



ACTIVITY #1

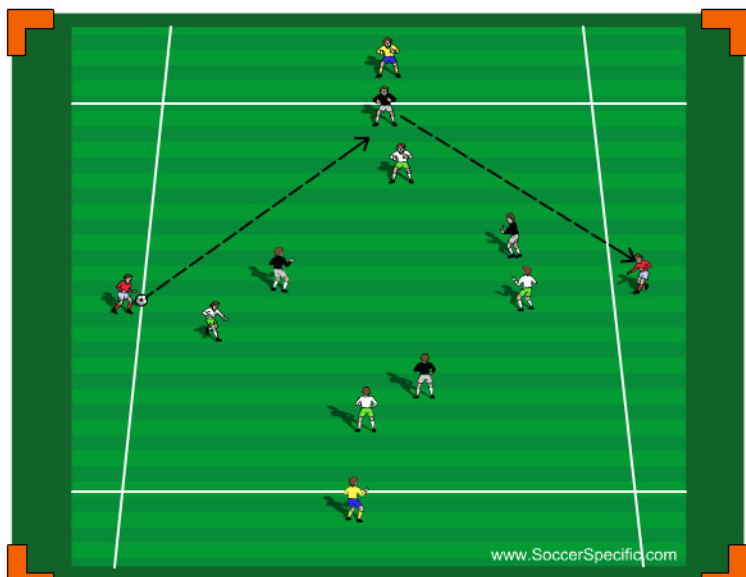
Set up: Open area - Every player with a ball

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 20 area

Instructions: 4 v 4 to target players with support.. Players score by playing ball into target player for a point.

Progression: 1) Team that scores keeps the ball, 2) Target player gets 1 touch, 3) Support players may change position with inside players.

Coaching Points:

- Touch away from pressure
- Head on a swivel
- Receive and accelerate away from danger



ACTIVITY #3

Set up: 30 x 25, 3 v 3

Instructions: Regular Game

Progression: Regular 4 v 4 game

Coaching Points: - Same as before