a goal is scored. Players cannot score in the same goal twice in succession. Progress to 5v5 even sided.

Coaching Points:

Possession mentality, Distance & angle of support, Eye contact/Communication, Support the ball & man, Eye on ball to strike, Follow through



Drill Name: t2t_penetration_ssg

Set up :

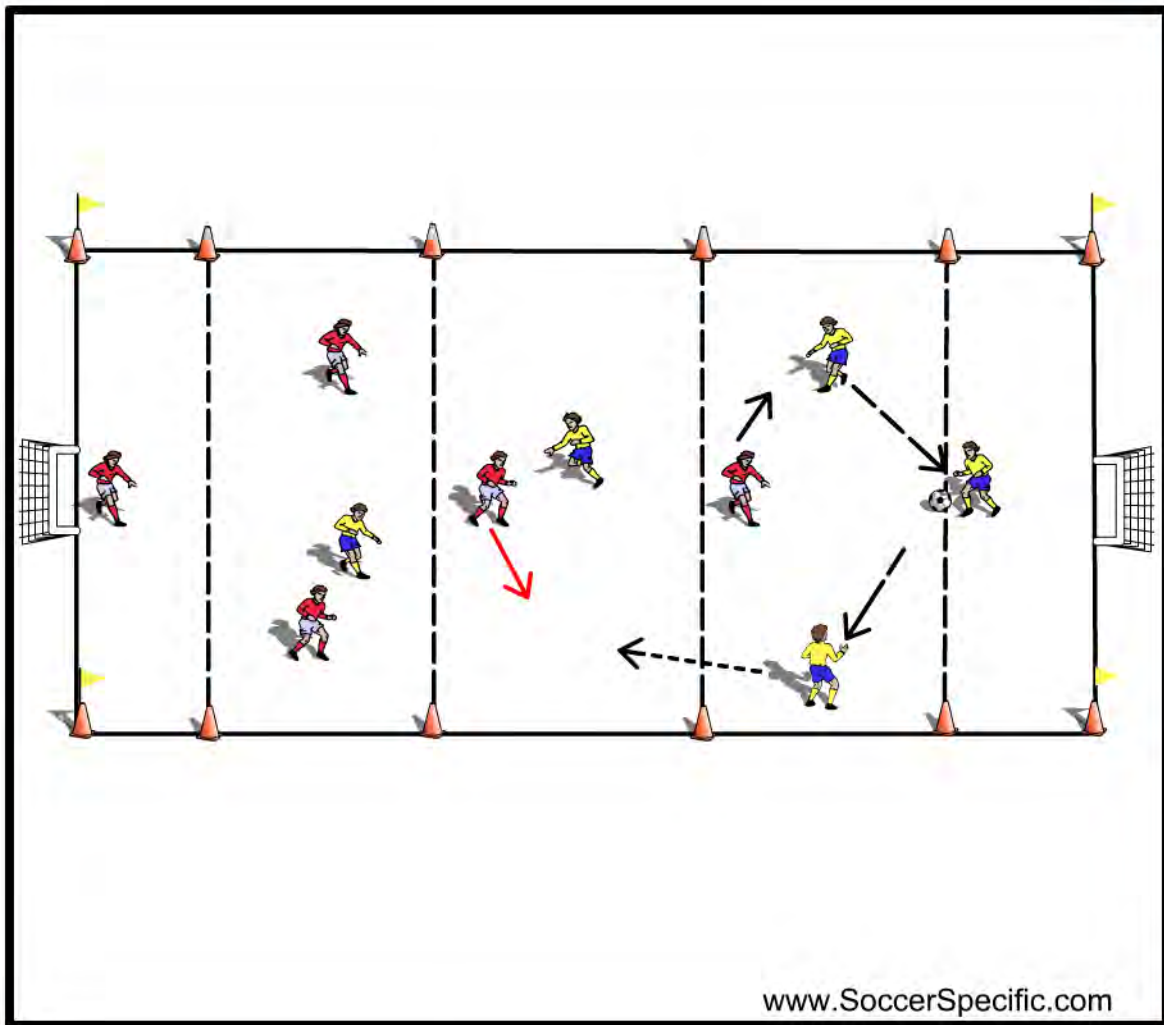
Penetrating Pass SSG
30 x 40 yard area with 5-yard end zones at either end.

Instructions:

Small-sided game. Score by penetration pass into end-zone. Supporting players must meet the ball in the end-zone to score. Defenders not allowed in end-zone.

