

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

Coaching Points: - Keep ball close

- Accelerate after move
- Quality of movement



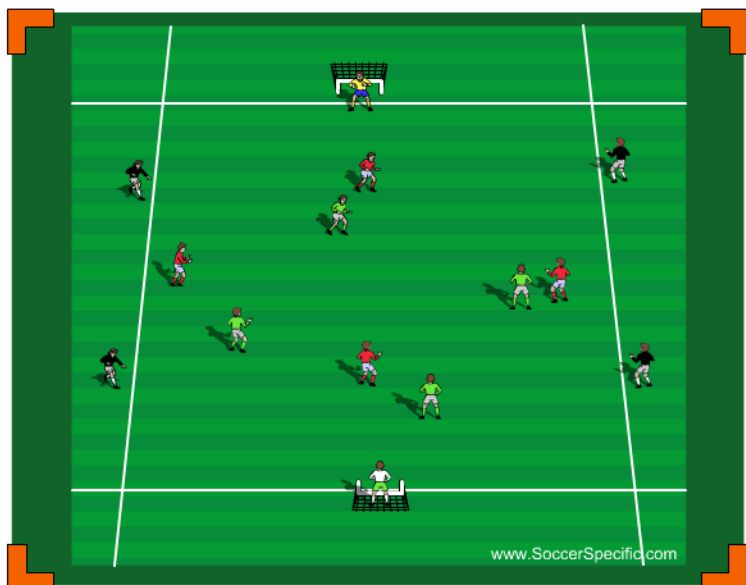
ACTIVITY #2

Set up: 20 x 30 area 4 teams of 2, two teams inside, one team as end targets and 1 team as support players

Instructions: Players score points by playing passes to end target players. They may use side support players anytime. Begin open and unlimited touches for all players. When a point is scored it goes to the opposing team. Game lasts for 1 minute and then players rotate into different roles. Progressions: 1) Ball is played back into team that scored by target, 2) Support and target players 1 touch

Coaching Points:

- Head up see what's on
- Non kicking foot beside ball
- Push ball towards target
- Longer pass use laces and drive ball



ACTIVITY #3

Set up: 30 x 40 Finishing vs Possession

Instructions: 2 minute game, one team attempts to keep possession of the ball and may use support players on outside. Other team may only use inside players and may finish on either goal

Progressions - Open game

Coaching Points:

Same as before