

ACTIVITY #1

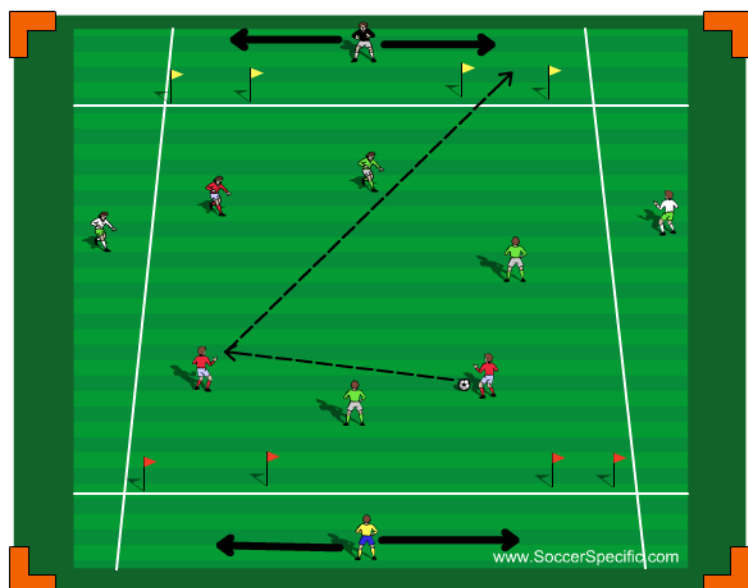
Set up: Open area - Every player with a ball

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

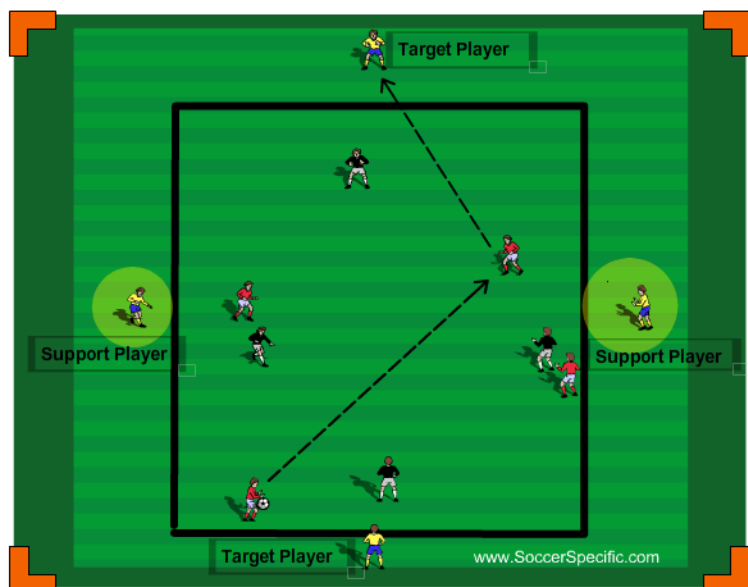
Set up: 3 v 3 inside grid with support players on the outside, Two gk act as end target players
30 x 40

Instructions: Players score by passing ball through gates to end target player who must show in goal for a point to be scored.

Progressions:

- 1) Removal of support players
- 2) 4 v 4 inside
- 3) Touch limit

Coaching Points: Quick play
Width and depth



ACTIVITY #3

Set up: 30 x 40, 4 v 4 inside the grid with two targets on the end and 2 support players on the side

Instructions: Players score by passing the ball to the end target player and ball is played to opposite team. Teams may use support players on outside to maintain possession.

Progressions:

- 1) Ball is played back to team who scored
- 2) Outside players with 1 touch
- 3) Add goals and remove target players
- 4) Remove support players
- 5) Play open SSG to end

Coaching Points: Head up play to the safest deepest player
Support (angle and distance)
Quick decisions

ACTIVITY #4

Set up: 30 x 25, 3 v 3

Instructions: Regular Game

Progression: Regular 4 v 4 game

Coaching Points: - Same as before