Coaching Points:

Possession mentality, Pace/Accuracy/Weight of pass, Distance & angle of support, Support the ball & man



Drill Name: Playing Through the Pitch SSG

Set up :

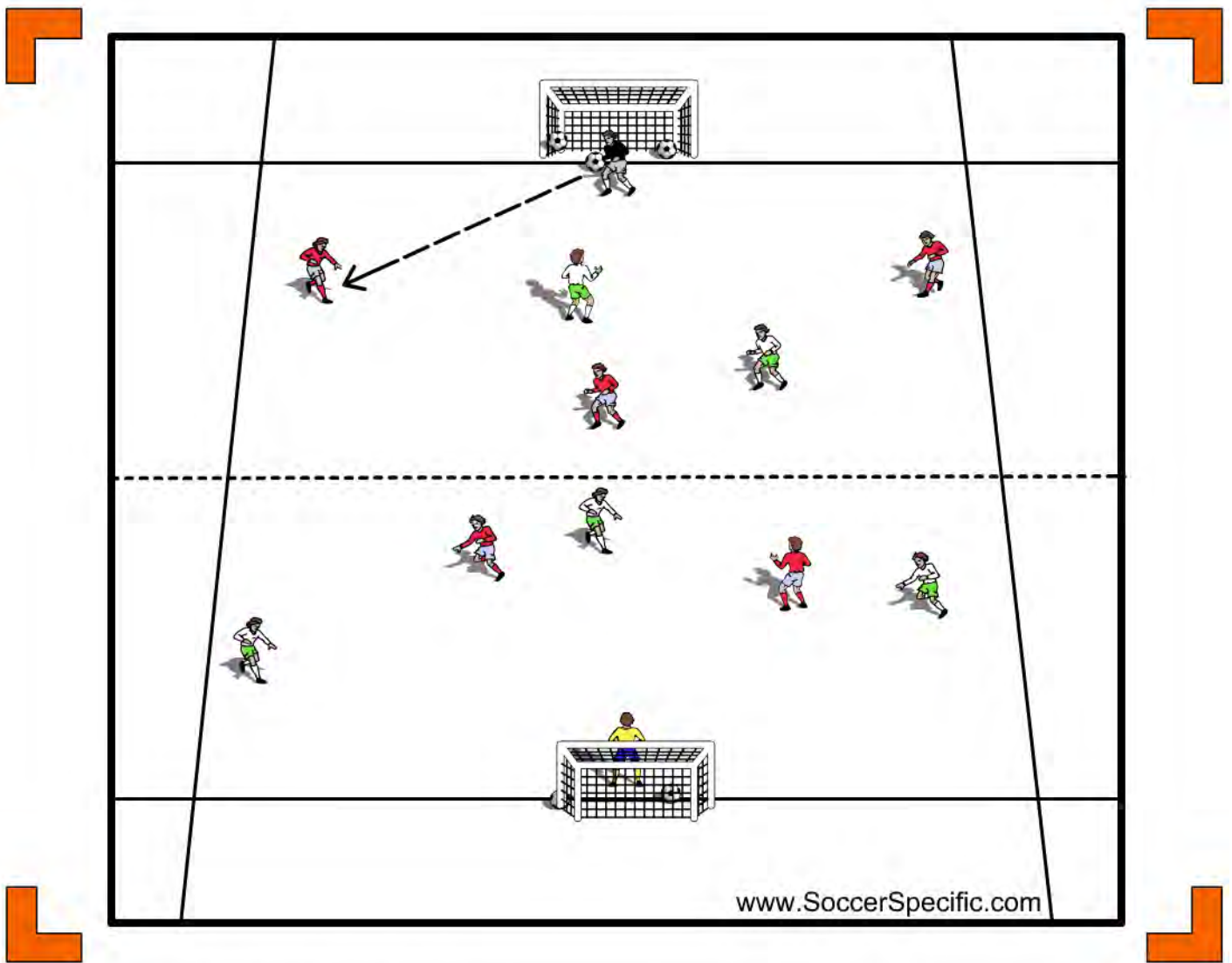
Possession Development. Playing Through the Pitch 5v5 SSG. 50 x 20 yard area divided into thirds plus 6-yard "Safe Zone" at each end. Play with Goalkeepers (rotate) or with deeper defenders (Sweepers).

Instructions:

Players can drop into SAFE zone with or without the ball. Only 1 player allowed in safe zone. Opponents are not allowed in safe zones. Play out from the back by dribbling or passing. Create overload in middle third. Break into front third (3v2 or 2v2) to finish with a strike at goal. Keep shape (2-1-1) by players dropping back & playing in different positions. Take out safe zones. Transfer into the game.

Coaching Points:

All dribbling, passing, support, & shooting key factors.



Drill Name: tf_u10_striking_at_goal_p4

Set up :

Practice 4:

Set up working area with 2 goals. Organize 2 teams of 6 with to play small sided game with restrictions.

Instructions:

3v2 situation in both halves of the field. Players try to combine to get shot at goal.

