



WEEK 3 - SESSION 6

Active for Life: Warm Up

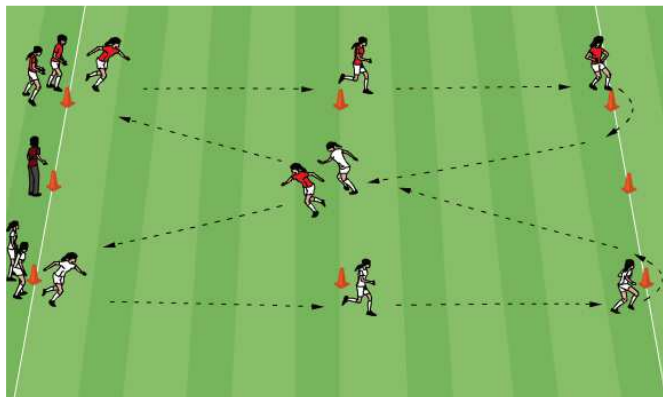
Warm-Up:

Dynamic Movement 2

15-20 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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Active for Life: GAG Intro-Game

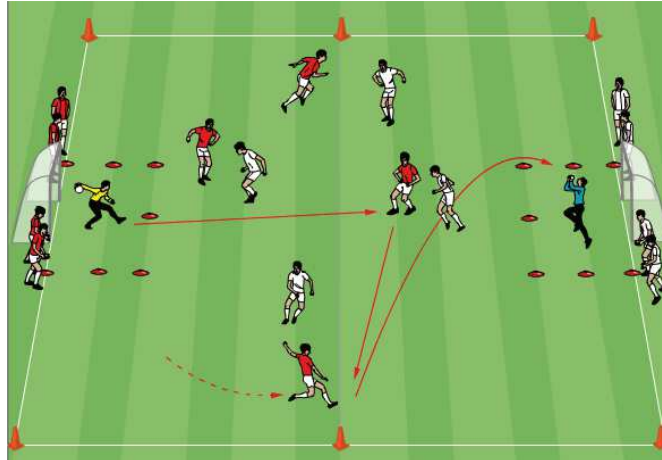
Small-Sided-Game:

8v8 Game – Man to Man Defending Theme.

20-30 minutes

Organization:

- Two teams of 8 including the GKs
- Teams are divided into two groups-one working and one resting.
- Resting groups to the side of their respective goals.
- Playing field of 40x30m.
- One goal at each end.
- Soccer balls in the goals.
- Play starts with the GK.



Coaching Points:

- Close down the player on the ball quickly-as the ball travels.
- Watch their first touch, if it's good slow down and jockey. If it's poor, then win the ball.
- Marking position=Goal side: Ball side.
- See the player you're marking and the ball.
- Tight marking near the ball; loose marking away from the ball.

Description:

1. The game begins when the GK rolls the ball out to one of the red players. The reds then inter-pass in an effort to create an opportunity to score by chipping the ball into the hands of the opposing Goalkeeper, inside the goal area. The white team must try and prevent the reds from scoring by closing down the attacking team quickly and winning the ball. They can then attack and score on the reds in the same manner. Normal rules of soccer with the exception that the ball must be "kicked-in" when the ball goes out over the touch line. Any balls that go out of play behind the goal are restarted by the goalkeeper rolling the ball to one of her/his players. After 2 minutes the groups switch and the process is continued. Keep a running score for both groups.
2. **Progression:** Goals are scored in the normal manner by putting the ball into the back of the net. Emphasis is still on closing down the player on the ball quickly and trying to win the ball back.

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Active for Life: GAG Activity

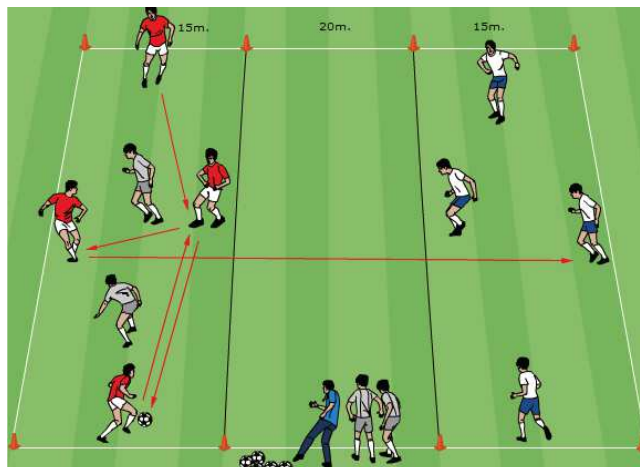
Technical/Tactical:

Three Zone Game

20 minutes

Organization:

- Set-up area 50x15m as shown.
- Divide players into three groups of four and position them as shown.
- 15x20m Central area is a “no go zone”.
- Play takes place in the end zones only.
- Teams must switch roles by going around coach.



Coaching Points:

- Accurate passes with good ball speed.
- Open your body to the play when receiving a pass.
- Support in triangles – wide and deep.
- Don't support too close to the ball. Remember: distance = time.
- Be composed for the long pass-eye on the ball and strike through the middle.

Description:

1. A team is placed in each end zone with one defending team positioned behind the coach. The play begins when the coach passes the ball into the red team in the end zone. Once the ball is touched by one of the red players, two grey defenders can enter the end zone and try and win the ball. The red team must play at least three consecutive passes and then pass the ball to the white team in the other end zone for 1 point, at which time the process is repeated by the white team while two new grey defenders try to win the ball. If a defending player knocks the ball out of the zone; or the ball is misplayed or in any other way leaves the zone; or the final pass misses the opposite end zone, then the team loses possession and switches places with the defending team. The Coach serves a new ball into the opposite end zone. When roles switch defenders cannot go into the other end zone without running around the coach. First team to 10 points is the winner. Repeat as necessary.
2. **Progression:** As above but the ball must not bounce in the “no go zone” or possession is lost and team switches with defenders.

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WEEK 4 - SESSION 7

Active for Life: Warm Up

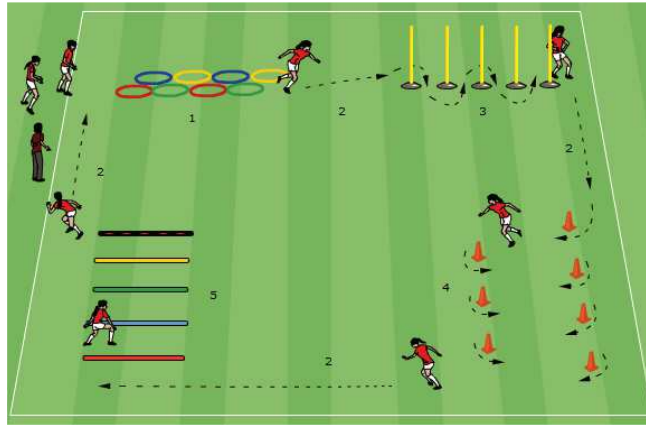
Warm-Up:

General Movement

15-20 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 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.

Progression: Do the course in the reverse direction

Active for Life: GAG Intro-Game

Small-Sided-Game:

8v8 Game – Man to Man Defending Theme

20-30 minutes

Organization:

- Two teams of 8 including the GKs
- Playing field of 70x44m.
- One goal at each end.
- Soccer balls in the goals and with coach.
- Play starts with the GK.



Coaching Points:

- Marking position=Goal side: Ball side.
- See the player you're marking and the ball.
- Tight marking near the ball; loose marking away from the ball.
- Track (follow) your player when he/she makes a run.

Description:

1. The game begins when the GK rolls the ball out to one of the white players. The whites then inter-pass in an effort to create scoring opportunities. The red team must try and win the ball so that they can attack and score on the whites in the same manner. Both teams must play Man-to-Man when defending. Normal rules of soccer with the exception that the ball must be "kicked-in" when the ball goes out over the touch line. Any balls that go out of play behind the goal are restarted by the goalkeeper rolling the ball to one of her/his players. Defenders can score a point for their team if they force the ball out of play with a good challenge (3 points =1 goal).
2. **Progression:** How can you mark your player and still help a teammate marking a player with the ball?

