



### ACTIVITY #1

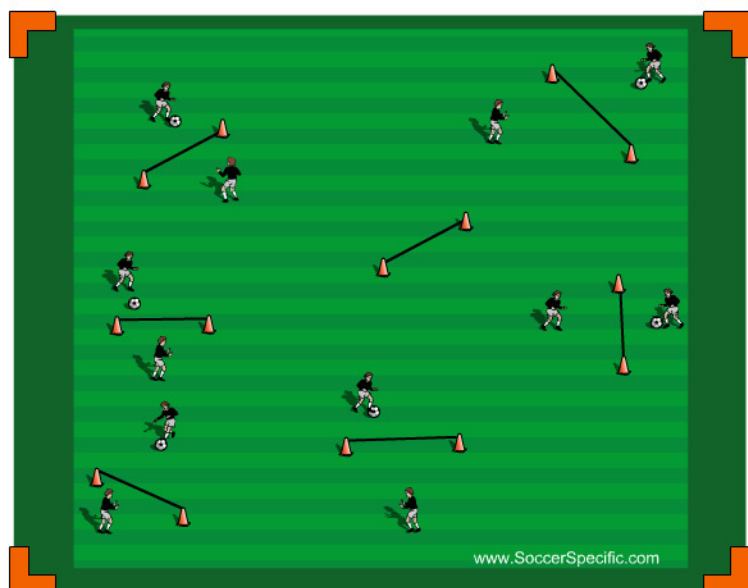
**Set up:** Open area - Every player with a ball

**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

**Coaching Points:** - Keep ball close

- Accelerate after move
- Quality of movement



### ACTIVITY #2

**Set up:** 30 x 40 area. 3 yard gates randomly spread around grid. 1 more set of gates than players

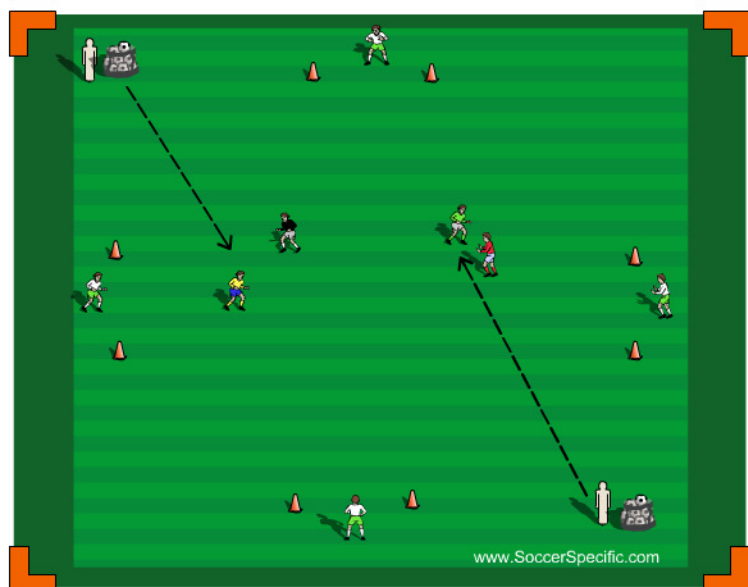
**Instructions:** Players in pairs move around grid and pass ball through gate to teammate. Passes are 5 yards or less.

**Progression:** 1) first pair to 6 points wins, 2) Cannot go to a gate another pair is in, 3) First one to complete all the gates wins, 4) Same with 10+ yard passes

**Progressions:** 1) 1st player to complete all gates wins, 2) Cannot go to a gate someone else is in, 3) player must go through gate and around for a point, 4) Add defender, 30 second game then change roles

**Coaching Points:**

- Non kicking foot beside ball
- Hips aimed towards target
- Low follow through



### ACTIVITY #3

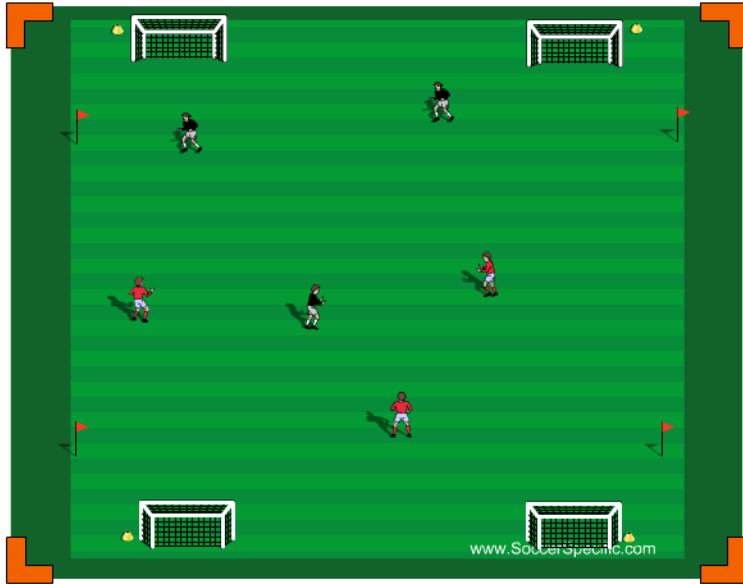
**Set up:** 15 x 20 area with one server at each end. 4 targets stand in 4 goals spread around outside of grid

**Instructions:** Players play for 30 seconds. Server plays ball into attacker who must find a pass to one of the 4 targets for a point, after ball is passed another ball is served. If defender wins ball they play to server for a point.

**Progressions:** 1) 4 Points timed game, 2) Play to all four targets, 3) 2 touches

**Coaching Points:**

- Quick decisions
- Balance
- Mobility



**ACTIVITY #4**

**Set up:** 30 x 25, 3 v 3 to 4 small goals

**Instructions:** Teams play 3 v 3 to 2 small goals. Players score by passing ball into goal. Players may score from anywhere.

**Progression:** Regular 4 v 4 game

**Coaching Points:** - Same as before