Coaching Points:

Attitude to shoot, Create space, Decision making - High/Low? What technique?

Defending – Man-to-Man Tight & Loose Marking: Skill/Technique #4

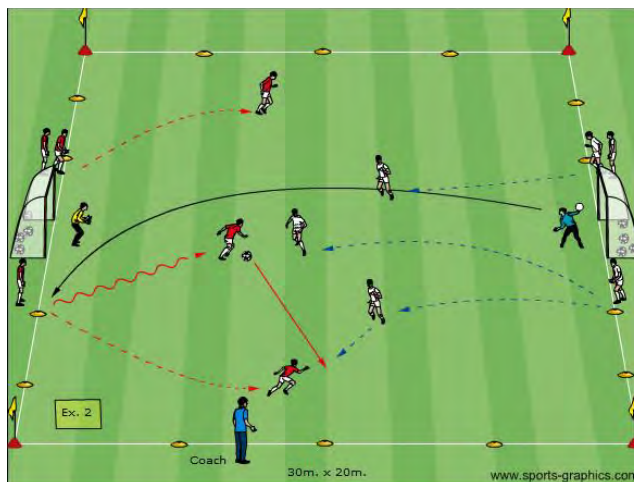
Skill Work:

3v3 Defending (Tight & Loose Marking)

15 minutes

Organization:

- Set-up area 30x15m as shown.
- Divide players into two equal groups and position them as shown.
- Two GKs.
- Two Goals
- All soccer balls in the goals.



Coaching Points:

- 1v1 Coaching Points from Session 8.
- Tight marking near the ball; loose marking away from the ball.
- See player your marking and the ball.
- 1½ jobs - Distance from player your marking vs. amount of space you can cover.

Description:

1. The play begins when the Goalkeeper throws the ball to one of the white players by the side of the opposite goal. That player and two other teammates try to combine and score against that Goalkeeper. As the ball is traveling from the Goalkeeper's throw three red players close down their opponents and try to prevent the white players from scoring. If they win the ball they may try and score in the white team's goal. When a goal is scored or the ball goes out of play the exercise restarts with the other Goalkeeper throwing the ball to the next three reds in line and the next three white players have to defend. This process continues in both directions.
2. **Progression:** Can progress to 4v4 by making the area 40x30m, if players are performing the man to man task well.

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Dribbling & Crossing: Skill/Technique #1a & 1b

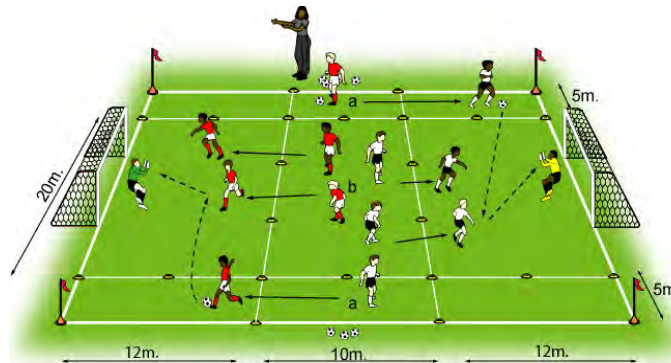
Technique:

Dribbling and Crossing from Wing Channels

20 minutes

Organization:

- 2 Groups of six, plus two GKs working in a playing area of 34x30m.
- A 5m wing channel on each side of the playing area.
- Each group attacks a goal at opposite ends.
- Markers to indicate the playing area as shown



Coaching Points:

- Take a long first touch to take space quickly.
- Touch the ball inside slightly to prepare to cross
- Take a big last step & watch ball as you kick it.
- Strike through the middle of the ball using the instep.
- Aim for the back half of

Description:

- 1 One winger attacks at a time in each group. Wingers must stay in the wing channel. The first winger pushes the ball forward and runs with it from point (a) into the end channel where he/she crosses the ball for two attackers running into the scoring zone from point (b). The three players return to their starting position and the process is repeated by the winger on the other side, along with two new central attackers. Work on crossing the ball low across the face of the goal initially. After 10 crosses each the wingers switch with two central attackers and the practice continues. Once all players have been a winger for 10 crosses they can with the same crossing technique for another cycle or progress to a new crossing technique.
- 2 As above but winger dribbles the ball at speed to the goal line and cuts it back along the ground for the central attackers.
- 3 As above but the wingers now try to cross the ball in the air for the oncoming attackers to finish

Skill Work:

Dribbling and Crossing from Wing Channels

15 minutes

Organization:

- 2 Groups of six, plus two GKs working in a playing area of 34x30m.
- A 5m wing channel on each side of the playing area.
- Each group attacks a goal at opposite ends.
- Markers to indicate the playing area as shown