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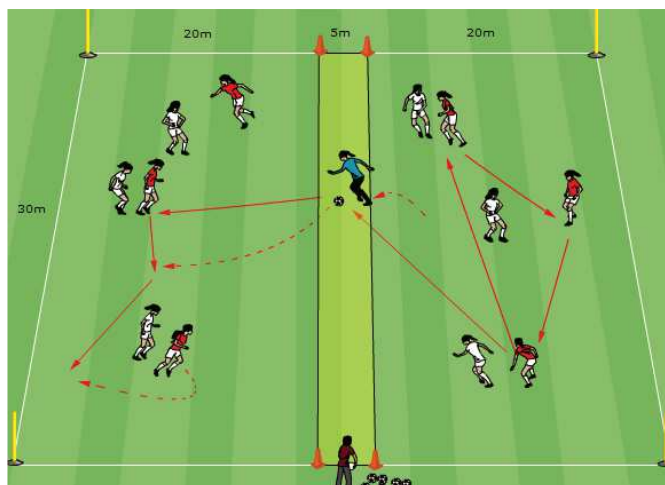
Technical/Tactical:

Passing & Support

15-20 minutes

Organization:

- Two teams of 6 - 3 defender against 3 attackers in each half of the field. One neutral player.
- Playing area is 45m x 30m with a 5m central channel as shown.
- A team scores by running the ball across the end line.
- Play begins with coach.



Coaching Points:

- Find space and try to face the goal as you receive the ball.
- Be prepared to move to the ball.
- Create passing triangles with your teammates..
- Choose your technique.
- Be composed on the ball.
- Pass the ball and move into a new position..

Description:

1. Coach serves a ball into the red defenders who, along with the neutral player, must try to make three consecutive passes before passing to the neutral player as she moves into the central channel. Once there she cannot be challenged and can compose herself before playing into the Red forwards and helping them to score by running the ball over the end line. The ball must be under control in order for the goal to count. The members of the other team must try and prevent the reds from scoring and, if possible, win the ball and build the play in a similar fashion and attempt to score themselves. Play continues until a goal is scored or the ball goes out of play at which time the coach serves a ball into the opposing team's defenders and play resumes. The neutral player may roam anywhere but in order to move the ball from defenders into the forwards of a team she must first receive a pass as she enters the middle channel. This is an opportunity for the neutral player to regain control and composure before beginning to attack the opposing defence. If the defending team should win possession then the play continues in the opposite direction. The neutral player is always on the side of the team in possession.

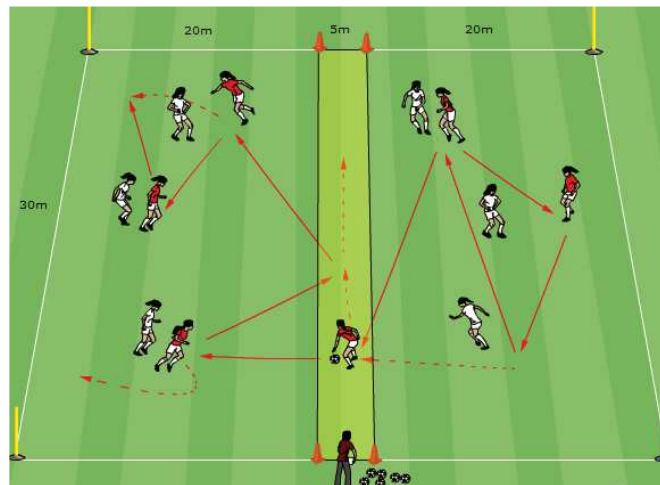
Emphasis: Be composed and efficient. Receive the ball facing the goal whenever possible. Create passing triangles with your teammates.

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Technical/Tactical:**Passing & Support #3b****15-20 minutes****Organization:**

- Two teams of 6 - 3 defender against 3 attackers in each half of the field.
- Playing area is 45m x 30m with a 5m central channel as shown.
- A team scores by running the ball across the end line.
- Play begins with coach.

**Coaching Points:**

- Find space and try to face the goal as you receive the ball.
- Be prepared to move to the ball.
- Create passing triangles with your teammates..
- Choose your technique.
- Be composed on the ball. Don't force things.
- Pass the ball and move into a new position..

Description:

1. Coach serves a ball into the red defenders who must try make three passes before passing to one of the defenders as she moves into the central channel. Once there she composes herself before playing into the Red forwards and helping them to score but this time she can only support the forwards from inside the central channel and play probing passes and be used as an outlet if forwards cannot get turned. A before a goal is scored by running the ball across the end line and the ball must be under control in order for the goal to count. The members of the other team must try and prevent the reds from scoring and, if possible, win the ball and build the play in a similar fashion and attempt to score themselves. Play continues until a goal is scored or the ball goes out of play at which time the coach serves a ball into the opposing team's defenders and play resumes. If the defending team should win possession then the play continues in the opposite direction. Should possession be lost when a player is in the central channel, she must drop back into her half and defend. Only one player is allowed in the central channel at any one time.

Progression 1: Player in the central channel is limited to three touches only before passing.

Progression 2: Player may move from central channel into attacking half but may be challenged when outside the channel. She may also drop back into the channel to avoid being challenged.

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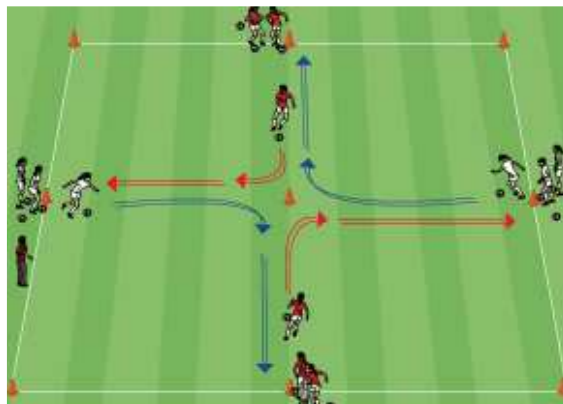
WEEK 4 - SESSION 8

Active for Life: Warm Up

Warm-Up:	Coordination and Movement with a ball	15-20 minutes
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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:

- | | |
|---|--|
| <ol style="list-style-type: none"> a. To the right – Inside of left & inside of right b. To the left – Inside of right & inside of left c. To the right – Step over right foot & step over left foot d. To the left – Step over left foot & step over right foot. | <ol style="list-style-type: none"> e. To the right – Scissors/outside right & sole of foot turn. f. To the left – Scissors/outside of left & sole of foot turn. g. To the right – Circle inside of right & inside of left. h. To the left – Circle inside of left & inside of right. |
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Active for Life: GAG Intro-Game

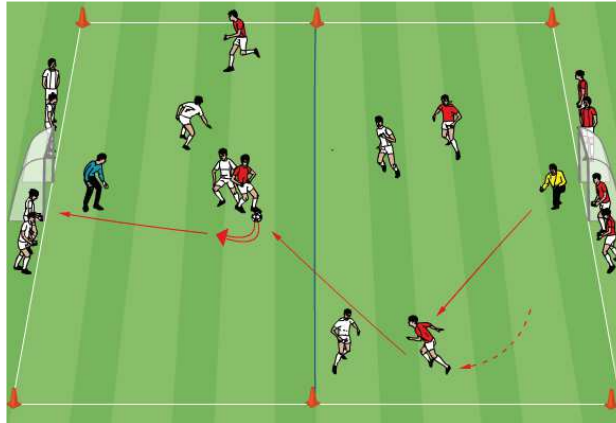
Small-Sided-Game:

5v5 Finishing Game

20-30 minutes

Organization:

- Two teams of 5 including the GKs
- Two groups of outfield players resting to the side of the goals.
- Playing field of 25x20m. to encourage finishing.
- One goal at each end.
- Goals can only be scored from anywhere on the field.
- All balls in the goals.



Coaching Points:

- Find space and face the goal.
- Be prepared to move to the ball.
- Look to the side of the keeper.
- Choose your technique.
- Pass the ball low past keeper
- Be composed.

Description:

1. This game is aimed at getting players to create and finish scoring opportunities around the goal. The game begins when the GK rolls the ball out to one of the red players. The reds then interpass in an effort to get into a shooting position. The white team must try and win the ball so that they can attack and score on the reds in the same manner. Normal rules of soccer with the exception that the ball must be "kicked-in" when the ball goes out over the touch line. Any balls that go out of play behind the goal are restarted by the goalkeeper rolling the ball to one of his/her players.
 2. The resting players switch every 2-3 minutes.
- **Progression:** For the last 10-15 minutes Goals can only be scored from inside the opposing team's half of the field.

