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| **1 Activity #1** | General warm-up with the ball - simple passing and juggling movements | ![Diagram](image1.png) | ▪ Increase blood circulation  
▪ Simple rhythmic movement  
▪ Mentally begin to focus on the training topic |
| **2 Activity #2** | How to score: 10 consecutive passes = goal. Play each round to 3 (or similar)  
Playing rules:  
Unlimited touches (may change to increase challenge)  
Kick-ins for out of bounds | ![Diagram](image2.png) | ▪ Work as a block: tactical cues to balance and compact  
▪ Role of 1st defender in collective defending action: look for opportunities to make play predictable for teammates |
## Activity #3

**Numbers:** 4 v 4 + 1 (2 boxes)  
**Area:** 35 x 40

**How to score:** 10 consecutive passes = goal. Play each round to 3 (or similar)  
**Playing rules:**  
- Unlimited touches (may change to increase challenge)  
- Kick-ins for out of bounds

- Decisions to channel into cover versus denying penetration (relative to point of confrontation)  
- Tactical cues for pressing

## Activity #4

**Numbers:** 9v9  
**Play:** 3-3-2  
**Area:** 70 x 50

**Adjust playing numbers, spaces and conditions as necessary.**  
- Flattening out at the back  
- Using offside space  
- GK as a covering defender  
- Double team when possible  
- No “freebie” first touches from defensive restarts  
- No bouncing balls from defensive restarts  
- Expand team into attacking shape following positive turnover

## Cool-Down

- Light ball juggling and jogging.  
- Static stretching  
- Replenish fluids