

### ACTIVITY #1

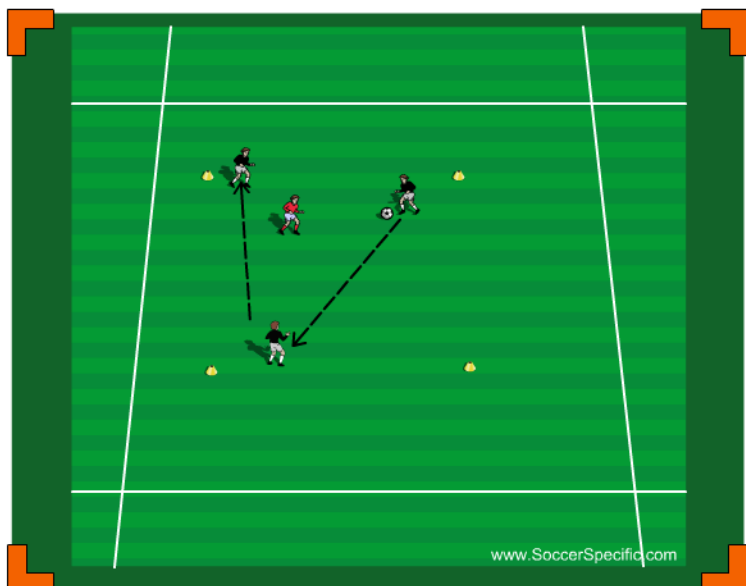
**Set up:** Open area - Every player with a ball

**Instructions:** Players dribble around with a ball and must execute a move based on what the coach says:

- 1) Sole Turn, 2) Inside Turn, 3) Outside Turn, 4) Cruyff turn, 5) Stepover, 6) Stepover turn, 7) Matthews Move, 8) Double Stepover, 9) Roll Over with sole, 10) Roll over with Matthews

**Coaching Points:** - Keep ball close

- Accelerate after move
- Quality of movement



### ACTIVITY #2

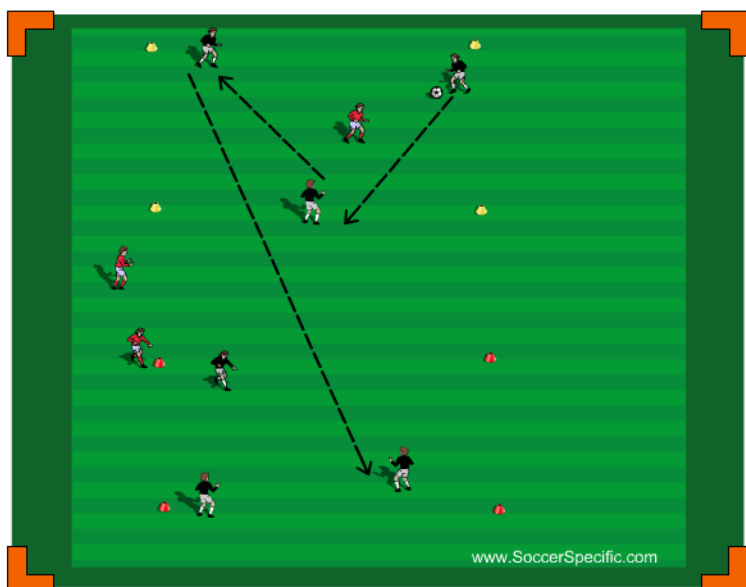
**Set up:** 10 x 10 area, 3 v 1

**Instructions:** 3 players attempt to keep the ball away from the 1 defender. If defender wins the ball they must dribble out of the grid for a point. switch roles after 30 seconds.

Progression: 1) 5 passes = 1 point - 30 second games see who has the most points after each round, 2) 2 touch limit

**Coaching Points:**

- Pass with a message (away from pressure, pace)
- Guile ( look off where pass will go)



### ACTIVITY #3

**Set up:** 10 x 10 area, 5 yard zone and 10 x 10 area , 3 attackers in each grid with 3 defenders.

**Instructions:** 3 players attempt to keep the ball away from the 1 defender who may not enter the grid until attacker takes 1st touch. If defender wins the ball they must pass the ball to a teammate outside of the grid. Change teams after 1 minute.

Progressions: 1) Most points after each round wins, 2) Defender may enter as ball enters, 3) 1 player may defend passes through middle zone, 4) Defenders may stay in zones and defend

**Coaching Points:**

- Quick decisions
- Penetrate when you can

**ACTIVITY #4**

**Set up:** 30 x 25, 3 v 3

**Instructions:** Regular Game

Progression: Regular 4 v 4 game

**Coaching Points:** - Same as before

