

### ACTIVITY #1

**Set up:** Open area 1/2 players with a ball each.

**Instructions:** Players jog around and check to a player with a ball and receive it and play it back, then they go back to the middle before checking to a different player:

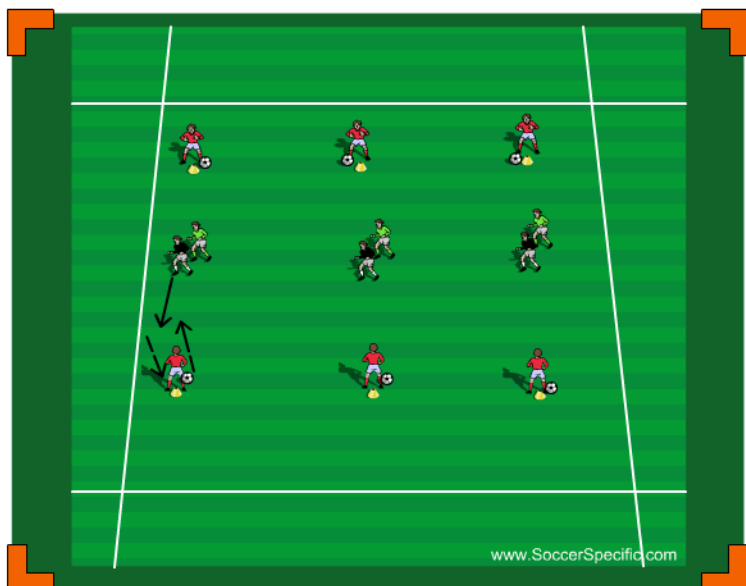
1) Ball to feet, 2) Knee high volley, 3) Chest, 4) Thigh

**Coaching Points:**

Balance

Slow down before receiving

Cushion ball and get to ground right away



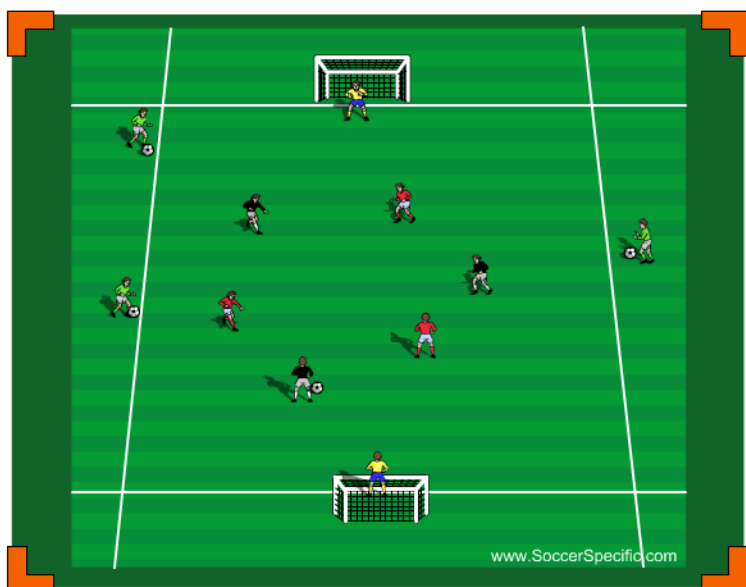
### ACTIVITY #2

**Set up:** Players matched up 1 v 1 in middle with two servers either end, 15 yards apart

**Instructions:** Player checks in and receives ball and then plays back to original player. They then check to opposite side to receive from other player, players change roles after 30 seconds:

Progressions: 1) Receive on the ground, 2) In the air, 3) Must turn player in middle and get ball to opposite end

**Coaching Points:** Keep body between defender and the ball  
Balance with arms



### ACTIVITY #3

**Set up:** 3 v 3 with support players outside in 30 x 40 grid

**Instructions:** Players play 3 v 3 inside and must make at least 1 pass to an outside player before going to goal. When the player receives the ball on the outside they pick it up and serve it in the air to the team who played to them.

Progressions: 1) Make 5 inside passes before going outside

**Coaching Points:**

Touch away from pressure

Head up