



ACTIVITY #1

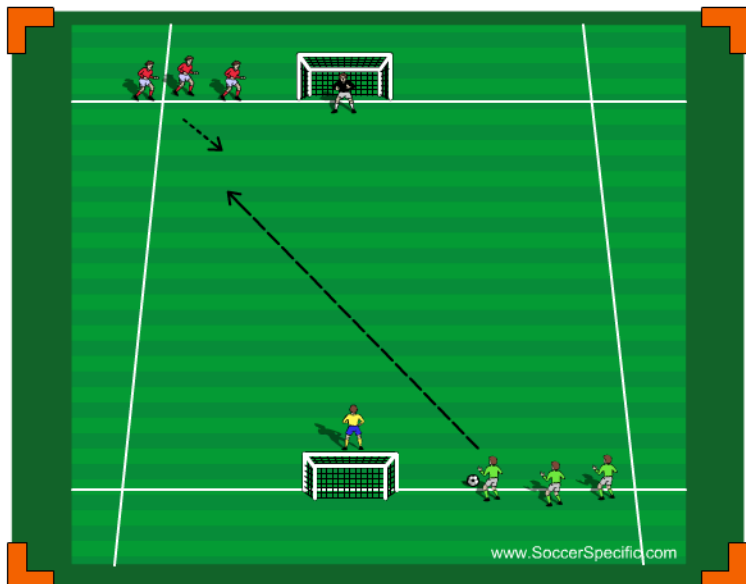
Set up: Open area - Every player with a ball

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. Two even sided teams with goalkeepers

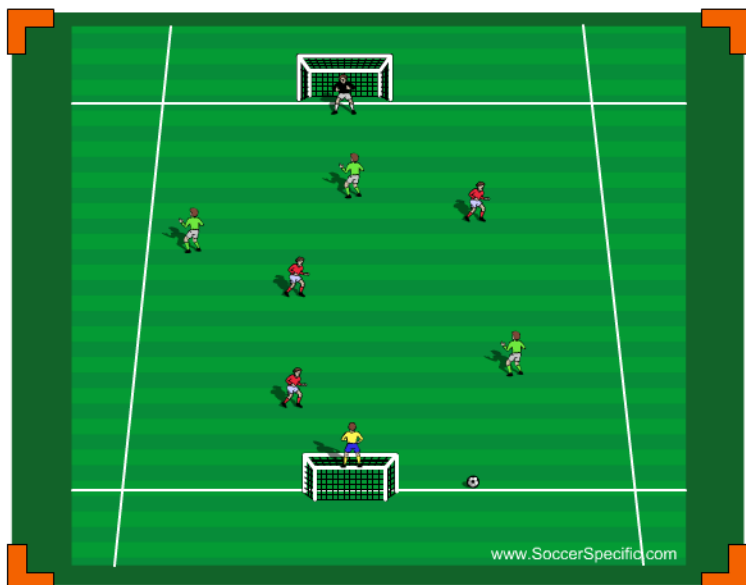
Instructions: Team plays ball across and players play 1 v 1. Play continues until a goal is scored or the ball goes out. If defender wins ball he becomes attacker

Progressions:

- 1) If defender wins ball then a teammate comes out to support and they play 2v1, this sequence may continue until ball goes out or a goal is scored
- 2) Ball is played and begins 1v2 and at any time attacker may turn back and play to teammate who may join to play 2v2, same sequence occurs as before anytime a defender wins ball another player may join

Coaching Points: Attack with pace

- Change direction
- Early decisions
- Drive at defender
- Add some guile



ACTIVITY #3

Set up: Open Area

Instructions: Open Game

Coaching Points: Same as before