

ACTIVITY #1

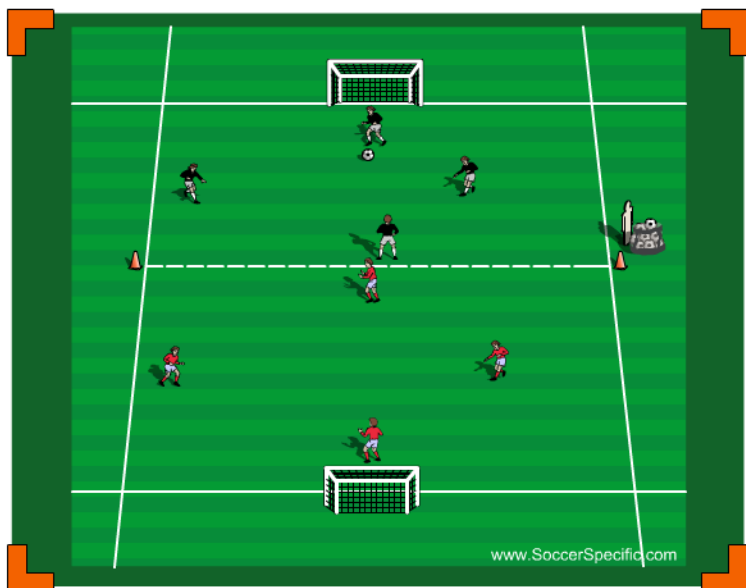
Set up: Open area - Every player with a ball

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



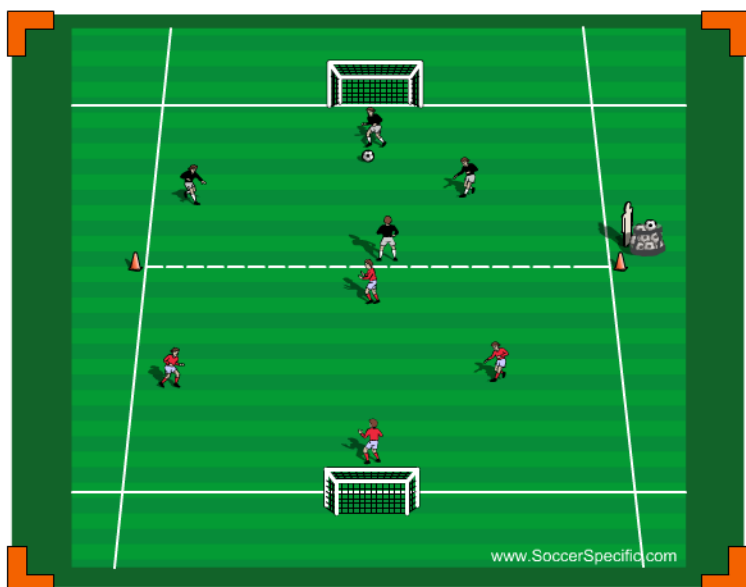
ACTIVITY #2

Set up: 30 x 30 area, 4 v 4 - 'King Louie'

Instructions: Coach serves ball in and players attempt to score but are restricted to own half, play continues until a goal is scored or the ball goes out of play

Coaching Points:

- Ankle locked
- Hips towards target



ACTIVITY #3

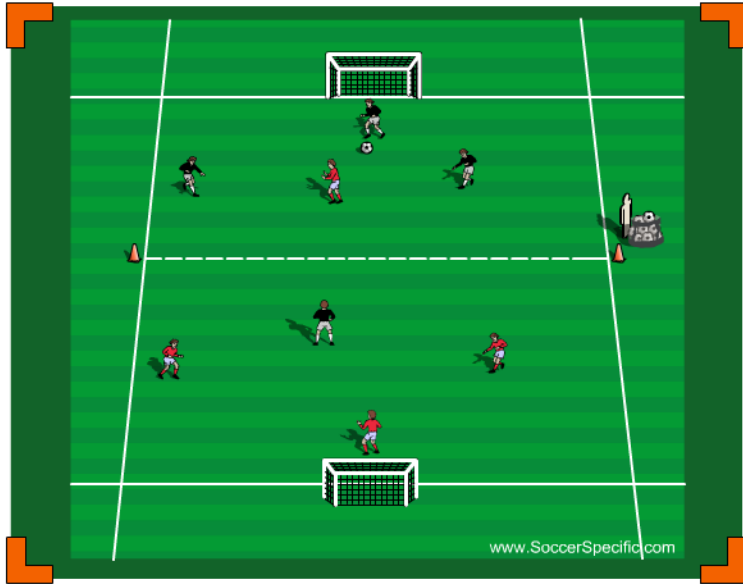
Set up: 30 x 30 area, 4 v 4 - 'King Louie'

Instructions: Coach serves ball in and players attempt to score but are restricted to own half, play continues until a goal is scored or the ball goes out of play.

Progression: 1) Add gk, 2) Add multiple balls

Coaching Points:

- Weight over the ball
- Low follow through



ACTIVITY #4

Set up: 30 x 30 area, 4 v 4 - 'King Louie'

Instructions: Coach serves ball in and players attempt to score but are restricted to own half, play continues until a goal is scored or the ball goes out of play.

Progression: 1) Add gk, 2) Add multiple balls, 3) Add an opposing player in each half, 4) Regular game

Coaching Points:

- Touch away from pressure
- Quick decisions