Coaching Points:

- As with previous exercise.
- Be composed but efficient
- Try to cross early to avoid the block
- If blocked, create $\frac{1}{2}$ metre of space for the cross by changing pace as the defender arrives, cutting back and forward again, using another

Description:

- 1 As with the previous exercise but one of the two resting central attackers from one group becomes a defender in the other group. The action begins when the winger dribbling the ball forward into the end channel and crossing the ball as before. On the winger's second touch the defender, starting at point (b), chases back to try and block the cross, without entering the wing channel. Two of the central attackers move into the scoring zone and attempt to finish from the cross. The central attackers rotate between attempting to score, resting, and acting as a defender in the other group after each cross. After 10 crosses each the wingers switch with two central attackers.
- 2 **Progression:** As above but the defender starts at point (c) on the wingers first touch. This time the winger must decide whether to cross the ball before the defender gets across to block, or, try to create space for the cross by faking/feinting, if the defender does get manage to block the early cross.

Dribbling: Small-Sided-Game #2

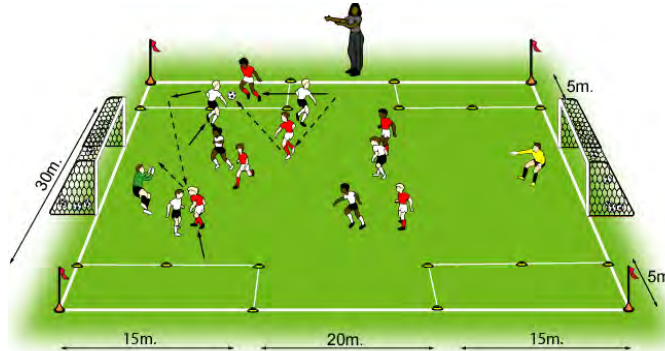
Small-Sided-Game:

7v7 Dribbling Game.

20 minutes

Organization:

- Two teams of 7 including the GKs
- Playing field of 50x40m. to encourage dribbling.
- Markers to indicate crossing zones where only one player at a time can enter and be unchallenged.
- One goal at each end



Coaching Points:

- As with previous exercise.
- Try to cross early to avoid the block
- If blocked, create 1/2 metre of space for the cross by using various dribbling techniques.
- Fake to pass go for cross.
- Fake to cross and pass.
- Be composed and protect

Description:

1. This game is designed to get players accustomed to playing in tight areas and dribbling or combining with other players to create scoring opportunities. Initially these scoring opportunities must be created from the crossing zones by means of a cross or a pass to a teammate who must shoot with three touches or less. Normal rules of soccer with the exception that the ball must be "kicked-in" when the ball goes out over the touch line.
2. **Variation:** All restrictions are removed for the last 5-10 minutes and normal game of soccer is played
3. **5 Minute Cool Down at the end of the game**

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Learning to Train

Warm up session

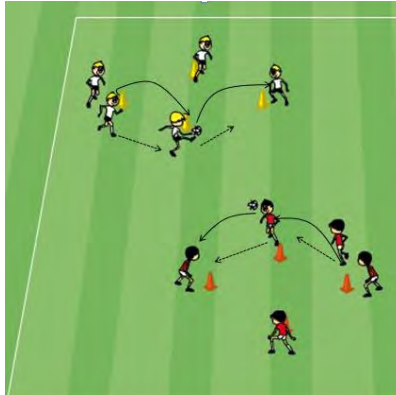
Warm up:

Ball control

15 minutes

Organization:

- Groups of five players – one ball for five
- Markers three metres apart in a diamond shape



Coaching Points:

- Be relaxed and light on the feet.
- Present playing surface to control the ball.
- Quality touches.
- Balance
- Quick feet adjustment

Description:

- Players move the ball, anti-clockwise. First player to start with a throw, receiver controls – two touches minimum and volleys/heads/other ball to the next player.
- Next player catches the ball and throws for the next player to control in sequence.
- Players follow their throw / pass.
- Game concludes when last player is back to the starting position.
- Who was the quickest?

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Learning to Train: Warm up

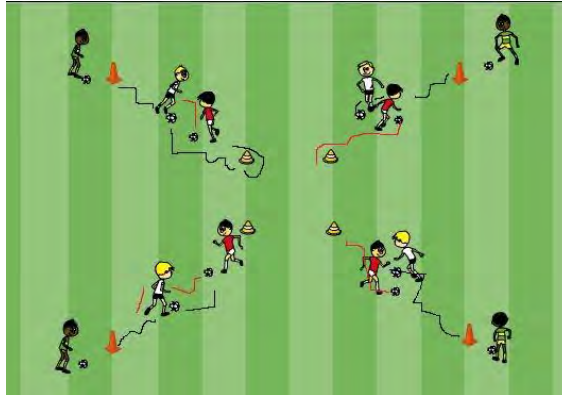
Warm up:

Dribbling and finishing in 1v1 situations

15 minutes

Organization:

- Players are divided in 4 groups.
- 1 player start at the central cone.
- All other players from the group on the outside corner.
- 2 balls per group = 8 balls all together



Coaching Points:

- Small steps and touches on the ball
- Fake before changing direction
- Accelerate after dribbling the player
- Come back into the line of play.

