

ACTIVITY #1

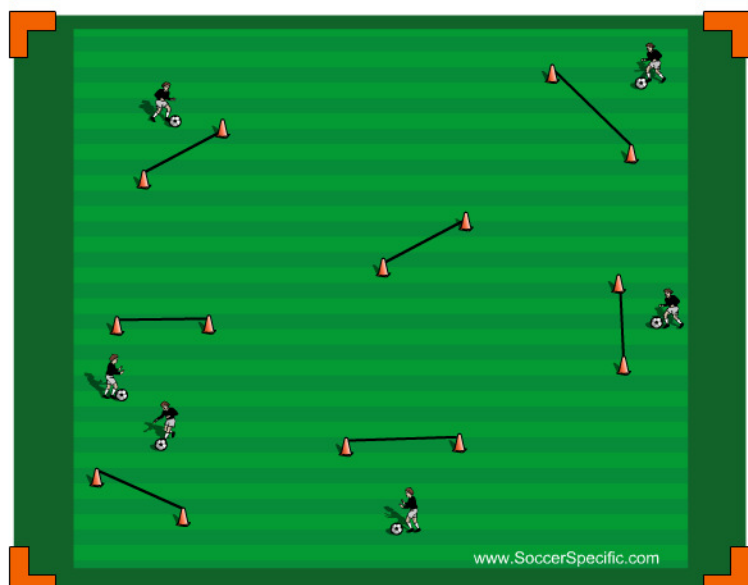
Set up: Open area - Every player with a ball

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

Coaching Points: - Keep ball close

- Accelerate after move
- Quality of movement



ACTIVITY #2

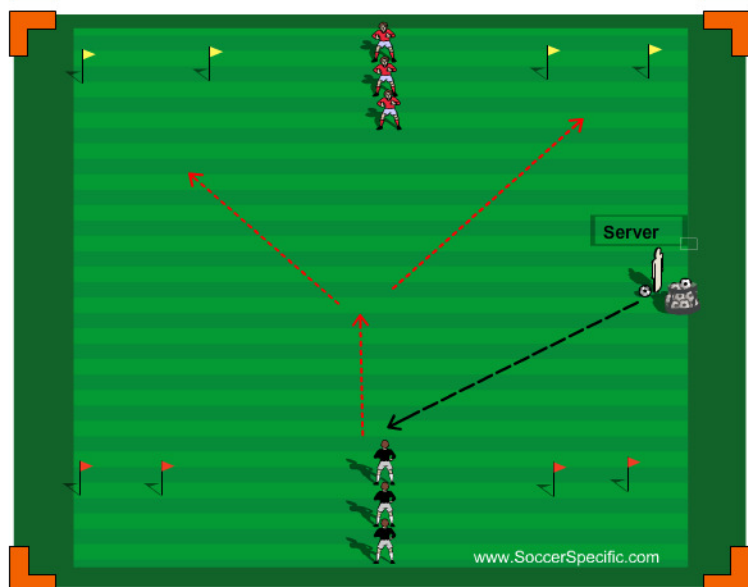
Set up: 30 x 40 area. 3 yard gates randomly spread around grid. 1 more gate than players

Instructions: Players dribble around grid and through gates, every player with their own ball. 1/2 players working and 1/2 players resting. Change roles after 30 seconds.

Progressions: 1) 1st player to complete all gates wins, 2) Cannot go to a gate someone else is in, 3) player must go through gate and around for a point, 4) Add defender, 30 second game then change roles

Coaching Points:

- Change direction
- Change pace
- Low centre of gravity



ACTIVITY #3

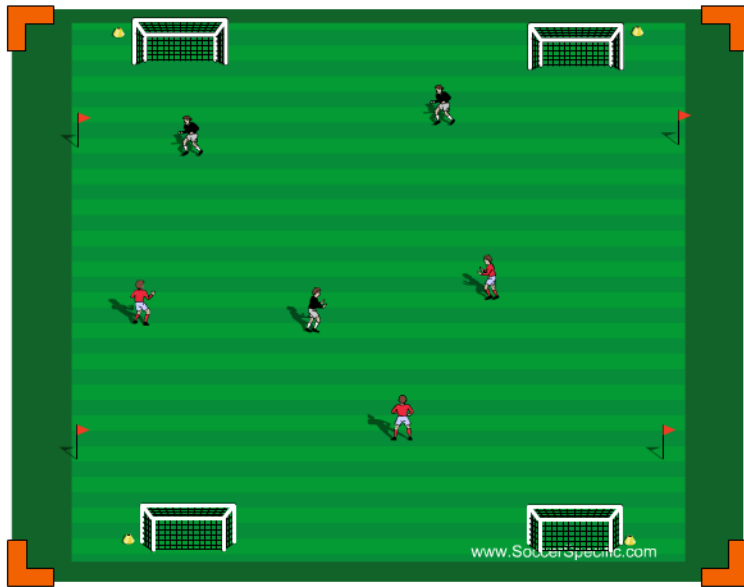
Set up: 15 x 20 area with two goals at either end.

Instructions: Server plays ball in and players play 1 v 1 and attempt to dribble through gate. If defender wins ball they may counter to opposite goals.

Progressions: 1) Change position of defender closer to attacker, 2) 1 v 2

Coaching Points:

- Change direction
- Change pace
- Feint



ACTIVITY #4

Set up: 30 x 25, 3 v 3 to 4 small goals

Instructions: Teams play 3 v 3 to 2 small goals. Emphasis is on dribbling and after 1 pass a player must take on an opponent. Players may score from anywhere.

Progression: 1) Players may only shoot from where flag is 7 yards from goal. (Encourages more dribbling)

2) Regular 4 v 4 game

Coaching Points: - Same as before