

ACTIVITY #1

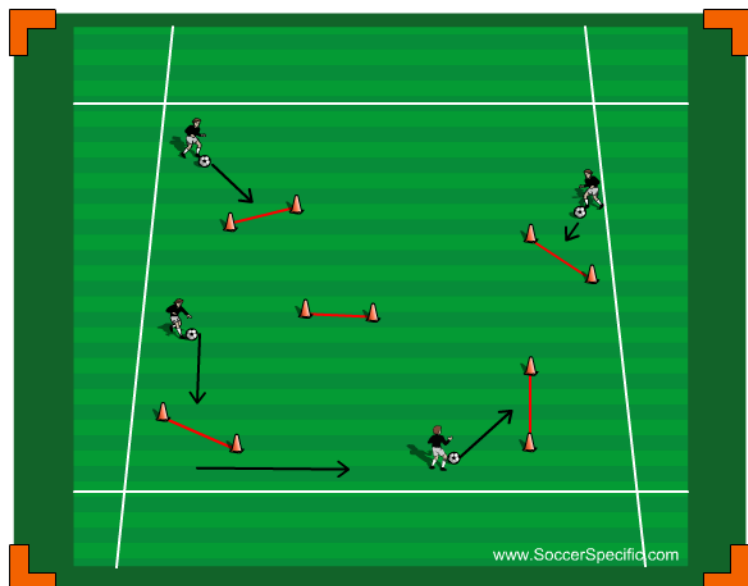
Set up: Cones are set up 10 yards from centre cone. Every player with a ball and facing a partner

Instructions: Players begin in front of cone and dribble at each other to centre cone and just before reaching each other go back to original spot.

Progressions: 1) Use weaker foot, 2) Start behind cone, 3) Step in front of ball just before reaching partner and dribble back to start, 4) Go past partner by stepping past ball with left foot and touching ball past partner with right, 5) Same use opposite foot, 6) Back up players so they travel with more pace

Coaching Points:

- Head up
- Communicate
- Execute move with space away from defender
- Dribble at defender



ACTIVITY #2

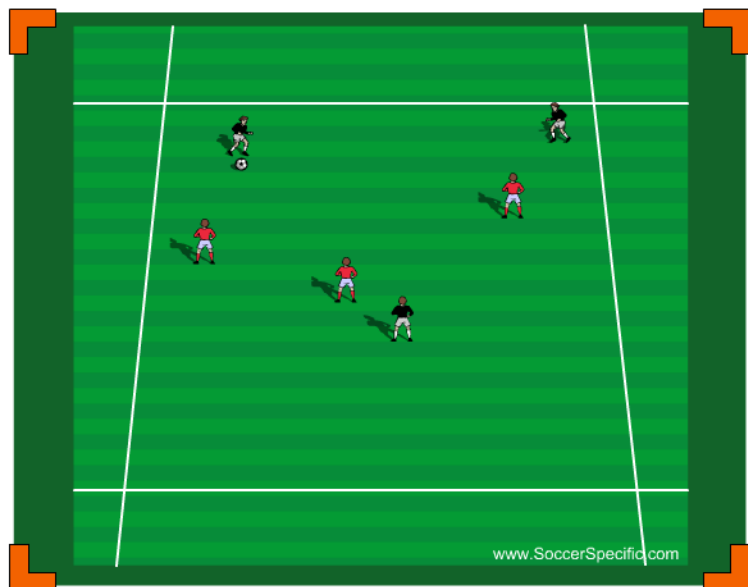
Set up: 20 x 30 grid, gates are created by placing cones 2 yards apart and randomly around grid. Ensure there is more gates than players

Instructions: Players dribble ball around the grid and through the gates. Must not go to the same gate twice in a row.

Progressions: 1) First player to 4 points (1 point for each gate) 2) First player to go through all gates (If a player approaches a gate where another player is they must go and find another gate) 3) Go around each gate and enter from behind. 4) Quickest time to achieve all goals, 5) Team event

Coaching Points:

- Keep ball close
- Every step is a touch of the ball
- Accelerate after going through gate
- Use all surfaces of your feet



ACTIVITY #3

Set up: 20 x 30 grid

Instructions: 3 v 3 game of line soccer. Players score by dribbling the ball over the end line under control and stopping it for a point. Teams may make no more than 3 passes then they must take on a defender

Progressions: 1) Team that scores keeps possession and attacks opposite end

Coaching Points:

- Change direction
- Change pace