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Active for Life: GAG Activity

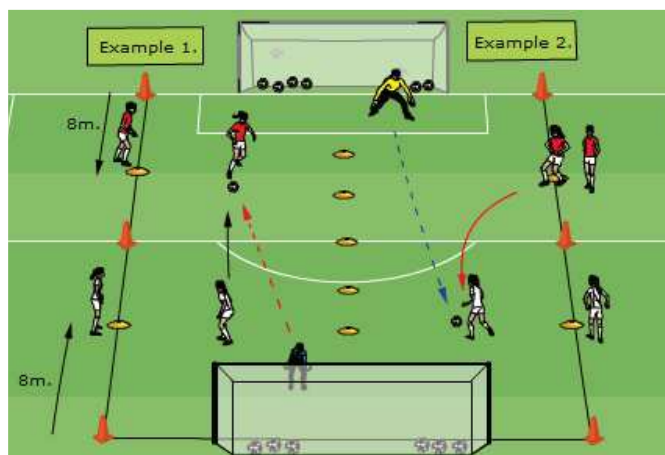
Technical/Tactical:

1v1 defending #1

20-30 minutes

Organization:

- From one goal, set up an area 32m x 20m as shown, and divide it down the middle with flat markers.
- Divide players into two groups of four plus one Goalkeeper (two defenders and two attackers).
- 1v1 dual takes place on either side of the markers as shown.
- Each player tries to win the 1v1 dual and score and then switches with his/her partner.



Coaching Points:

- 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.
- Try to steer the forward to the outside but protect against a possible shot.
- Be aggressive but be patient.

Description:

1. The blue Goalkeeper serves the ball to the Red player in the channel and in line with a marker 8m from the opposite goal line. As the ball travels the White defender, starting level with the marker 8m away from his/her goal line, closes the ball down and attempts to win the ball and score in the Red player's goal. The Red player must try and score in the White 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. **Note:** the same action is being repeated on the other side of the markers but in the opposite direction and players are having to work predominantly with the other foot (ie; in example 1, Red attacker attacks on right side and defends on right side. In example 2, Red defender defends on left side and attacks on left side).
2. Once the cycle is completed repeat this process with the ball being played in from the opposite end. The roles will be reversed.
3. Have groups switch sides and repeat the process.
4. As the previous exercise but this time the red player starts on the 8m marker at the side of the playing area. 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 end.

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

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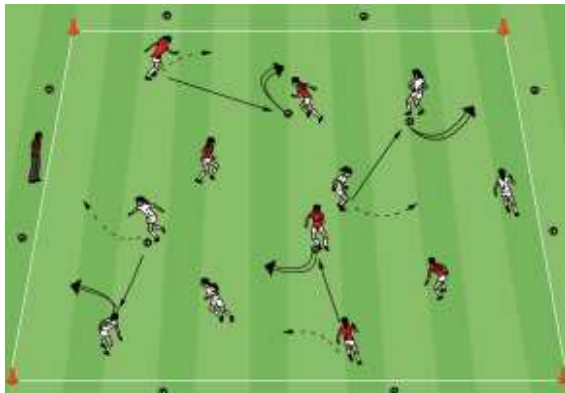
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WEEK 5 - SESSION 9

Active for Life: Warm Up

Warm-Up:		Coordination and Movement with a ball		15-20 minutes			
Organization: <ul style="list-style-type: none">Set up a 30x30m area as shown.Players work in groups of three.One ball per group.				Points to Stress: <ul style="list-style-type: none">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: <ol style="list-style-type: none">Players pass and support the pass as they move around the area. The coach asks them to perform various passing options as listed below.<table><tr><td><ol style="list-style-type: none">Pass and look for space.Pass with inside of right foot.Pass with inside of left foot.Pass with outside of left foot.Pass with outside of right foot.</td><td><ol style="list-style-type: none">Short pass; long pass combination.Receiving player turns with ball using inside of foot.Receiving player turns with ball using inside of foot.Receiving player lets ball run between legs and turns.</td></tr></table>						<ol style="list-style-type: none">Pass and look for space.Pass with inside of right foot.Pass with inside of left foot.Pass with outside of left foot.Pass with outside of right foot.	<ol style="list-style-type: none">Short pass; long pass combination.Receiving player turns with ball using inside of foot.Receiving player turns with ball using inside of foot.Receiving player lets ball run between legs and turns.
<ol style="list-style-type: none">Pass and look for space.Pass with inside of right foot.Pass with inside of left foot.Pass with outside of left foot.Pass with outside of right foot.	<ol style="list-style-type: none">Short pass; long pass combination.Receiving player turns with ball using inside of foot.Receiving player turns with ball using inside of foot.Receiving player lets ball run between legs and turns.						

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Active for Life: GAG Intro-Game

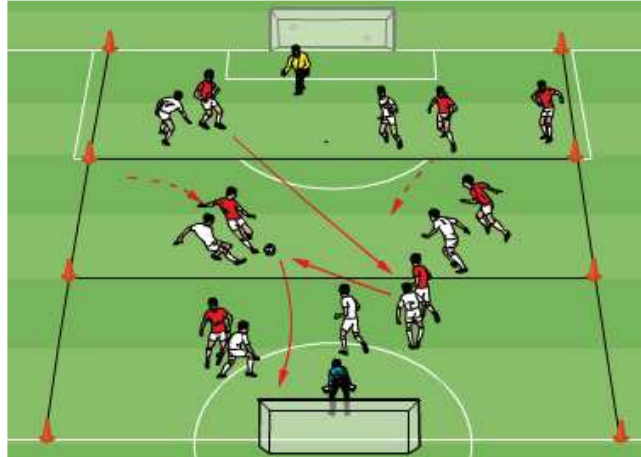
Small-Sided-Game:

8v8 Distance Shooting Game

20-30 minutes

Organization:

- Two teams of 8 including the GKs
- Playing field of 50x40m., divided into thirds.
- Each final third is 16m.
- Strikers restricted to A1/3.
- One goal at each end.
- Goals can only be scored directly from the middle third of the field or from rebounds in the A1/3.
- All balls in the goals.
- Play starts with the GK.



Coaching Points:

- Be composed.
- Look at goal on approach.
- Square hips toward goal.
- Look at ball & head steady.
- Long step and stretch toe down, lock ankle.
- Drive through the middle of the ball with instep.
- Shoot low & to the side of the keeper

Description:

1. The game begins when the GK rolls the ball out to one of the red players. The reds then interpass in an effort to get a player into a shooting position in the middle third. Strikers must stay in the Attacking 1/3 of the field but they can only score from rebounds. All other players can roam freely when attacking. When defending each team must have three defenders in the defending 1/3. The white team must try and win the ball so that they can attack and score on the reds in the same manner. Normal rules of soccer with the exception that the ball must be "kicked-in" when the ball goes out over the touch line. Any balls that go out of play behind the goal are restarted by the goalkeeper rolling the ball to one of his/her players.
2. **Progression:** All restrictions are removed for the last 5-10 minutes but goals can only be scored as before.

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Active for Life: GAG Activity

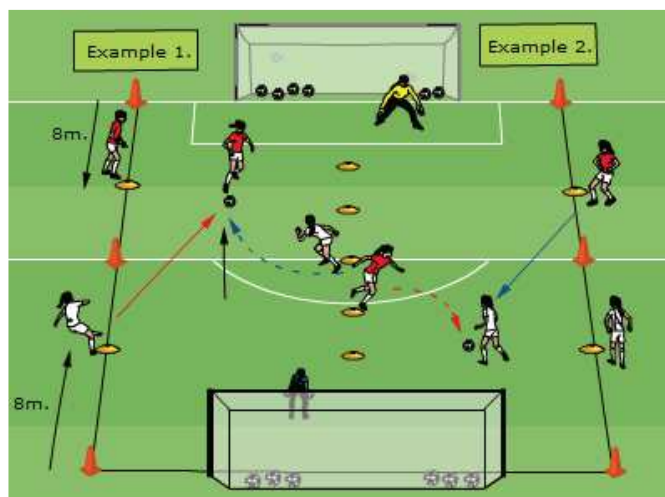
Technical/Tactical:

1v1 Defending #2

20-30 minutes

Organization:

- From one goal, set up an area 32m x 20m as shown, and divide it down the middle with flat markers.
- Divide players into two groups of four plus one Goalkeeper (two defenders and two attackers).
- 1v1 dual takes place on either side of the markers as shown.
- Each player tries to win the 1v1 dual and score and then switches with his/her partner.



