



### 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

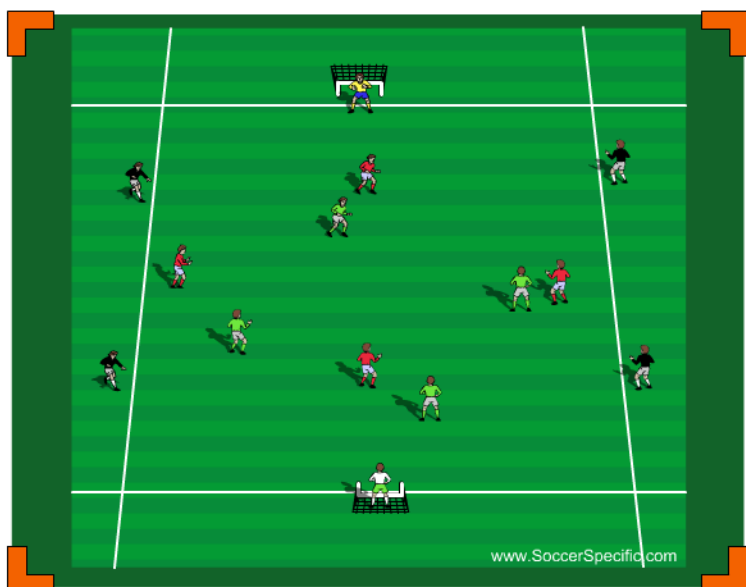
**Set up:** 4 goal Game - 30 x 40

**Instructions:** Players attempt to score on either of the goals.

Progression: 1) Team that scores maintains possession, 2) Open Game

**Coaching Points:**

- Score when you can
- Change direction



### 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