Description:

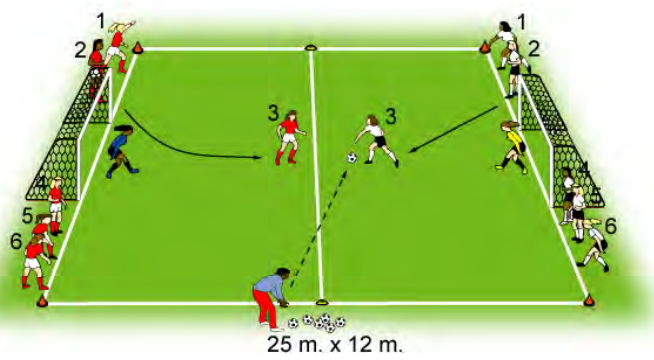
1. The action begins with two players positioned at the different cones – one outside corner, the other one on the inside corner.
2. The two players from each group start dribbling towards each other at the same time.
3. The players fake and change direction
 - a. First to the right
 - b. Then to the left

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Defending Game: Small-Sided-Game #1

Small-Sided-Game:**The Numbers Game****20 minutes**

<p>Organization:</p> <ul style="list-style-type: none"> Two teams of 7 including two GKs. Players line-up to the side of each goal and are numbered 1 to 6 Playing field of 25x12m. One goal at each end. Change players every 30 seconds. 	 <p style="text-align: center;">25 m. x 12 m.</p>	<p>Coaching Points:</p> <ul style="list-style-type: none"> Take away the shot and close down quickly. If forward has a poor touch try and win the ball. If forward has a good touch jockey/contain her. Watch the ball not the forwards feet/body. Angle your body to steer forward to side. Be strong in the challenge
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Description:

1. The game begins when the coach calls a number and serves a ball into one half of the field. The two players with that number run on to the field and the first to the ball tries to score while the other player must try and win the ball and score. If a goal is scored the coach serves another ball onto the field. After thirty seconds the call shouts change and calls out another number and the process is repeated. Coach keeps a total score for each team.
2. **Variation:** For the last 5-10 minutes and call 2 numbers at a time. Then increase to 3 number before the final whistle.
3. **5 Minute Cool Down at the end of the game**



Warm Up #1

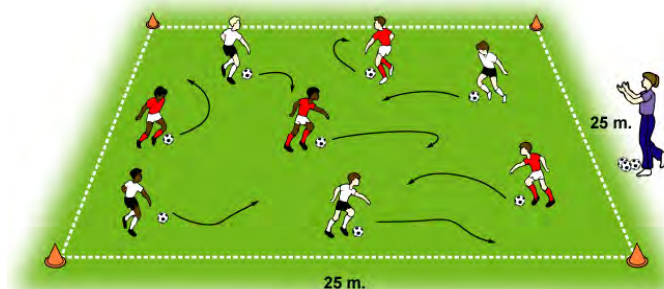
Warm-Up:

Dribbling and changing direction

15 minutes

Organization:

- Use markers to set up a 25x25m area.
- All players work inside the area at the same time.
- One ball per player when needed.



Points to Stress:

- Carry out the exercises at a jogging pace, initially.
- Exaggerate the movements.
- Work in both directions so that each player gets to work with both feet.

Description:

1. Players jog around the area without a ball performing various dynamic movements such as heel flicks, high knee raises, forward skipping, sideways skipping, jockeying left and right,
2. Include various rhythmic exercises such as skip & groin stretch (inside to outside), skip & groin stretch (outside to inside), skip & kick, skip & upper body twist (left and right).
3. Players dribble a ball around the area and on the command of the coach perform various dribbling and turning moves: turn with the inside of the foot, turn with the outside of the foot, turn with the sole of the foot, step over, scissors, drag back, etc.
4. **Variations:** Ensure that players practice using both left and right foot (side) equally throughout the warm-up.