Coaching Points:

- 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.
- Try to steer the forward to the outside but protect against a possible shot.
- Be aggressive but be patient.

Description:

1. As with the previous exercise but the server is the second defender from the 8m Marker, and defender is positioned at the central markers and at the halfway line, closer to the Attacker. As the ball travels the defender must take away the shot by curving her approach as she closes the ball down. Defender attempts to win the ball and score in the Red player's goal. The Red player must try and score in the White 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. **Note:** the same action is being repeated on the other side of the markers but in the opposite direction and players are having to work predominantly with the other foot (ie; in example 1, Red attacker attacks on right side and defends on right side. In example 2, Red defender defends on left side and attacks on left side.
2. Once the cycle is completed repeat this process with the ball being played in from the opposite end. The roles will be reversed.
3. Have groups switch sides and repeat the process.
4. As with the previous exercise but the defender is positioned progressively closer to the Attacker. It is even more critical to get across to take away the shot as the ball is traveling.

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

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WEEK 5 - SESSION 10

FREE

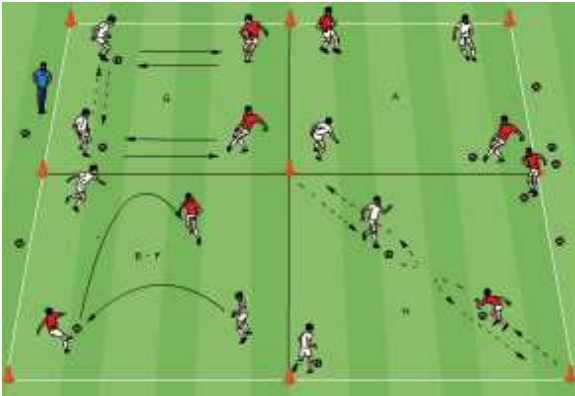


DAY



WEEK 6 - SESSION 11

Active for Life: Warm Up

Warm-Up:	Coordination and Movement with a ball	15-20 minutes
<p>Organization:</p> <ul style="list-style-type: none"> 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. 		<p>Points to Stress:</p> <ul style="list-style-type: none"> 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.
<p>Description:</p> <ol style="list-style-type: none"> Players pass and move around their square. The coach asks them to perform various passing techniques as listed below. <ol style="list-style-type: none"> One touch passing. Throw, volley, catch. Throw, knee, catch. Throw, thigh control-volley, catch Throw, chest control-volley, catch. Throw, instep control-volley, catch Side to side Movement – volley, knee, head. Dribble to middle, cut back to marker (inside & outside foot). 2 players at a time. 		

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Active for Life: GAG Intro-Game

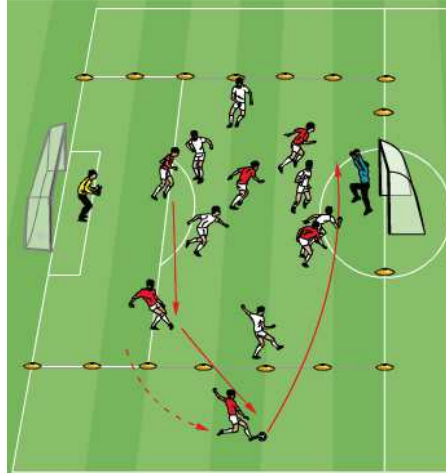
Small-Sided-Game:

7v7 Game - Crossing Channels

20-30 minutes

Organization:

- Two teams of 7 including the GKs
- Use half a playing field.
- Markers to indicate crossing channel where only one player at a time can enter and be unchallenged.
- Player's cannot wait in the wing channel and can only have 3 touches in which they must pass or cross the ball.
- One goal at each end



Coaching Points:

- Try to cross early to avoid the block
- If blocked, create $\frac{1}{2}$ 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 the ball under pressure.

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:** Scoring opportunities can be created from the crossing zones by means of a cross or a pass, **or**, from general build up play. To score a player must shoot with three touches or less. A goal from a cross or pass from the crossing channel is worth **2 Points**. A Goal from regular build up play is worth **1 Point**.

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Active for Life: GAG Activity

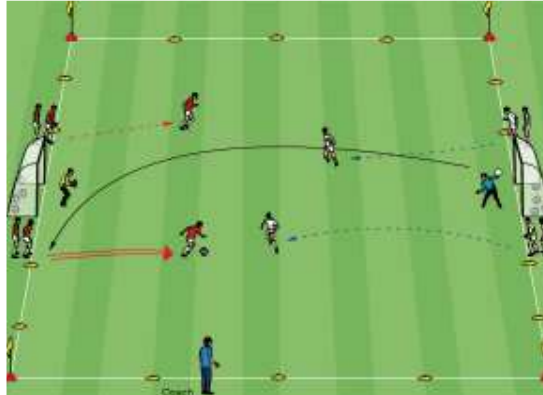
Technical/Tactical:

2v2 defending (Tight & Loose Marking)

20 minutes

Organization:

- Set-up area 30x15m as shown.
- Divide players into two equal groups and position them as shown.
- Two GKs.
- Two 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 a second teammate try to combine and score against that Goalkeeper. As the ball is traveling from the Goalkeeper's throw two 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 two reds in line and the next two white players have to defend. This process continues in both directions.

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WEEK 6 - SESSION 12

Active for Life: Warm Up

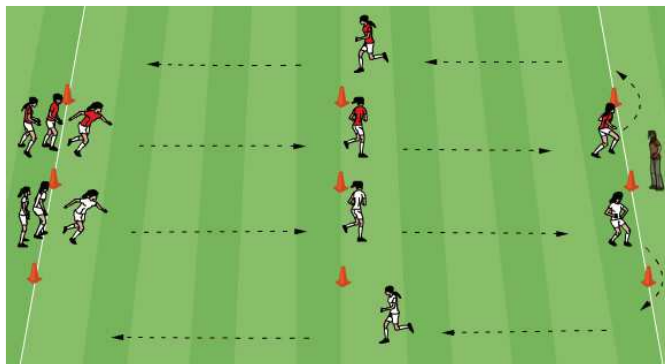
Warm-Up:

Dynamic Movement 1

15-20 minutes

Organization:

- Using markers set up two channels 20m in length, as shown
- Form two groups with one group in each channel
- Players carry out the dynamic movements as they move the length of the channel.
- Then jog back along the outside of the channel to the starting position



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

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Active for Life: GAG Intro-Game

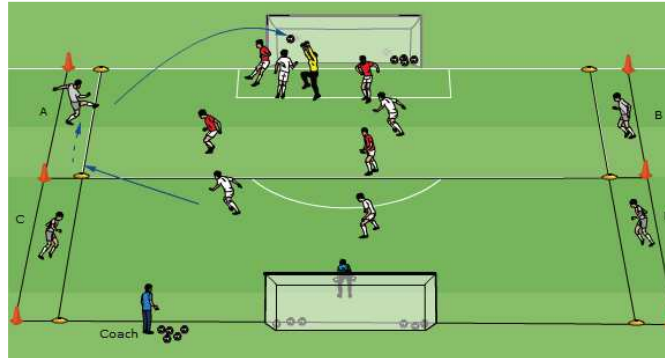
Small Sided Game:

Goalkeeper Crossing Game

20-30 minutes

Organization:

- 2 Goalkeepers and 4 neutral players to cross the ball.
- Two teams of four
- Area the size of 2 penalty areas, with a 5m channel on each side, as shown.
- Crossing players positioned in the channels on each side as shown.



Coaching Points:

- Starting position approximately centre goal and a metre of the line.
- Body position opened up.
- Decide quickly whether to attack the ball or defend the goal.
- Shortest line to the ball—good timing. Take off of one leg.
- Be decisive. Catch or punch?
- Communicate.

Description:

- 1 The action begins in this 4v4 game with the Goalkeeper serving the ball to one of his/her teammates and each team must try to ply four consecutive passes in the middle area before passes the ball into one of the neutral players in the channel. The crossers can deliver crosses as in the Technical/Tactical Activity or interchange passes back into the middle. When play breaks down, restart with the Goalkeeper whose team was not in possession at the time.

