

ACTIVITY HINTS: WHAT DO ACTIVITIES TEACH?

- X v X v X: Transition
 - 1 v 1: Individual attacking (7/10)/defending
 - 2 v 1: Support/ begin combination play
 - 3 v 2: Support and depth OR width/combination play
 - 4 v 2 or 3: Support/ depth AND width/combination play
 - 3 v 2 – 2 v 1: Transition with numbers up/counter attack
 - 5 v 2 or 6 v 3: restrictions = mental aspects and body position
 - X v X + 1: possession/line soccer/to goals/team attacking and defending principles/ working with the play maker/center back
 - **Pattern Play:** team attacking and defending/tactics
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THE 2 MINUTE DRILL

...AT THE BEGINNING OF EACH ACTIVITY

- Establish contact: call players together; look in eyes; establish rapport
- Explain the activity and why you are doing it: we are doing this..
- Step off the field and watch for two minutes:
 - Check the organization: Do players get it? Too hard? Objective?
 - Check the understanding of the team: Confused? Are they doing what I told them?
 - Check the activity in relation to ability level: Is it too hard? Tim? Space?
 - What is the attitude of the players? Having fun? Challenged? Negative
 - Is the activity doing what you want it to do? Is it missing the mark?
 - Should I change it? Or, let it go?
- Enter the field: say stop or freeze
- Make the necessary corrections: explain the changes and why; find a player or two to demonstrate
- Exit the field: it is recommended that you stay off the field during an activity. We want to pass the responsibility to the players. If the coach is on the field talking constantly, the players will begin to rely on the coaches instructions.

