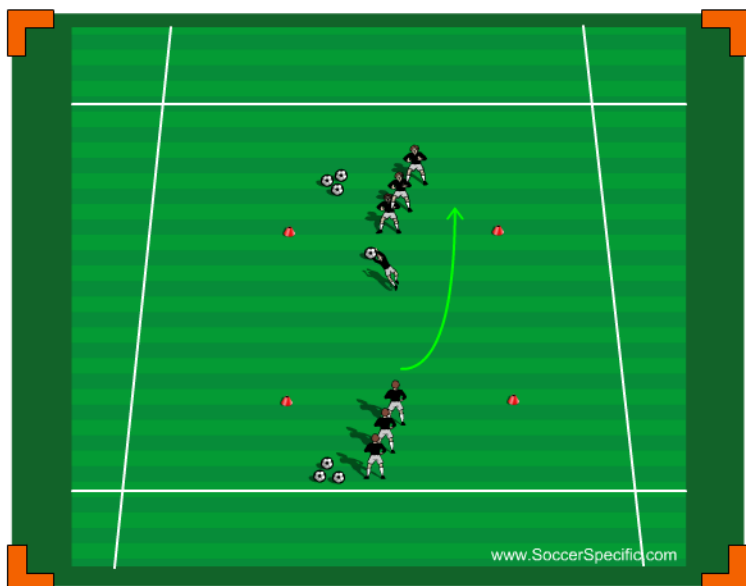


### ACTIVITY #1

**Set up:** SELF DIRECTED WARM-UP technical progression box, 8X10 yards. 7 Goalkeepers. 8-10 minutes or until warm.

**Instructions:** Two touch passing, one touch, low, medium, face, high balls, collapse dives. Follow your service to the end of the line.

**Coaching Points:** All technical aspects regarding handling/shot stopping and short range distribution.

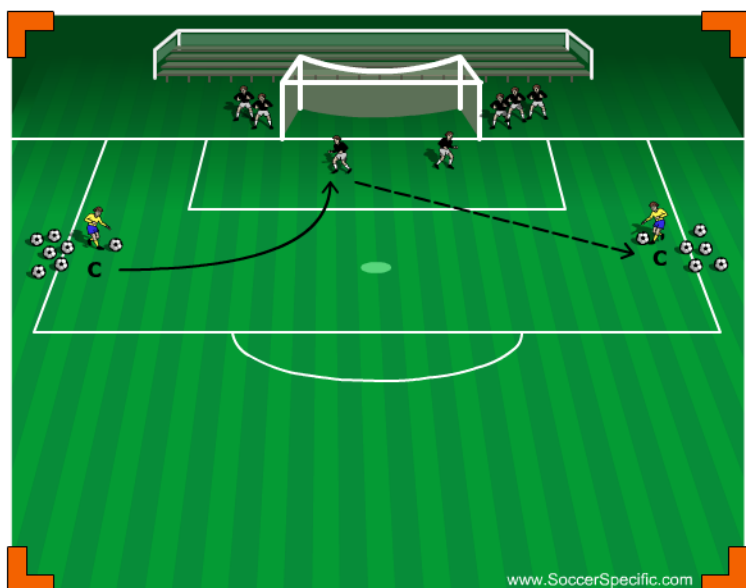


### ACTIVITY #2

**Set up:** INDIVIDUAL TECHNICAL FUNCTIONAL NO PRESSURE Two GKs working simultaneously, two servers with plenty of balls inside the penalty area. 7 Goalkeepers 10 minutes.

**Instructions:** Servers hit inswingers/outswingers and all variations of service. GK makes the save and rolls the ball to the opposite side server.

**Coaching Points:** Technique, starting position, recognize timing of service, recognize type of service, loud and early communication, distro short range to the opposite side.



### ACTIVITY #3

**Set up:** INDIVIDUAL TECHNICAL FUNCTIONAL WITH PRESSURE Two servers from the flank, two shooters at the top of the box, two players at the corner of the penalty area, one faux attacker in the 6, one GK working and one on deck. 7 Goalkeepers 20 minutes.

**Instructions:** Deal with a shot, backpass, and cross sequence. The GK that is working must handle the shot cleanly and distribute back, deal with the back pass with a properly weighted ball, make the save on the cross and distribute to the other side of the field.

**Coaching Points:** Adjusting starting position depending where the service is coming from, dealing with traffic (1 attacker) in the box, deal with back pass/act as a support player outlet, proper throwing technique with medium range distribution.



#### ACTIVITY #4

**Set up:** EXPANDED FUNCTIONAL TRAINING Divide the field in half vertically, set up two counter goals even with the bottom of the circle. One coach serves from the bottom of the circle and the other coaches from the side of the goal. Four defenders (2 each half), 6 attackers (three each half). 20 minutes.

**Instructions:** The coach plays a ball into any of the three attackers and they try and combine to get in behind and provide service to shot on goal. One player serves the ball and the other two crash the box. If the GK gains possession she can either build out of the back or throw long into either of the counter goals. Normal soccer rules apply, alternate reps from the left and right side of the fields.

**Coaching Points:** GK organization of pressure on the ball, organization of the CDEF and R/L DEF, specific terminology of communication, distro long range to small goals.



#### ACTIVITY #5

**Set up:** 6v6 GAME Add two CM's to the red team, set up the red team in a 4-2 formation and the green team in a 2-1-3 formation. 10-12 minute game.

**Instructions:** 6v6 game to one big goal and two counter goals, otherwise normal soccer rules apply. Add a stipulation only if needed, for example; must play the ball wide to score or must build through the GK.

**Coaching Points:** All previous coaching points.

