

Technical Activities for U14s, U16s & U18s

Theme	Kicking Set 1	Kicking Set 2	Handpassing	Tackling	Catching & 1st Touch	Solo & Bounce	Pick-Up
Skill (Random)	Kicking I Bilateral	Kicking II Bilateral	Handpassing Bilateral	Tackling Bilateral	Catching Bilateral	Solo & Bounce Bilateral	Pick-Up Bilateral
Skill (Blocked)	Kicking Circle	4 Player 2 Ball Kicking	Handpassing Circle	2 v 1 Tackling	Kick - Move - Catch	Solo Box Game	Chip Lift Circle
	On the Loop Scoring	Angled Scoring	Pass & Move Line	1 v 1 - 2 Ball Tackling	Kick - Turn - Attack	Dummy Solo/Bounce Score	Pick-Up & Shoot
	Kicking Mechanics	Catapult Passing	Piggy in the Middle	Tackle Alley	High Fielding Work	Sharp Solos & Kick Pass	Kick - Pick-Up - Move
	Off The Shoulder	Pressure the Pass	Pressure Cooker	Attack & Defend	High Catch & Pass	2 Ball Solo Keep Ball	Grid Swap Game
	3 and 1 Shooting	Eye in Shooting	Transition Squares	Tackle and Score	Quick Hands-Transition	1 v 1 Solo x 2	1st Touch Pick-Up
	In and Out Shooting	Keep him Outside	Pass & Move Square	1v1 into 3v3	Break Out Game	Ball Control Activities	Pick-Up and Score
Small Sided Game	Long Pass Short Pass Game	Switch the Play Game	Diagonals Game	Delay the Touchdown Game	10/7/5 Seconds Game	4 Goals Game	Grubber Game
	Switch the Play Game	Netball Game	Possession is Vital Game	Win It/Lose It Game	Wall Pass Game	Gates Game	Netball Pick-Up Game
	Retain To Score Game	7v7 Kick Pass Only Game	Man on Man Game	Six of the Best Game	Fast Transition Game	3 Goal Game	Six of the Best Pick-Ups Game