

### ACTIVITY #1

**Set up:** Cones are set up 10 yards from centre cone. Every player with a ball and facing a partner

**Instructions:** Players begin in front of cone and dribble at each other to centre cone and just before reaching other do a 1 v 1 move and dribble to the right past partner to other side.

**Progressions:** 1) Move to left past partner, 2) Matthews move, 3) Scissors

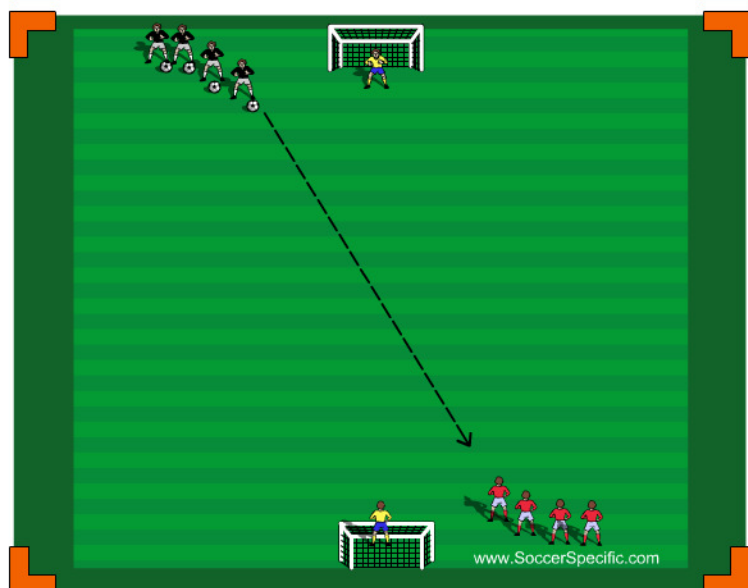
**Coaching Points:**

Head up

Communicate

Execute move with space away from defender

Dribble at defender



### ACTIVITY #2

**Set up:** 20 x 30 grid with two goals

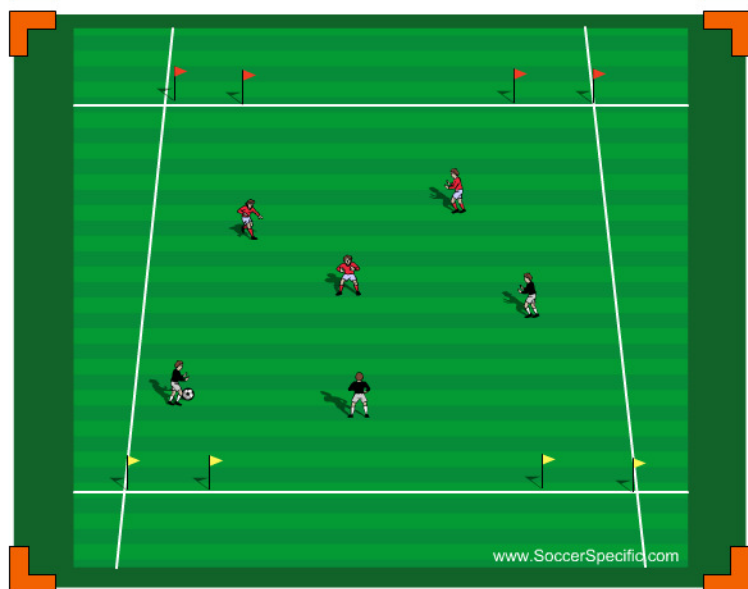
**Instructions:** Two groups of players at either end of each goal. One player plays ball across to opponent and they go 1 v 1. The game continues until the ball goes out or a goal is scored. Go through 4 serves each and then change roles.

**Progressions:** 1) If gk or defender wins ball another player may join to make 2 v 1, 2) Sequence continues everytime defending team wins ball another player joins that team

**Coaching Points:**

Change direction

Change pace



### ACTIVITY #3

**Set up:** 20 x 30, with 2 small goals on each side

**Instructions:** 3 v 3 to 4 small goals. Players play 3 v 3 and score by passing ball through small goal on end.

**Progression:** 1) May only dribble through goal, 2) Man marking (ensure more repetition)

**Coaching Points:**

Change direction

Change pace

Take on defender