

### ACTIVITY #1

**Set up:** 15 x 20 grid with 4 yard goals on end. All players stand beside coach in their teams

**Instructions:** Coach plays a ball in and the first two players come in and attempt to dribble ball through flags over line

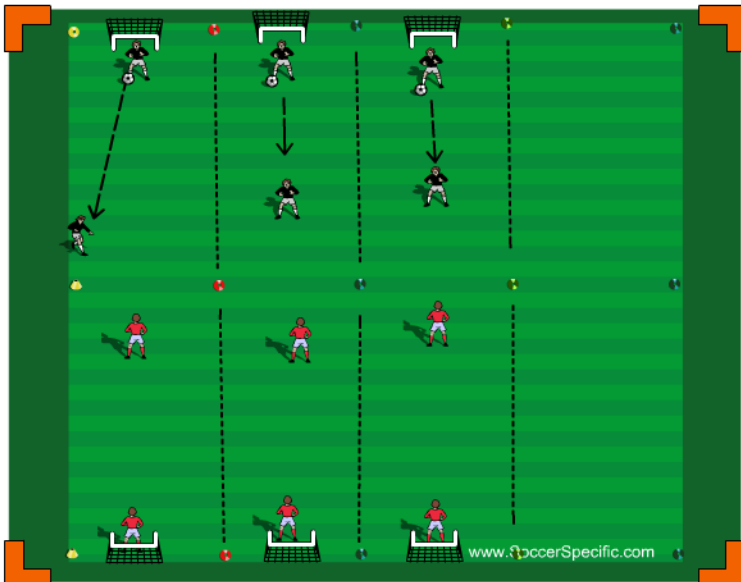
**Progressions:** 1) Several groups of 1 v 1 can be working at the same time 2) 2 v 2 (2 players from each side come out) 3) 3 v 3, 4) 4 v 4

**Coaching Points:**

React first

Change direction

Go at the defender



### ACTIVITY #2

**Set up:** 15 x 30 corridors

**Instructions:** Individual Games, 1v1. Player from the back plays into their team mate and they play 1 v 1. Player in the back is only there for support and may not attack over 1/2 way line, they may stop shots but may not use their hands.

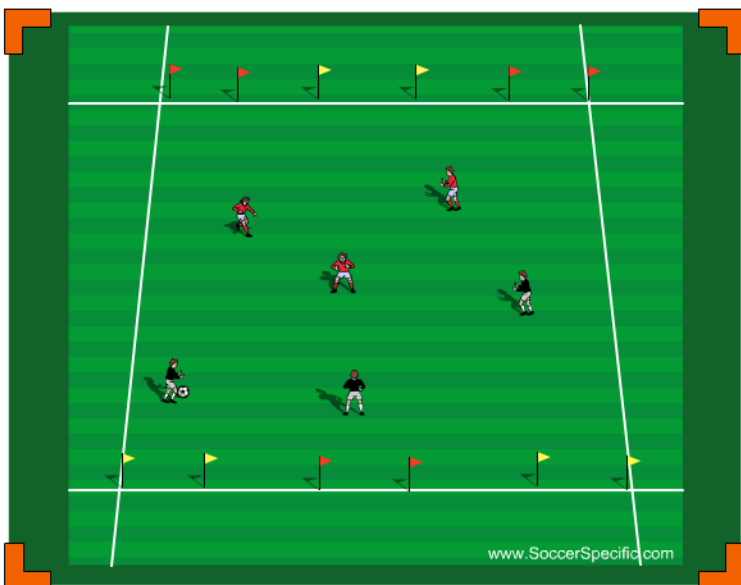
**Progression:** 1) 2 v 2 with 2 corridors, players must remain in their own corridors. May not play a square pass however 2) 3 v 3 with 3 corridors, 3) Elimination of corridors

**Coaching Points:**

Take on defender with pace

Feint

Protect the ball



### ACTIVITY #3

**Set up:** 20 x 30, with 3 small goals on each side

**Instructions:** 3 v 3 to 6 small goals. Players play 3 v 3 and score by dribbling ball through small goals on end. End goals = 1 point, middle goal = 5 points.

**Progression:** 1) Man marking (ensure more repetition of dribbling), 2) Must take on a defender before doing anything else (except scoring)

**Coaching Points:**

Change direction

Change pace

Take on defender