**Activity Name** | **Description** | **Diagram** | **Coaching Points**
--- | --- | --- | ---
1 Technical Warm-up | **Sequence passing**
   - One round in relatively small space & then stretch
   - Second round in larger space & add flighted balls for long passes
   - Final round 1 player in the group wears a red pinnie & becomes a defender
   - Working in a group of 4 to 6 (dependent upon players’ abilities) on attacking shape with emphasis on compactness.
   - Number the players 1-4 or 5 or 6 & they must pass in numerical sequence.
   - The last player in the group passes to number 1 & the sequence resumes.
   - [Editor’s note: under coaching points: Tech = Technique Tact = Tactics]
| Tech: 1. Quality of passes
2. Quality of receiving
   - Q.: How do you decide the part of the foot to use for your pass?
   - A.: Based on my distance & angle to the receiver.
   - Tact: Next receiver move to get into the field of vision of the passer. The support player does the hard work.
   - Q.: How does your movement to get into the line of sight of the passer make the pass easier for both players?
   - A.: Passer can make quicker & cleaner passes. Receiver can control a good pass easier.

2 Small-Sided Activity | **5 vs. 2 to End Zone**
   - Grid = 40 x 30 yards (adjust according to players’ abilities | larger grid for less skillful / smaller grid for more skillful
   - The 5 attackers score by receiving a pass in the end zone. Then run and attack the opposite end zone.
   - The 2 defenders try to win possession of the ball.
   - Every 3 minutes switch 1 of the defenders.
| Tech: 1. Pace of pass
2. Receiving touch creates a better passing posture & position
   - Q.: How do you decide on the pace of your pass?
   - A.: Based on the distance from the receiver & the pressure on the receiver.
   - Tact: Mobility – early movement to receive passes. If 1 has the ball then BOTH 2 & 3 should be moving.
   - Q.: Why does moving before the pass help our attack?
   - A.: We can pass the ball around faster that way.
### 3 Expanded Small-Sided Activity

<table>
<thead>
<tr>
<th>Activity</th>
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<th>Technical (Tech)</th>
<th>Tactical (Tact)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>6 vs. 6 All Up &amp; Back</strong></td>
<td>Play 6-a-side without goalkeepers. All attackers must be over the halfway line into their attacking half for a goal to count. All defenders must be over the halfway line in their defending half or a goal counts double.</td>
<td>Game situation choices of passing &amp; receiving to keep possession &amp; then penetrate.</td>
<td>Depth &amp; Width</td>
</tr>
<tr>
<td>Grid = 50 x 40 yards (adjust as needed)</td>
<td></td>
<td>Q.: How do you know when to pass forward?</td>
<td>A.1: When there’s space behind a defender for a receiver to run into for the pass.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>A.2: When the receiver could shield &amp; wait for support.</td>
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</tr>
<tr>
<td></td>
<td></td>
<td>Tact: Depth &amp; Width</td>
<td>Q.: What shape near the ball should we have to give us options in more than one direction?</td>
</tr>
<tr>
<td></td>
<td></td>
<td>A.: A triangle or a diamond shape.</td>
<td>A.: A triangle or a diamond shape.</td>
</tr>
</tbody>
</table>

### 4 Match

<table>
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<tr>
<td><strong>8 vs. 8 Match</strong></td>
<td>Play a 7-a-side up to 9-a-side match. The players are responsible to remind one another to stay compact when attacking.</td>
<td>Match speed execution.</td>
<td>Match speed thinking.</td>
</tr>
<tr>
<td>Play according to US Youth Soccer Modified Rules</td>
<td></td>
<td>Q.: Are you trying what you learned earlier today?</td>
<td>This is a reinforcement question without an answer truly necessary.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Predominately observe the players’ decision making.</td>
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</tr>
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