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Active for Life: GAG Activity

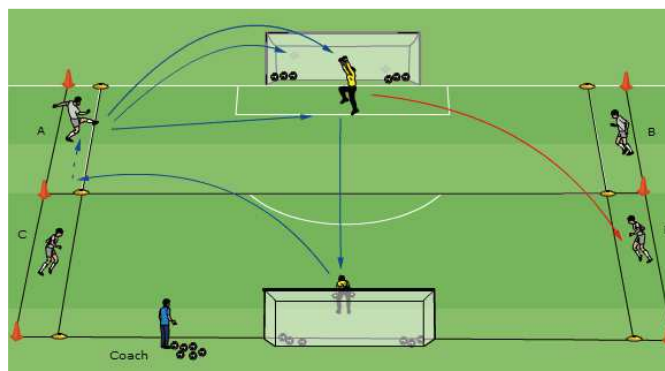
Technical/Tactical:

Goalkeeper Dealing with Crosses-1a

20 minutes

Organization:

- 2 Goalkeepers and 4 players to cross the ball.
- Area the size of 2 penalty areas, with a 5m channel on each side, as shown.
- Crossing players positioned in the channels on each side as shown.



Coaching Points:

- Starting position approximately centre goal and a metre of the line.
- Body position opened up.
- Decide quickly whether to attack the ball or defend the goal.
- Shortest line to the ball- good timing. Take off of one leg.
- Be decisive. Catch or punch?
- Communicate.

Description:

- 1 Goalkeeper 1 throws the ball to the goalkeeper in the opposite goal. He/she catches it and throws it to the crosser/server A. Crosser A has three touches in which to control and cross the ball for Goalkeeper 1. If the Goalkeeper catches the ball he/she distributes it to crosser D and the move progresses. If the cross doesn't land in the immediate area around the goalkeeper, or it goes behind, he/she must shout "away" and cover the goal. If this happens Goalkeeper 1 throws another ball to crosser D to re-run the move. On the next rotation the ball is thrown to crossers B and C respectively, so that the Goalkeepers get practice with crosses from the left and right.

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Active for Life: GAG Activity

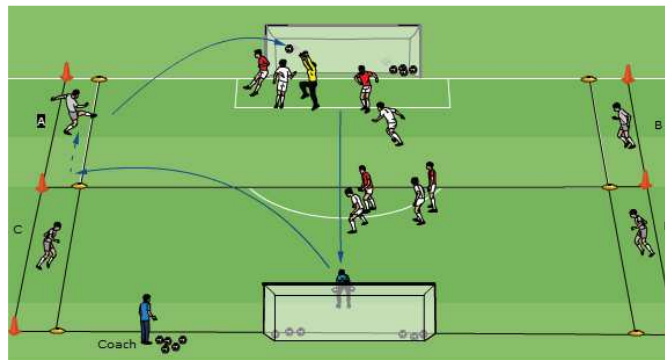
Technical/Tactical:

Goalkeeper Dealing with Crosses-1b

20 minutes

Organization:

- 2 Goalkeepers and 4 players to cross the ball.
- Area the size of 2 penalty areas, with a 5m channel on each side, as shown.
- Crossing players positioned in the channels on each side as shown.
- Add 2 attackers and 2 defenders in each half.



Coaching Points:

- Starting position approximately centre goal and a metre of the line.
- Body position opened up.
- Decide quickly whether to attack the ball or defend the goal.
- Shortest line to the ball—good timing. Take off of one leg.
- Be decisive. Catch or punch?
- Communicate.

Description:

- 2 Same set up as with the previous session but now add 2 defenders and 2 attackers in each half of the playing area. Service and rotation as before but now the Goalkeeper has to stay focused on the ball while deciding whether he/she can negotiate an effective path to the ball. Each Goalkeeper must instruct defenders as to their body shape and marking positions. Defenders must protect the Goalkeeper, block attackers, defend the goal and communicate well with each other.

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WEEK 7 - SESSION 13

Active for Life: Warm Up

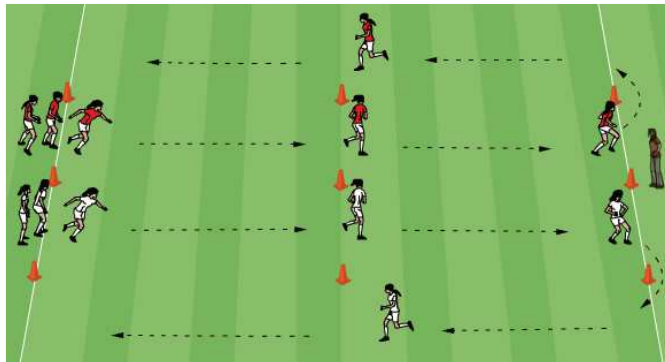
Warm-Up:

Dynamic Movement 1

15-20 minutes

Organization:

- Using markers set up two channels 20m in length, as shown
- Form two groups with one group in each channel
- Players carry out the dynamic movements as they move the length of the channel.
- Then jog back along the outside of the channel to the starting position



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

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Active for Life: GAG Intro-Game

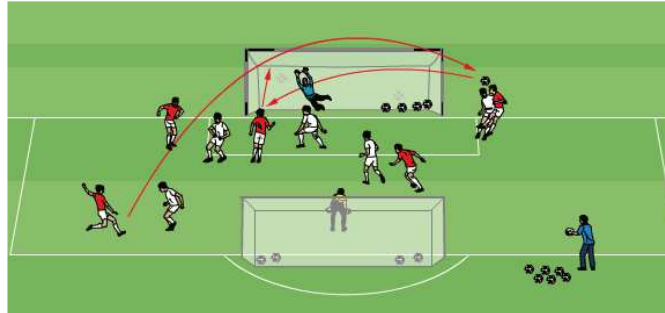
Small-Sided-Game:

6v6 Game – Heading Home

15-20 minutes

Organization:

- Two teams of 6 including the GKs.
- Use the Penalty Area
- One goal at each end.
- Soccer balls in the goals and with coach.
- Play starts with the GK.



Coaching Points:

- Keep eyes on the ball.
- Get elbows up for balance & protection.
- Time jump to get to ball first.
- Clear space for attacking the ball by pulling away first.
- Head down at goal.
- Head up and away when defending/clearing.

Description:

1. Each team must try to score in the opposing goal. Goals can only be scored with the head. The game starts with one goalkeeper serving the ball to a teammate who must try to head for goal, or head the ball on to another member of the team. They, in turn, try to head for goal. If the ball should hit the ground, or be played by any part of the body other than the head, then the opposing team is given a free throw. The game is then restarted by the nearest opposing player throwing the ball up and heading for goal or to a teammate. Goalkeepers can use their hands. Interceptions can only be made using the head.

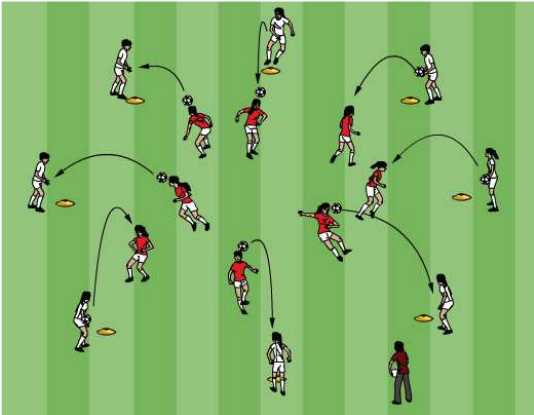
Progression 1: A header can be followed by catching and throwing the ball, but a throw cannot be caught without giving possession to the opposing team.

Progression 2: A header is now followed by catching and volleying a pass to a teammate.

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Active for Life: GAG Activity

Technical/Tactical:	General Heading Technique	15 minutes
<p>Organization:</p> <ul style="list-style-type: none"> Set-up markers in a circle as shown with a radius of approx. 25m. Divide players into two equal groups. One group with a ball each stands by the markers. The other group without a ball working inside the circle. Each player works for one minute and switches roles 		<p>Coaching Points:</p> <ul style="list-style-type: none"> Keep your eyes on the ball. Make contact with the forehead. Lean back from the waist and use your arms to “pull your head onto the ball”. When jumping take off of one leg. Head through the ball to direct it.
<p>Description:</p> <ol style="list-style-type: none"> Server use a two handed, over-arm throw to bounce the ball initially when serving the ball in the air. Players without a ball jog around the area calling for the ball from the servers. The player receiving the ball must use a particular heading technique in passing the ball back to the server. Upon the command of the coach the players change roles. <ul style="list-style-type: none"> From Bounced Serve: <ol style="list-style-type: none"> Run and head the ball forward to the server Run in curve and head ball sideways to the server. Jump to head the ball forward to the server. Jump and head the ball sideways to the server. From Direct Underarm Serve: <ol style="list-style-type: none"> Run and head forward to server. Jump and head forward to server. 		

