

### ACTIVITY #1

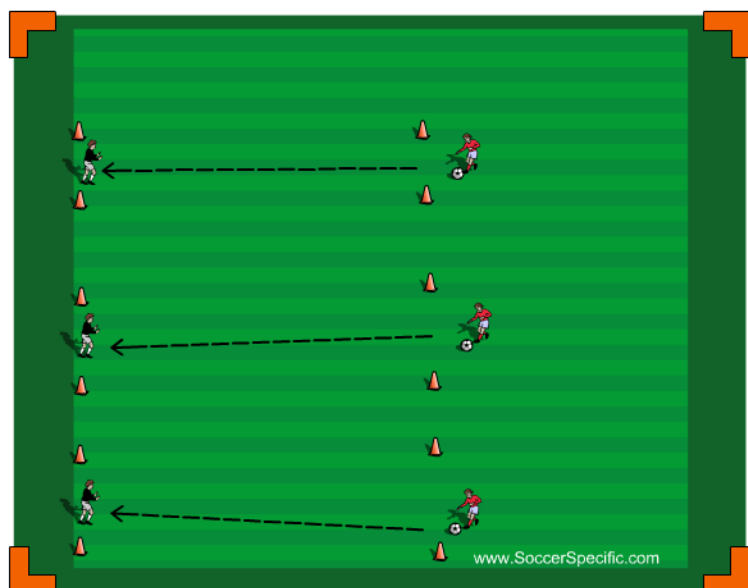
**Set up:** Open area - Every player with a ball

**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:** Players in pairs 10 yards apart

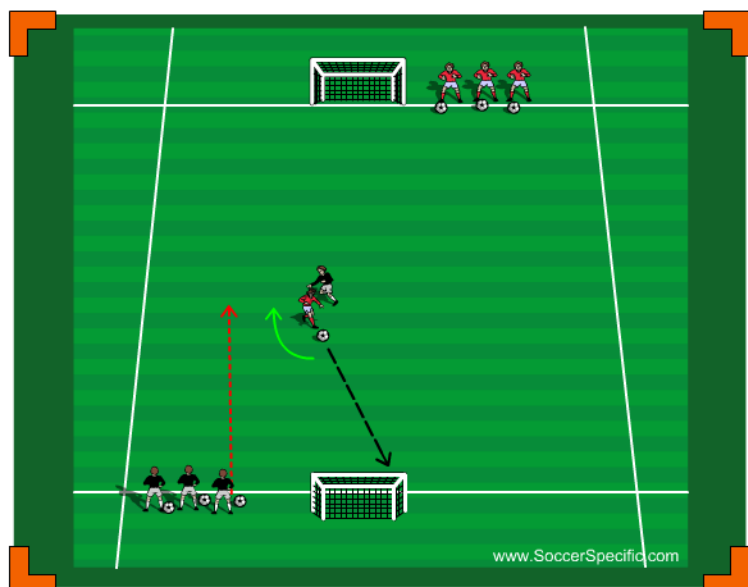
**Instructions:** Players play ball back and forth to each other through cones.

Variation: 1) Players shoot ball to each other on ground.

Progression: 1) First player to 10 wins, 2) Must be with laces, 3) 10 points 5 each leg

**Coaching Points:**

- Ankle locked
- Non kicking foot forward of the ball
- Low follow through



### ACTIVITY #3

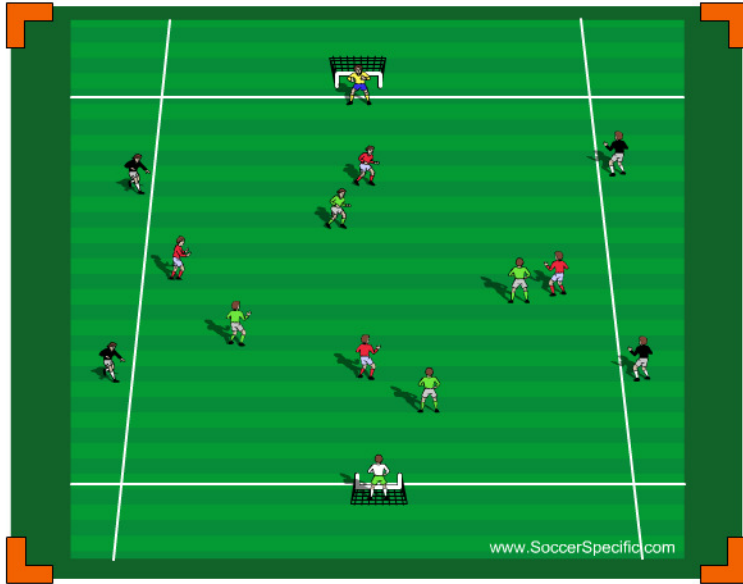
**Set up:** 20 x 40 two groups of players

**Instructions:** Players look to score on goal. Once they have shot the player from the opposite team may take a touch and shoot.

Progression: 1) When a player has shot they may then defend, 2) Add goalkeepers

**Coaching Points:**

- Touch away from pressure
- Aim for the far post
- Accuracy before power
- Touch across the path of the defender



#### ACTIVITY #4

**Set up:** 30 x 40 Finishing

**Instructions:** 4 v 4 with goalkeepers. Teams may use outside players as support however after a pass is made outside they must then shoot

**Coaching Points:**  
Same as before