

## Relays



## RULES

- Players into teams
- On coach command players dribble round cones
- Once first player in line has gone the next player goes
- Change dynamics of activity

## POINTS

- Keep ball close
- Focus on the skill
- Encourage team mates

## 1v1



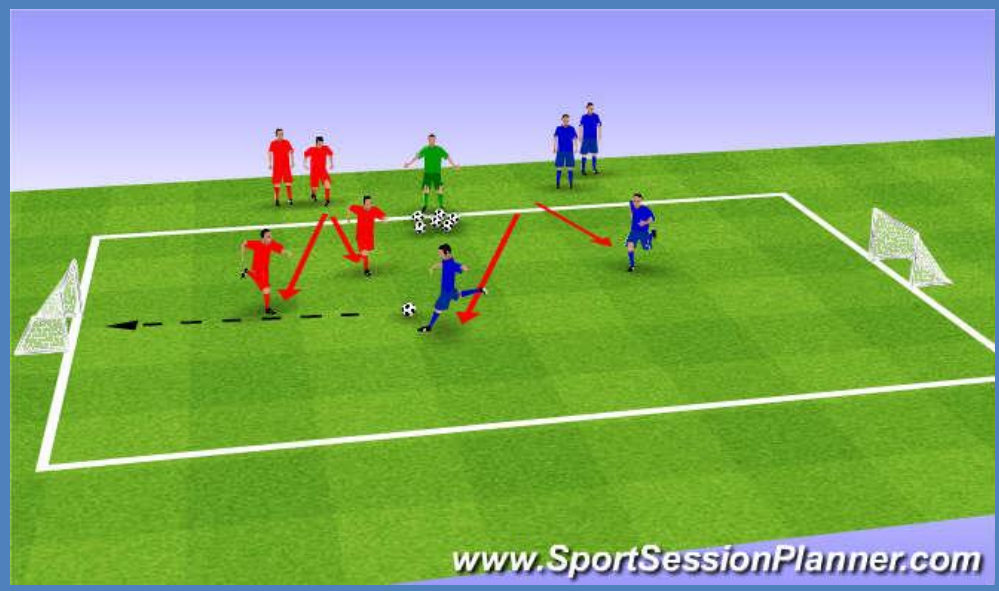
## RULES

- 2 teams at the side of the coach
- Coach plays ball onto field and 1 player from each team attacks their opponents goal

## POINTS

- Be ready
- Try and be first to the ball
- Emphasize change of speed
- Quick shots

# 2v2



## RULES

- All As above but now 2v2

## POINTS

- Be ready
- Try and be first to the ball
- Emphasize change of speed
- Quick shots
- Use team mates if they are in open spaces

# GAME



## RULES

- 4v4 with no goalkeepers

## POINTS

- Keep head up
- Look for open spaces
- Dribbling into open spaces toward the opponents goal
- If a team mate is open look to make a pass
- Take early shots