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WEEK 7 - SESSION 14

Active for Life: Warm Up

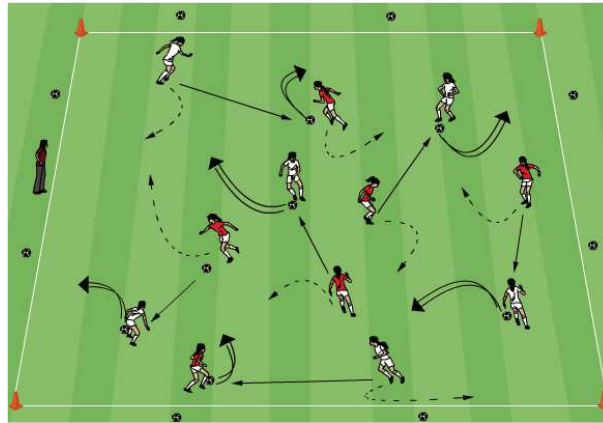
Warm-Up:

Give a Pass; Get a Pass

15-20 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 changes.



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:

- 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.
 - Pass with inside of foot
 - Front foot pass
 - Pass with outside of foot
 - Double pass
 - Wall pass – inside foot
 - Wall pass – outside foot
 - Receive with inside of foot & turn inside.
 - Receive with inside of foot & turn outside.
 - Receive with outside of foot & turn outside.
 - One-touch straight back.
 - Open out, One-touch angled pass with inside foot.
 - One-touch flick pass off outside of foot.

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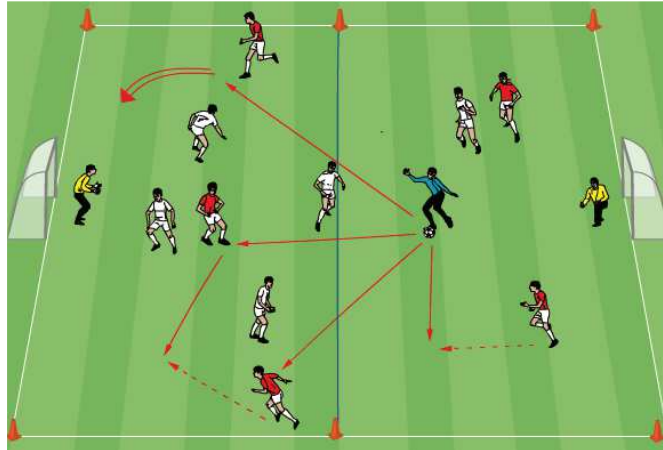
Active for Life: GAG Intro-Game

Small-Sided-Game: 6v6 Game with a Neutral Player – Passing/Support

20-30 minutes

Organization:

- Two teams of 6 including the GKs, plus 1 neutral player.
- Neutral player always plays for the team in possession.
- Playing field of 60x40m.
- One goal at each end.
- All soccer balls in the goals.
- Play starts with the GK.



Coaching Points:

- Accurate passes with good ball speed.
- Open your body to the play when receiving a pass.
- Support in triangles – wide and deep.
- Don't support too close to the ball. Remember: distance = time.
- Make sure you can be seen between players.

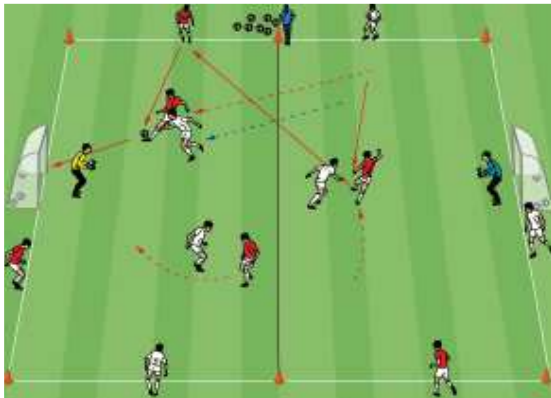
Description:

1. The game begins when the GK rolls the ball out to one of her/his players. The team must then interpass in an effort to create scoring opportunities. The opposing team must try and win the ball so that they can also attack and score. Normal rules of soccer with the exception that the ball must be "kicked-in" when the ball goes out over the touch line. Any balls that go out of play behind the goal are restarted by the goalkeeper rolling the ball to one of her/his players. **Emphasis** should be made of the importance of players using the additional player advantage to **create good supporting triangles around the ball**.
2. Switch the neutral player every 5-10 minutes.
3. **Progression:** For the last 5-10 minutes, the neutral player can only receive the ball in the defending half of the field in possession.

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Active for Life: GAG Activity

Technical/Tactical:	Passing & Receiving Combinations	15-20 minutes
<p>Organization:</p> <ul style="list-style-type: none"> • Use markers to set up a number of 35x20m areas as shown. • Two teams of six plus a GK. • Two goals • Soccer balls in each goal. • Play starts with GK. • 3v3 on the field with 3 supporting players from each team outside. 		<p>Coaching Points:</p> <ul style="list-style-type: none"> • Draw the defender by running at them with the ball. • Pass the ball and look to get it back behind the defender. • Disguise the pass (use outside of foot, open out and play back inside, etc) • Work in triangles with support players.
<p>Description:</p> <ol style="list-style-type: none"> 1. 3 v 3 game takes place for intervals of 2 minutes. Resting players are positioned as shown and act as support players for their teammates for additional passing opportunities or combinations. Support players are limited to no more than three touches. Field players have as many touches as they need to create scoring opportunities and are encouraged to try various passing options (wall passes, overlaps, third man runs) to do so. Every two minutes the infield players switch with those on the outside and the game resumes as before. All restarts are from the nearest GK – no throw-ins, corner kicks or kick-offs. 1 point for a goal scored directly. 2 points for a goal scored following a combination play. Keep a running score for the game. <p>Emphasis: On wall passes, overlaps and third man runs.</p>		


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WEEK 8 - SESSION 15

Active for Life: Warm Up

Warm-Up:	Windows Warm-Up	15-20 minutes
<p>Organization:</p> <ul style="list-style-type: none"> 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. 		<p>Points to Stress:</p> <ul style="list-style-type: none"> 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..
<p>Description:</p> <ol style="list-style-type: none"> 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. <ol style="list-style-type: none"> Control & pass back with inside of foot. Control with outside foot & pass back. Control with laces & pass back. Control with thigh & pass back. Control with chest & pass back. Control with foot, turn & pass to another server. Control with thigh, turn & pass to another server. Control with chest, turn & pass to another server. 		

Active for Life: GAG Intro-Game

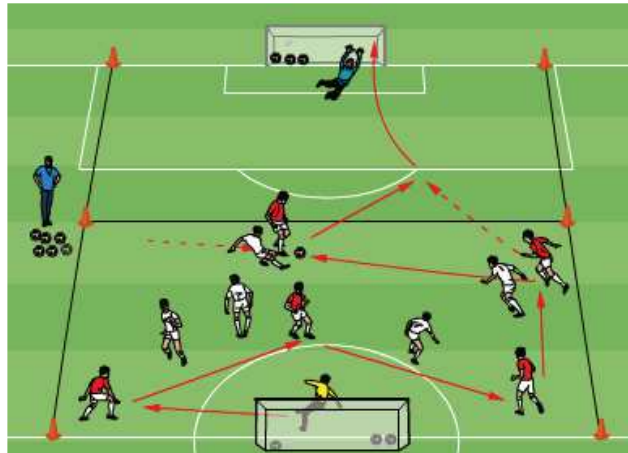
Small-Sided-Game:

6v6 Game – Passing & Support #2

20-30 minutes

Organization:

- Two teams of 6 including the GKs.
- Half field long x 40m wide.
- One goal at each end.
- Soccer balls in the goals and some with the coach.
- Play starts with the GK.



Coaching Points:

- Spread out wide & long.
- Open body position & see as much of the field as possible.
- Support in triangles
- Don't support too close to the ball. Remember: distance = time.
- Make sure you can be seen between players.
- Be composed & keep the ball moving.
- Pass should lead the through run.