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Warm Up #2

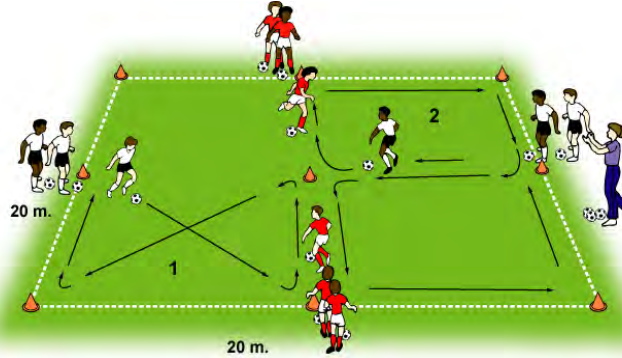
Warm-Up:

Dribbling and changing direction

15 minutes

Organization:

- Four groups of 3 players working in a 20x20m area as shown.
- A ball per player.
- Six markers breaking the area down into four quarters.



Points to Stress:

- Carry out the exercises at a jogging pace.
- Exaggerate the movements.
- Work in both directions so that each player gets to work with both feet.

Description:

- 1 First player in each group dribble diagonally across the small square to his/her right and turns to the left using the left foot, just before the marker. Then turns to the left in the same manner and cuts diagonally across the square to the opposite marker turning to the right with the outside of the right foot, then dribbles back to the beginning. Then the next player performs the same action.
- 2 The first player dribbles the ball around the perimeter of the square to his/her right using the outside of the right foot to change direction. On returning to the starting point the begins the process again this time using the outside of the left foot to turn to the left repeating the process in the square to his/her left. This time when the player returns to the starting point the next player repeats the sequence.
- 3 **Progression:** Vary the turning technique being used with each repetition (inside of foot, step over, scissors, etc).

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Warm Up #4

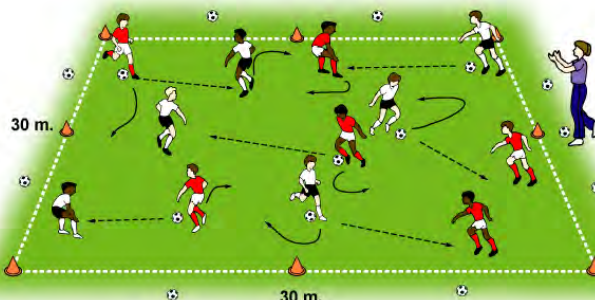
Warm-Up:

Give a Pass; Get a Pass

15 minutes

Organization:

- Use markers to set up a 30m x 30m area.
- All players are involved, half with a ball and half without.
- Players jog around the area giving a pass or receiving a pass, as directed.
- Every 5th wall/double pass possession



Points to Stress:

- Carry out the exercise at a jogging pace, initially.
- Focus on balanced movement on each side of the body
- Pass, dribble and receive the ball using both feet.
- Vary the direction moved when performing each turn, direction change, etc..

Description:

1. Each player in possession of a ball dribbles the ball looking for a player without a ball to pass to. Players without a ball jog around the area looking to receive a pass and calling for a pass. The ball carrier must use a particular passing technique designated by the coach. The player without the ball must use a particular receiving technique and or turn.
 - a. Pass with inside of foot
 - b. Front foot pass
 - c. Pass with outside of foot
 - d. Double pass
 - e. Wall pass – inside foot
 - f. Wall pass – outside foot
 - g. Receive with inside of foot & turn inside.
 - h. Receive with inside of foot & turn outside.
 - i. Receive with outside of foot & turn outside.
 - j. One-touch straight back.
 - k. Open out, One-touch angled pass with inside foot.
 - l. One-touch flick pass off outside of foot.

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Warm Up #5 – Ball control

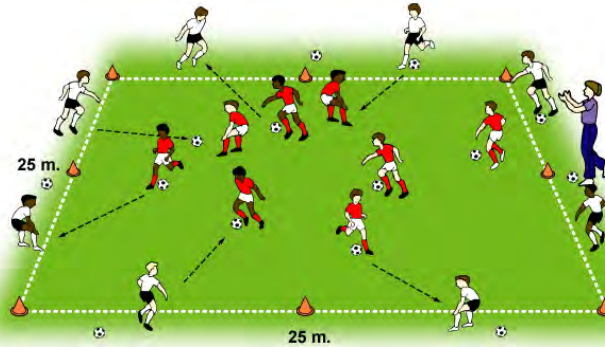
Warm-Up:

Windows Warm-Up

15 minutes

Organization:

- Use markers to set up a 25m x 25m area.
- Players are split into two groups, one group on the outside of the area, with a ball. The other group works inside the area.
- Coach asks players to perform various tasks.
- Switch roles after 1 minute maximum.



Points to Stress:

- Carry out the exercise at a jogging pace.
- Focus on balanced movement on each side of the body
- Pass, dribble and receive the ball using both feet.
- Vary the direction moved when performing each turn, direction change, etc..

