



ACTIVITY #1

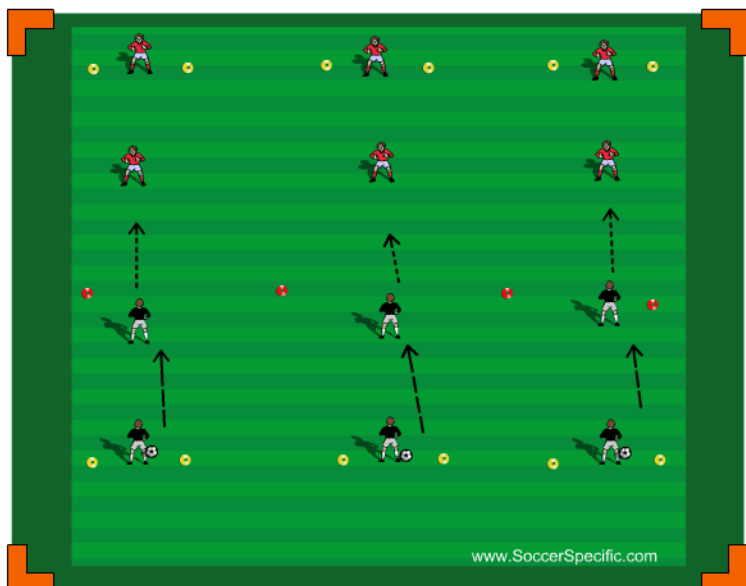
Set up: Open area - Every player with a ball

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

Coaching Points: - Keep ball close

- Accelerate after move
- Quality of movement



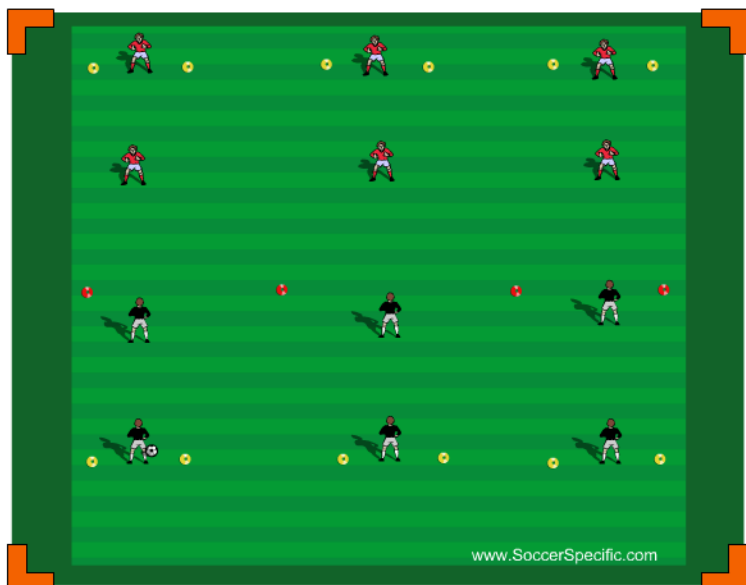
ACTIVITY #2

Set up: 'Corridor' Games. 15 x 30 each

Instructions: Player in goal passes ball out to teammate who attempts to dribble past players and score in goal. Player in goal may not use hands. Players may not pass back to teammate

Coaching Points:

- Change Direction
- Change pace
- Feint



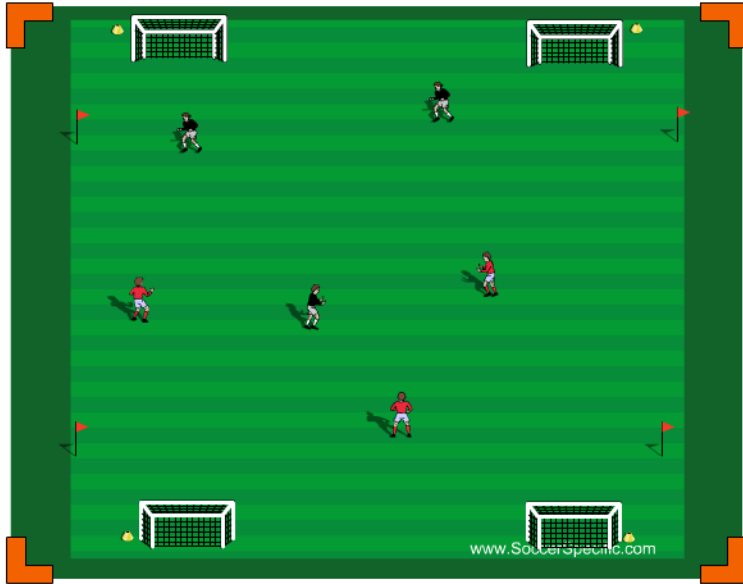
ACTIVITY #3

Set up: 'Corridor' Games. 15 x 30 each

Instructions: Progression - 1) One game but players must stay in own corridor and passes may only be forward or diagonal (no square passes), 2) Players may move freely in area

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