Description:

1. The game begins with the Red goalkeeper rolling the ball to one of his/her teammates, who must pass the ball to his/her teammates so that they can complete 3 consecutive passes. Once this is achieved they must try to keep passing until they can send a 'through ball' to a team member breaking into the other half of the field. This player must then try and score in the opposing team's goal. If the opposing players win the ball in the meantime, or they gain possession because the ball goes out of play, then they too must make 3 consecutive passes before send a 'through ball' into the opponents half of the field. Once the 'through player' touches the ball all the players can enter that half of the field. The attacking players can finish any rebounds and the defenders can gain possession and repeat the process in the opposite direction. If a goal is scored or the goalkeeper makes a save the ball is given to the defending team to begin the process again. All players must remain in one half until the through ball is played. Defenders must stay in one half until the 'through player' touches the ball. There are no off-sides, no corner kicks and throw-ins are replaced by kick-ins.

Condition 1: All players are limited to 3 touches with the exception of the through player who is 'free' until the shot is taken.

Condition 2: All players can enter the the other half of the field as soon as the through ball is played.

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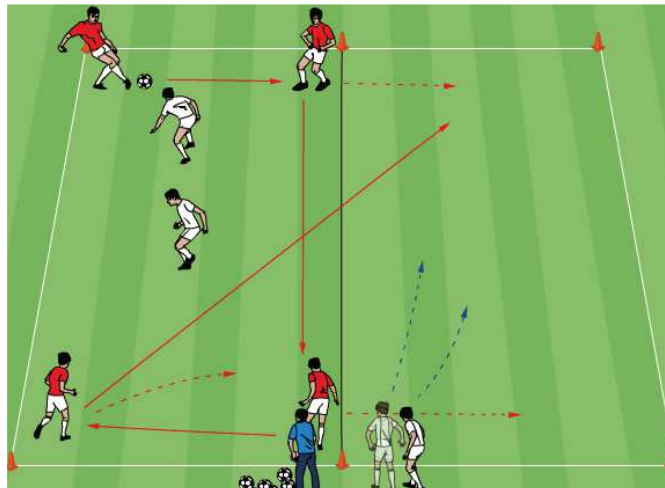
Technical/Tactical:

Passing & Support – Square to Square

20 minutes

Organization:

- Set-up area 30x15m as shown.
- Divide players into groups of four and position them as shown.
- One group in possession against two opponent in one 15x15m square.
- One square vacant to begin with.



Coaching Points:

- Accurate passes with good ball speed.
- Open your body to the play when receiving a pass.
- Support in triangles – wide and deep.
- Don't support too close to the ball. Remember: distance = time.

Description:

1. Two groups compete against one another as follows: Four red players v 2 white player in a one square, with two white players resting outside the square at the halfway line. The coach serves the ball to the red team and they must make at least three passes after which they can pass the ball into the next square for one of the group to run onto. If successful all four red players move into the next square and, again try to get at least three passes and play back into the original square. If the red team is successful the two defending white players steps out and two new defenders enter the next square attempting to win the ball. If the red team should pass the ball out of bounds, or the defender wins the ball, the coach serves the next ball into the other square to the white players and two of the reds become defenders, while the others rest outside the area. Every successful movement from one square to the next = 1 point. First team to 10 points is the winner.

Progression 1: Defenders must try and win the ball and pass it into the next square to the resting players and the whites then transition to retaining possession and the Reds become the defenders as before.

Progression 2: As above but 3v1 in one square, with fourth player in other square. Switch squares with a pass to the fourth player.

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WEEK 8 - SESSION 16

Active for Life: Warm Up

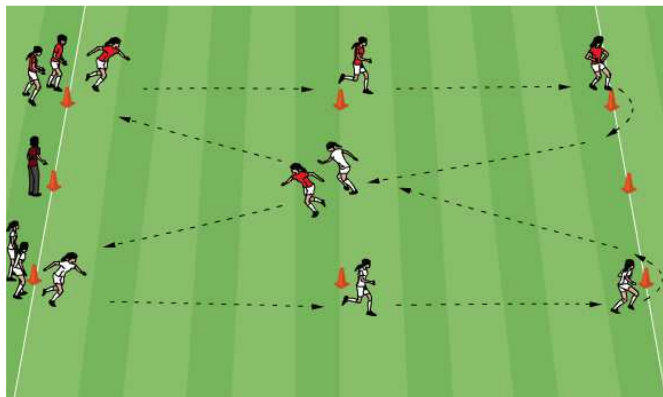
Warm-Up:

Dynamic Movement 2

15-20 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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Active for Life: GAG Intro-Game

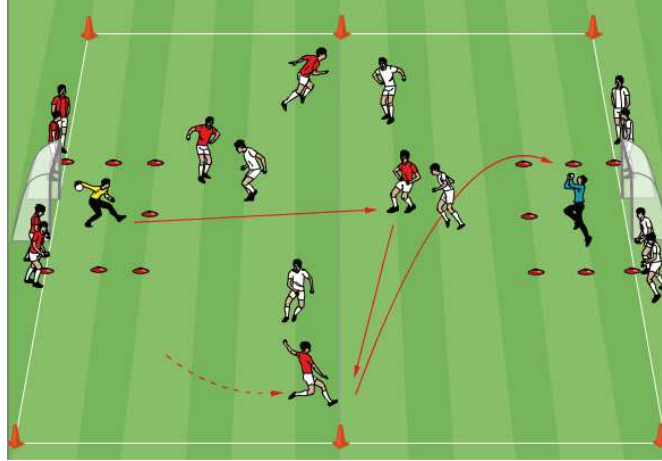
Small-Sided-Game:

8v8 Game – Man to Man Defending Theme.

20-30 minutes

Organization:

- Two teams of 8 including the GKs
- Teams are divided into two groups-one working and one resting.
- Resting groups to the side of their respective goals.
- Playing field of 40x30m.
- One goal at each end.
- Soccer balls in the goals.
- Play starts with the GK.



Coaching Points:

- Close down the player on the ball quickly-as the ball travels.
- Watch their first touch, if it's good slow down and jockey. If it's poor, then win the ball.
- Marking position=Goal side: Ball side.
- See the player you're marking and the ball.
- Tight marking near the ball; loose marking away from the ball.

Description:

1. The game begins when the GK rolls the ball out to one of the red players. The reds then inter-pass in an effort to create an opportunity to score by chipping the ball into the hands of the opposing Goalkeeper, inside the goal area. The white team must try and prevent the reds from scoring by closing down the attacking team quickly and winning the ball. They can then attack and score on the reds in the same manner. Normal rules of soccer with the exception that the ball must be "kicked-in" when the ball goes out over the touch line. Any balls that go out of play behind the goal are restarted by the goalkeeper rolling the ball to one of her/his players. After 2 minutes the groups switch and the process is continued. Keep a running score for both groups.
2. **Progression:** Goals are scored in the normal manner by putting the ball into the back of the net. Emphasis is still on closing down the player on the ball quickly and trying to win the ball back.

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Active for Life: GAG Activity

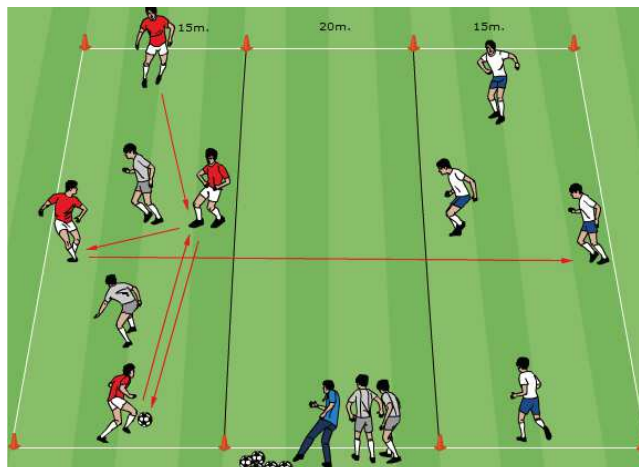
Technical/Tactical:

Three Zone Game

20 minutes

Organization:

- Set-up area 50x15m as shown.
- Divide players into three groups of four and position them as shown.
- 15x20m Central area is a “no go zone”.
- Play takes place in the end zones only.
- Teams must switch roles by going around coach.



Coaching Points:

- Accurate passes with good ball speed.
- Open your body to the play when receiving a pass.
- Support in triangles – wide and deep.
- Don't support too close to the ball. Remember: distance = time.
- Be composed for the long pass-eye on the ball and strike through the middle.

