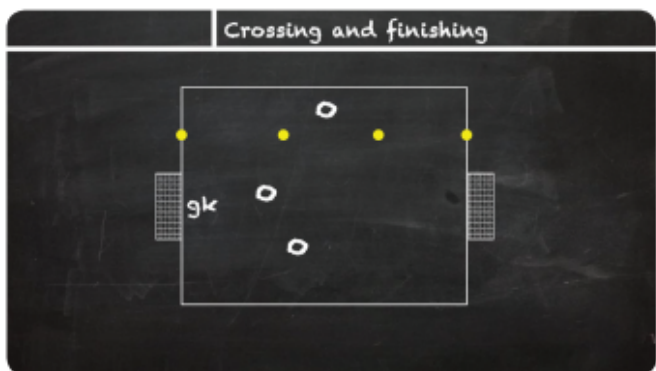


Create two separate areas of 20 x 10 at each end of the area. The mid section of the area is a 'free area' in which you place poles/cones to act as obstacles. There are 2 teams. Place 1 team in each area with 1 ball per team. Teammates pass the ball to each other within their own area. On the coach's call of "switch", the player in possession must play a long pass into the other team's area. If possible the ball must be played from the back of the area.

PROGRESSION: Place a goal half way down each side of main area (2 goals in total). Put a GK in each goal. Same exercise as above but now, when the switch is made, the receiving player's touch takes the ball out sideways from the area, into a position from which they can cross towards the goal. Simultaneously, 1 player from each opposite group then attacks the goal to meet the cross and score.

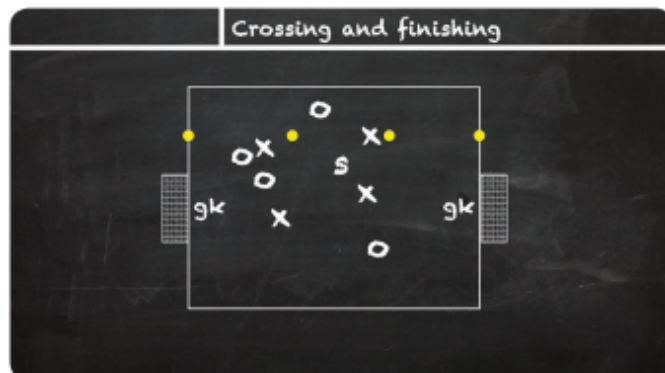


Set up the area with 2 goals and 2 GKs. In a zoned off area on the wings, 2 wingers get ready to take turns receiving the ball. Place 2 teams of players behind each goal on the same side as the wingers. 1 player behind the goal passes the ball to her teammate. He then passes the ball to a winger. The winger takes one touch before crossing the ball into the box, where the 2 players who started the sequence have moved in anticipation of the cross in order to score a goal. Get the same sequence going in other direction

PROGRESSION:

Add a defender

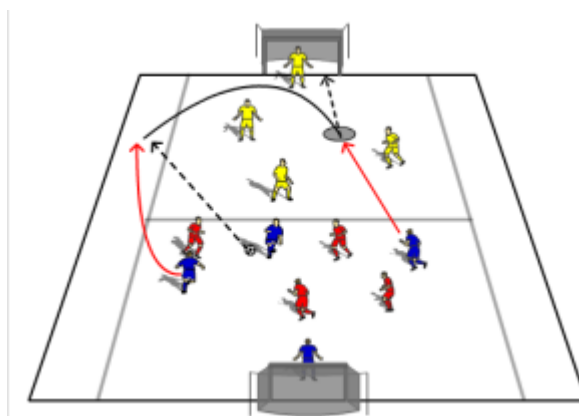
Add another attacker and defender. Allow a defender to pressure wing player.



2 Goals with GKs. Zoned off channel down one wing. 2 teams of 4 players. 1 floater who plays for the team in possession. The aim is to get a runner into the channel who can cross the ball unchallenged. If a team scores from a cross it counts for 3 goals. Both teams can still play normally to get 1 pt for a goal.

PROGRESSION:

Allow defender to press crosser after they receive pass in.



Players are split into three teams of four or five. One team begins in one half of the central area (shown as the yellow team), and the other two begin in the other half (shown as the red and blue teams). For the sake of beginning the activity, coach must designate an attacking and defending team on the half that begins with two teams (blue is shown defending the goal, red as attacking the goal). Once the activity begins, teams will rotate. Using the diagram above, the Red team's goal is to score on Blue. Blue team's goal is get out of their defensive half which can only be done by passing/dribbling into a channel area. Once Blue team gets the ball into the channel, the blue team will move into their attacking half and attempt to score on the Yellow team. Teams will rotate roles as the activity continues.