



ACTIVITY #1

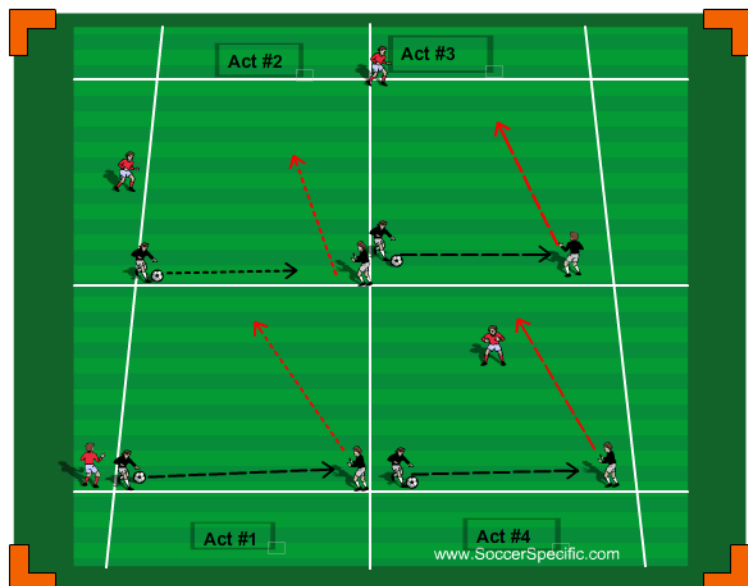
Set up: Open area - Every player with a ball

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

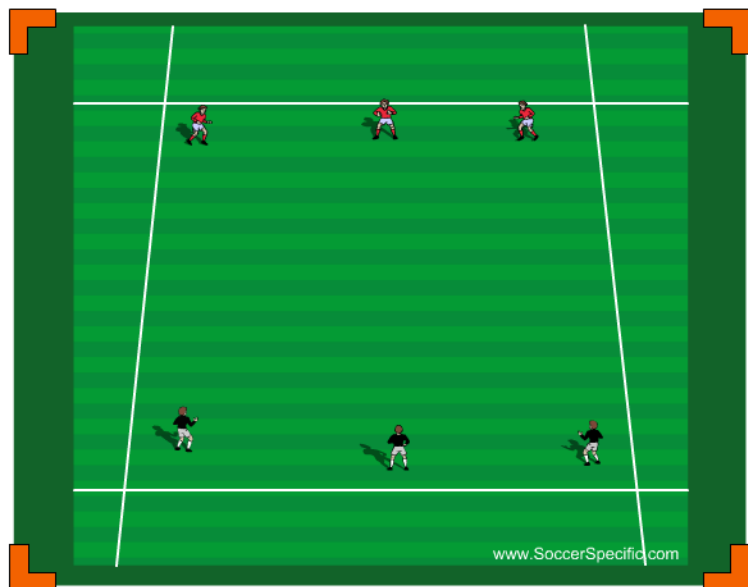
Set up: 15 x 10 Grids

Instructions: In each of the 4 activities they are made more difficult for the attacker by changing the position of the defender

Coaching Points: Change of direction

Change of pace

Positive 1st touch



ACTIVITY #3

Set up: 20 x 20, 3 v 3

Instructions: Line soccer teams score by dribbling ball under control over end line

Progress to open game

Coaching Points: Same as before