Description:

1. Server use feet to pass along the ground and a two handed, underarm throw when serving the ball in the air. Players without a ball jog around the area calling for a pass from the servers. The player receiving the ball must use a particular receiving technique and pass back to server or turn and pass to a different server then look for a pass from yet another server. Upon the command of the coach the players change roles.
 - a. Control & pass back with inside of foot.
 - b. Control with outside foot & pass back.
 - c. Control with laces & pass back.
 - d. Control with thigh & pass back.
 - e. Control with chest & pass back.
 - f. Control with foot, turn & pass to another server.
 - g. Control with thigh, turn & pass to another server.
 - h. Control with chest, turn & pass to another server.

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Warm Up #6

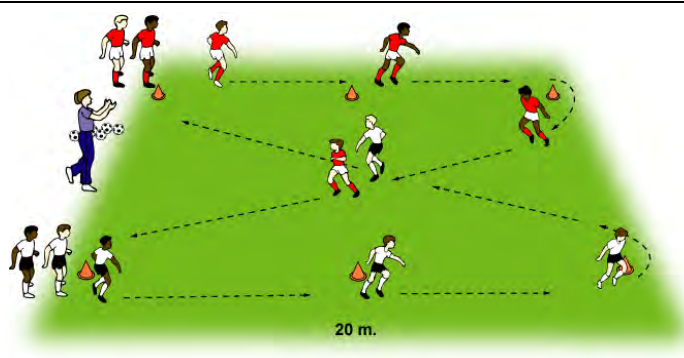
Warm-Up:

Dynamic Movement 2

15 minutes

Organization:

- Using marker set up a square as shown
- Form two groups with one group on adjacent corners.
- Players jog along the side & carry out the dynamic movements as they move diagonally across the square.



Points to Stress:

- Carry out the exercises at a jogging pace, initially.
- Exaggerate the movements to get a full range of motion.
- Focus on balanced movement on each side of the body.

Description:

1. Players carry out dynamic movements as they move diagonally across the square to a new starting position. Working with a partner from the other group players should try to coordinate the movements. Each pair carries out the exercises at 5m intervals. Repeat each exercise at least twice before moving on to the next. Example of exercises to use:

a. Jog	g. skip & groin stretch (inside to outside)
b. Jockey backwards (right & left)	h. skip & groin stretch (outside to inside)
c. Skipping forward	i. skip & kick (left & right)
d. Skipping sideways	j. skip & upper body twist (right & left)
e. Heel flicks	k. cross steps
f. High knee raises	l. wide steps

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Warm Up #7

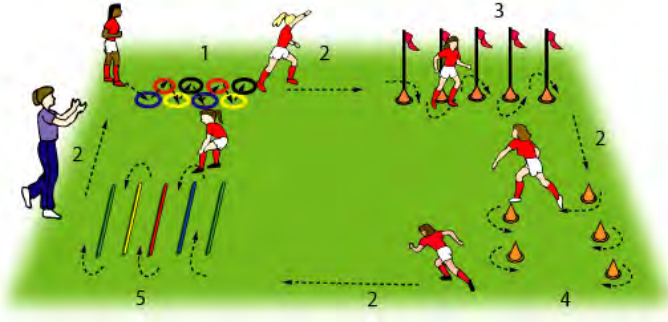
Warm-Up:

General Movement

15 minutes

Organization:

- Set up an obstacle course inside a 25x25m. area, as shown.
- Repeat the exercises as necessary.



Points to Stress:

- Carry out the exercises at a jogging pace, initially.
- Exaggerate the movements to get a full range of motion.
- Focus on balanced movement on each side of the body (ie, use of right and left leg alternately).

Description:

1. The players start at the first station and move in a clockwise direction around the course carrying out the exercises shown below:
 1. Step in each hoop with one foot only.
 2. Jog between stations.
 3. Zig-zag in and out of the flags poles.
 4. Run forward to, and around, the advanced cone, and backward to and around the rear cone.
 5. Sideway skipping between the sticks.

Variations:

1. Two footed jumps into each hoop.
2. Skipping between stations.
3. Zig-zag backwards through the flags poles.
4. Run forward and do "step-over" at each marker.
5. Run forward-use short steps between sticks.

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Warm Up #8

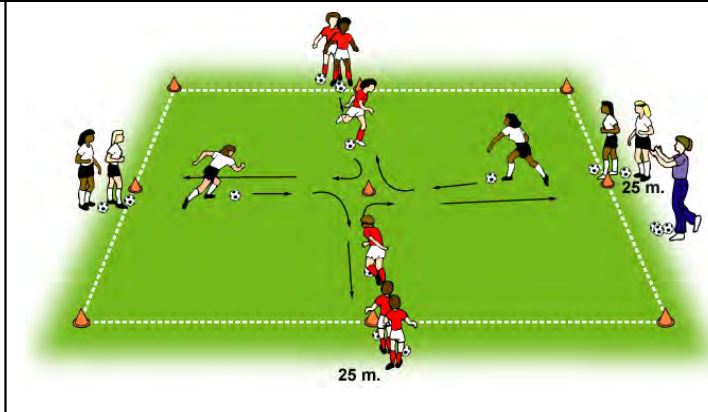
Warm-Up:

Coordination and Movement with a ball

15 minutes

Organization:

- Four groups of 3 players working in a 25x25m area as shown.
- A ball per player.
- Nine markers breaking the area down into four quarters.
- Repeat exercises as necessary.