Description:

1. A team is placed in each end zone with one defending team positioned behind the coach. The play begins when the coach passes the ball into the red team in the end zone. Once the ball is touched by one of the red players, two grey defenders can enter the end zone and try and win the ball. The red team must play at least three consecutive passes and then pass the ball to the white team in the other end zone for 1 point, at which time the process is repeated by the white team while two new grey defenders try to win the ball. If a defending player knocks the ball out of the zone; or the ball is misplayed or in any other way leaves the zone; or the final pass misses the opposite end zone, then the team loses possession and switches places with the defending team. The Coach serves a new ball into the opposite end zone. When roles switch defenders cannot go into the other end zone without running around the coach. First team to 10 points is the winner. Repeat as necessary.
2. **Progression:** As above but the ball must not bounce in the “no go zone” or possession is lost and team switches with defenders.

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WEEK 9 - SESSION 17

Active for Life: Warm Up

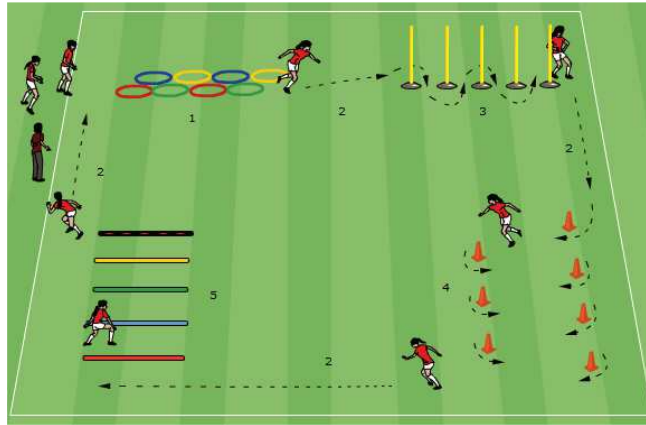
Warm-Up:

General Movement

15-20 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 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.

Progression: Do the course in the reverse direction

Active for Life: GAG Intro-Game

Small-Sided-Game:

8v8 Game – Man to Man Defending Theme

20-30 minutes

Organization:

- Two teams of 8 including the GKs
- Playing field of 70x44m.
- One goal at each end.
- Soccer balls in the goals and with coach.
- Play starts with the GK.



Coaching Points:

- Marking position=Goal side: Ball side.
- See the player you're marking and the ball.
- Tight marking near the ball; loose marking away from the ball.
- Track (follow) your player when he/she makes a run.

Description:

1. The game begins when the GK rolls the ball out to one of the white players. The whites then inter-pass in an effort to create scoring opportunities. The red team must try and win the ball so that they can attack and score on the whites in the same manner. Both teams must play Man-to-Man when defending. Normal rules of soccer with the exception that the ball must be "kicked-in" when the ball goes out over the touch line. Any balls that go out of play behind the goal are restarted by the goalkeeper rolling the ball to one of her/his players. Defenders can score a point for their team if they force the ball out of play with a good challenge (3 points =1 goal).
2. **Progression:** How can you mark your player and still help a teammate marking a player with the ball?

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Active for Life: GAG Activity

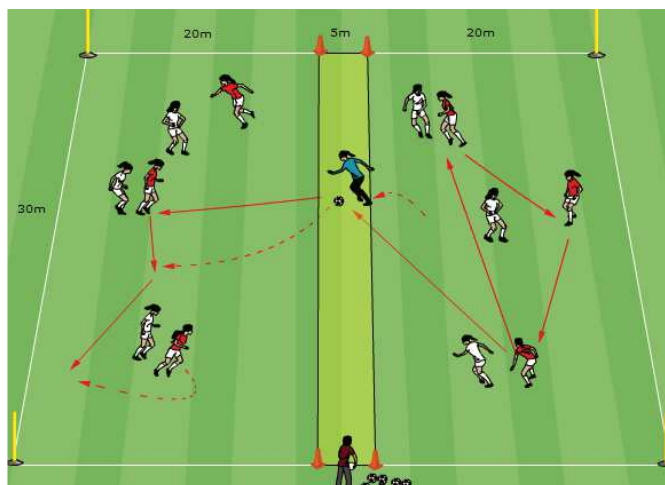
Technical/Tactical:

Passing & Support

15-20 minutes

Organization:

- Two teams of 6 - 3 defender against 3 attackers in each half of the field. One neutral player.
- Playing area is 45m x 30m with a 5m central channel as shown.
- A team scores by running the ball across the end line.
- Play begins with coach.



Coaching Points:

- Find space and try to face the goal as you receive the ball.
- Be prepared to move to the ball.
- Create passing triangles with your teammates..
- Choose your technique.
- Be composed on the ball.
- Pass the ball and move into a new position..

Description:

1. Coach serves a ball into the red defenders who, along with the neutral player, must try to make three consecutive passes before passing to the neutral player as she moves into the central channel. Once there she cannot be challenged and can compose herself before playing into the Red forwards and helping them to score by running the ball over the end line. The ball must be under control in order for the goal to count. The members of the other team must try and prevent the reds from scoring and, if possible, win the ball and build the play in a similar fashion and attempt to score themselves. Play continues until a goal is scored or the ball goes out of play at which time the coach serves a ball into the opposing team's defenders and play resumes. The neutral player may roam anywhere but in order to move the ball from defenders into the forwards of a team she must first receive a pass as she enters the middle channel. This is an opportunity for the neutral player to regain control and composure before beginning to attack the opposing defence. If the defending team should win possession then the play continues in the opposite direction. The neutral player is always on the side of the team in possession.

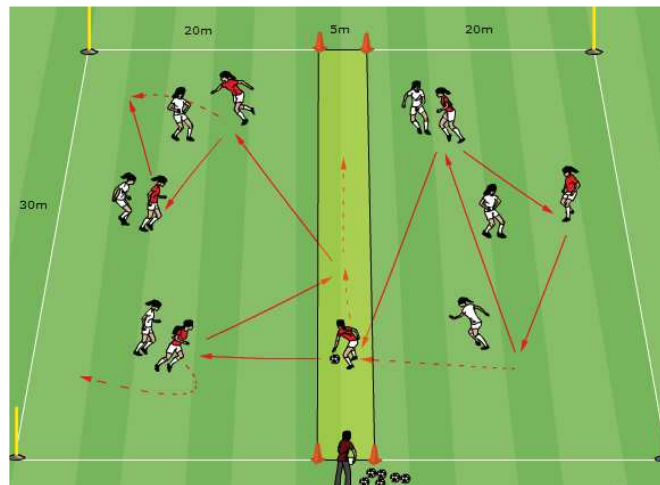
Emphasis: Be composed and efficient. Receive the ball facing the goal whenever possible. Create passing triangles with your teammates.

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Technical/Tactical:**Passing & Support #3b****15-20 minutes****Organization:**

- Two teams of 6 - 3 defender against 3 attackers in each half of the field.
- Playing area is 45m x 30m with a 5m central channel as shown.
- A team scores by running the ball across the end line.
- Play begins with coach.

**Coaching Points:**

- Find space and try to face the goal as you receive the ball.
- Be prepared to move to the ball.
- Create passing triangles with your teammates..
- Choose your technique.
- Be composed on the ball. Don't force things.
- Pass the ball and move into a new position..

Description:

1. Coach serves a ball into the red defenders who must try make three passes before passing to one of the defenders as she moves into the central channel. Once there she composes herself before playing into the Red forwards and helping them to score but this time she can only support the forwards from inside the central channel and play probing passes and be used as an outlet if forwards cannot get turned. A before a goal is scored by running the ball across the end line and the ball must be under control in order for the goal to count. The members of the other team must try and prevent the reds from scoring and, if possible, win the ball and build the play in a similar fashion and attempt to score themselves. Play continues until a goal is scored or the ball goes out of play at which time the coach serves a ball into the opposing team's defenders and play resumes. If the defending team should win possession then the play continues in the opposite direction. Should possession be lost when a player is in the central channel, she must drop back into her half and defend. Only one player is allowed in the central channel at any one time.

Progression 1: Player in the central channel is limited to three touches only before passing.

Progression 2: Player may move from central channel into attacking half but may be challenged when outside the channel. She may also drop back into the channel to avoid being challenged.

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WEEK 9 - SESSION 18

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DAY

