

### ACTIVITY #1

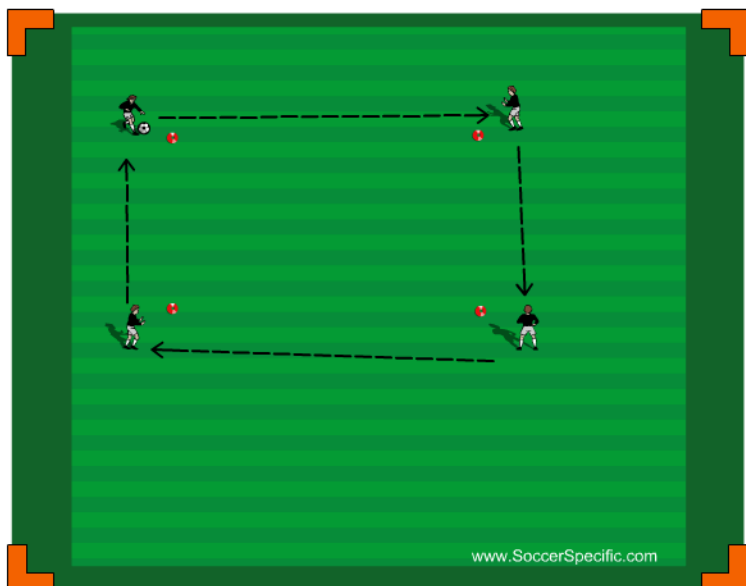
**Set up:** Open area - Every player with a ball

**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

**Coaching Points:** - Keep ball close

- Accelerate after move
- Quality of movement



### ACTIVITY #2

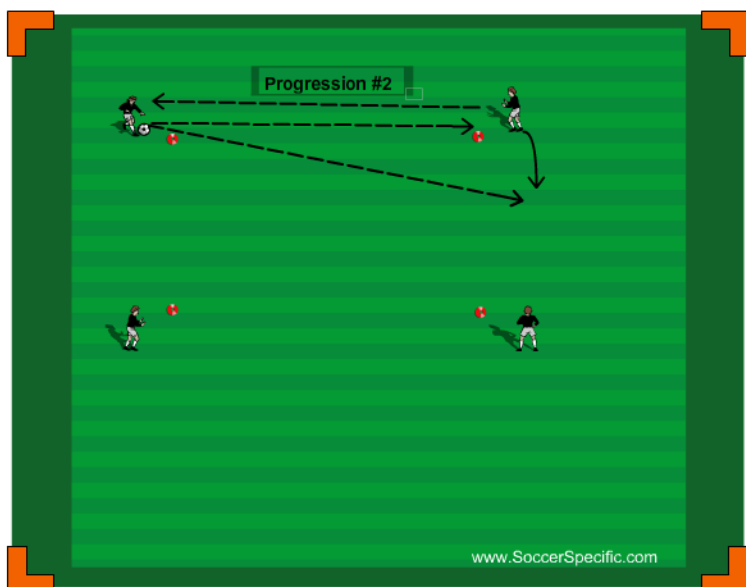
**Set up:** 12 x 12 area

**Instructions:** 1 player at each cone simply plays ball to next player, no restrictions.

Progressions: 1) Must play ball on outside of cone, 2) 2 Touch, 3) change directions

**Coaching Points:**

- Lock ankle push ball in front of you
- Get in line with the ball
- On balls of your feet



### ACTIVITY #3

**Set up:** 12 x 12 area

**Instructions:** Players follow their pass.

Progressions: 1) Play ball in front, next player makes run, 2) Combine to feet then to space and repeat

**Coaching Points:**

- When moving forward open up hips to receive
- Communication

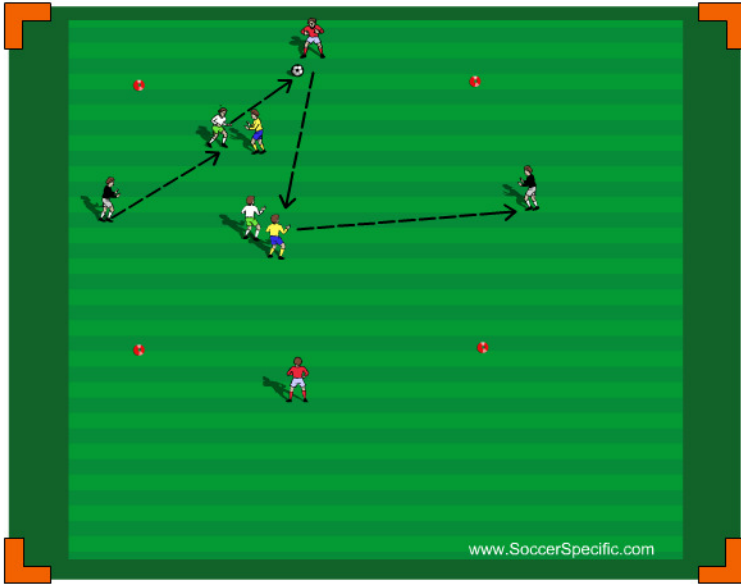
**ACTIVITY #4**

**Set up:** 20 x 30, 4 teams of 2

**Instructions:** Players receive a ball from outside player and must play to end target (black) for a point, game continues for 30 seconds: Progressions: 1) Players must play 1 pass inside grid to teammate before scoring

**Coaching Points:**

Same as before



**ACTIVITY #5**

**Set up:** 30 x 25, 3 v 3

**Instructions:** Regular Game

Progression: Regular 4 v 4 game

**Coaching Points:** - Same as before