Points to Stress:

- Carry out the exercises at a jogging pace.
- Exaggerate the movements.
- Work in both directions so that each player gets to work with both feet.

Description:

1. First player in each group dribbles towards the middle marker and turns to her/his right using the outside of the right foot. Then turns back using the outside of the left foot just before reaching the outside marker. The process is repeated until all the players reach their original starting point. Then the next player performs the same action. When all the players have gone through the cycle the process is repeated to the left using the outside of the left foot followed by the outside of the right foot.

Additional sequences:

- | | |
|--|--|
| a. To the right – Inside of left & inside of right | e. To the right – Scissors/outside right & sole of foot turn. |
| b. To the left – Inside of right & inside of inside of left | f. To the left – Scissors/outside of left & sole of foot turn. |
| c. To the right – Step over right foot & step over left foot | g. To the right – Circle inside of right & inside of left. |
| d. To the left – Step over left foot & step over right foot. | h. To the left – Circle inside of left & inside of right. |

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Warm Up #9

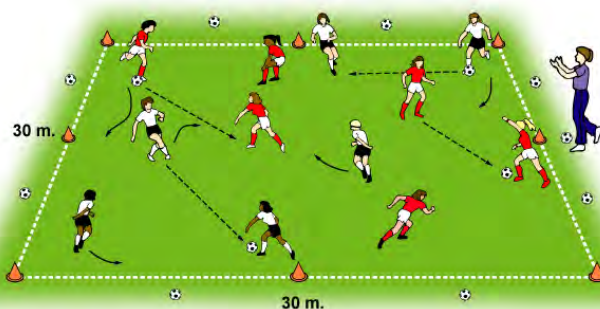
Warm-Up:

Coordination and Movement with a ball

15 minutes

Organization:

- Set up a 30x30m area as shown.
- Players work in groups of three.
- One ball per group.



Points to Stress:

- Carry out the exercises at a jogging pace.
- Exaggerate the movements.
- Work in both directions so that each player gets to work with both feet.

Description:

1. Players pass and support the pass as they move around the area. The coach asks them to perform various passing options as listed below.
 - a. Pass and look for space.
 - b. Pass with inside of right foot.
 - c. Pass with inside of left foot.
 - d. Pass with outside of left foot.
 - e. Pass with outside of right foot.
 - f. Short pass; long pass combination.
 - g. Receiving player turns with ball using inside of foot.
 - h. Receiving player turns with ball using inside of foot.
 - i. Receiving player lets ball run between legs and turns.

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Warm Up #10

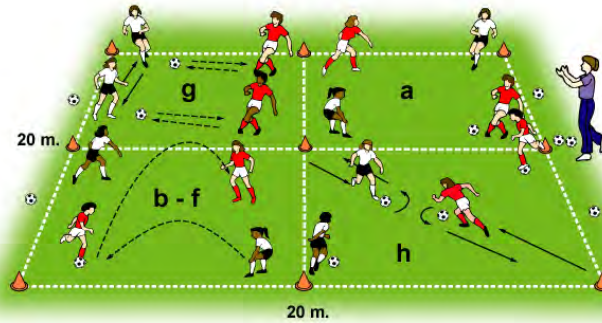
Warm-Up:

Coordination and Movement with a ball

15 minutes

Organization:

- Set up a 20x20m area containing four 10x10m squares as shown.
- Players work in groups of four.
- One ball per group.
- Players are asked to execute techniques while moving in their square.
- Ball move in sequence from player 1 to 4.



Points to Stress:

- Carry out the exercises at a jogging pace.
- Exaggerate the movements.
- Work in both directions so that each player gets to work with both feet.

Description:

1. Players pass and move around their square. The coach asks them to perform various passing techniques as listed below.
 - a. One touch passing.
 - b. Throw, volley, catch.
 - c. Throw, knee, catch.
 - d. Throw, thigh control-volley, catch
 - e. Throw, chest control-volley, catch.
 - f. Throw, instep control-volley, catch
 - g. Side to side Movement – volley, knee, head.
 - h. Dribble to middle, cut back to marker (inside & outside foot). 2 players at a time.

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