



### ACTIVITY #1

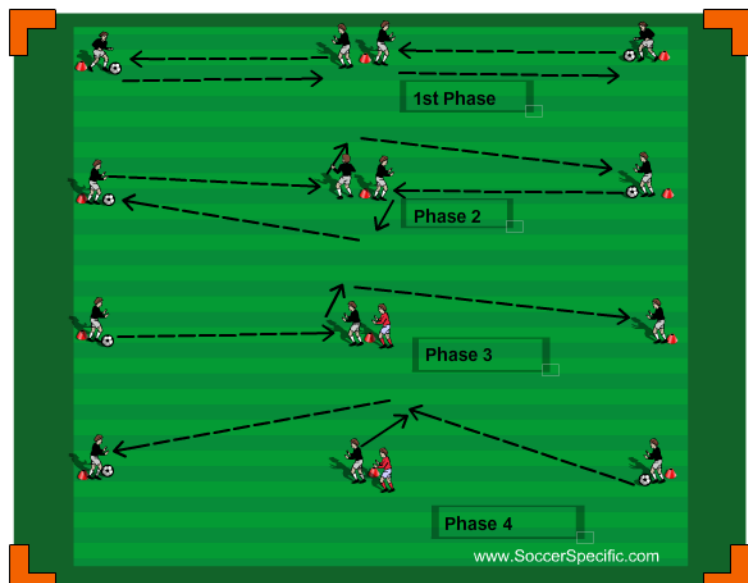
**Set up:** Open area - Every player with a ball

**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) Stepmover, 6) Stepmover turn, 7) Matthews Move, 8) Double Stepmover

**Coaching Points:** - Keep ball close

- Accelerate after move
- Quality of movement



### ACTIVITY #2

**Set up:** 3 cones 12 yards apart

**Instructions:** 1st Phase, Players pass a ball to a teammate and pass back, no restrictions:

Progressions: 1) Players play 2 touch,

2nd Phase - Players receive ball and then touch away and play across to opposite side

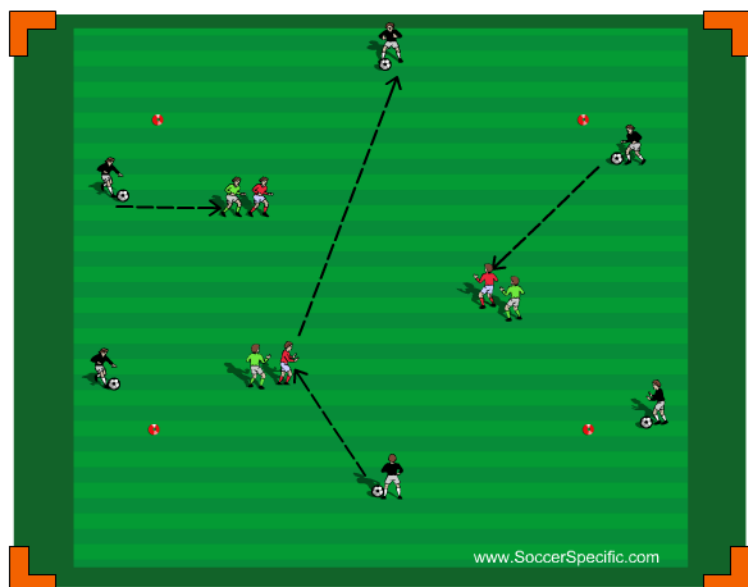
Progression: 1) Player must check away from space before receiving ball

Phase 3 - Player is now defended and must try to get ball to opposite side, defender starts goal side and may not intercept pass to start, switch roles after 30 seconds

Phase 4, player may receive from either side and then play to opposite end

**Coaching Points:**

- On balls of their feet
- Get in line with the ball
- Touch away from body and pressure



### ACTIVITY #3

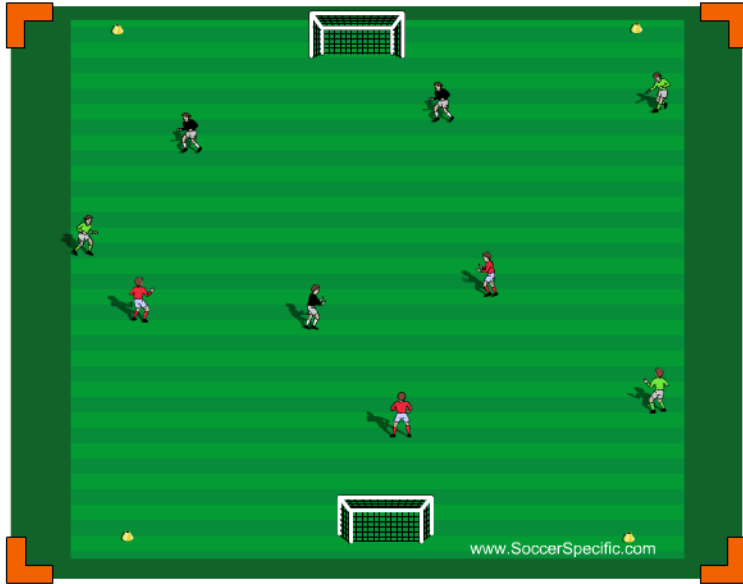
**Set up:** 20 x 30 area, 3 pairs of players inside, 6 players spread around grid on the outside with a ball

**Instructions:** Players outside play a ball to the attacker who must then play to another player, players must take a minimum of 2 touches. Game last for 30 seconds and then switch roles

Progressions: 1) First player to score 4 points wins, 2) First player to score on all 6 targets wins

**Coaching Points:**

- Lock ankle when receiving
- Downwards motion with foot absorbing the pace of it



**ACTIVITY #4**

**Set up:** 30 x 25, 3 v 3 with support players outside

**Instructions:** Points are awarded for a goal or 5 passes in a row without losing possession

**Progression:** Regular 4 v 4 game

**Coaching Points:** - Same as before