

ACTIVITY #1

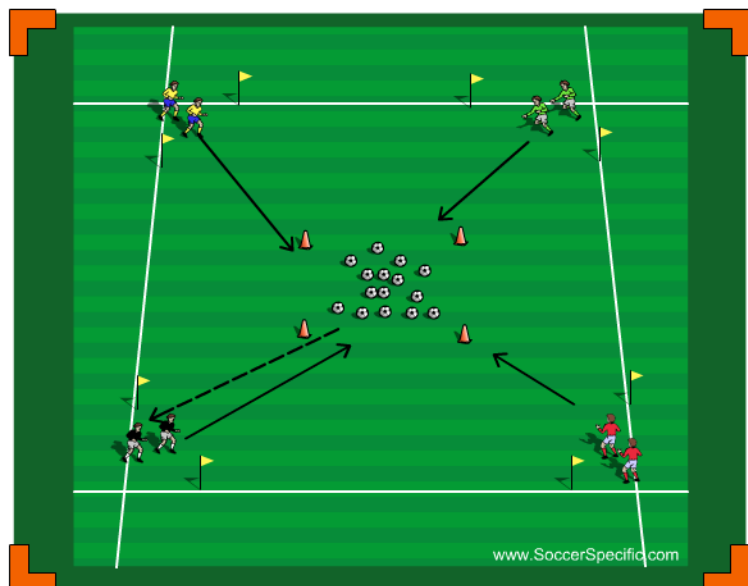
Set up: Cones are set up 10 yards from centre cone. Every player with a ball and facing a partner

Instructions: Players begin in front of cone and dribble at each other to centre cone and just before reaching each other turn and go back to original spot.

Progressions: 1) Any turn, 2) Sole turn, 3) Inside turn, 4) Outside turn, 5) Cruyff turn 6) Stepover turn

Coaching Points:

- Head up
- Dribble at defender
- Accelerate after turn



ACTIVITY #2

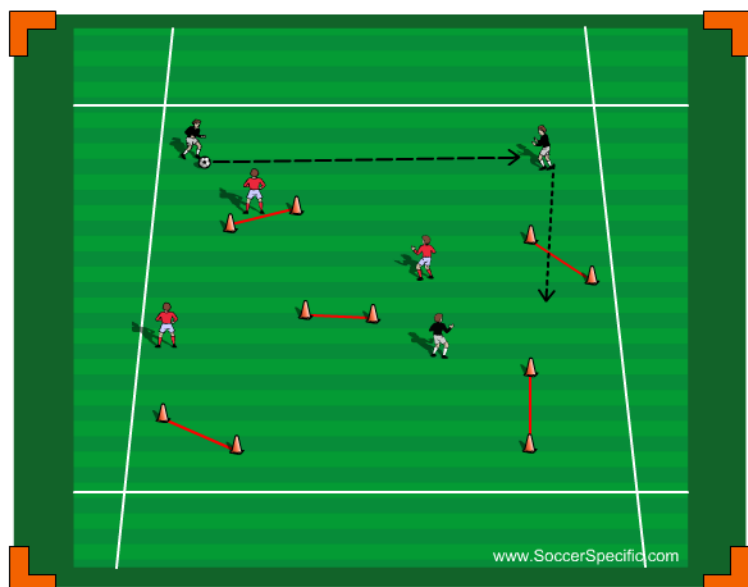
Set up: 20 x 25 grid with a 5 yard box in the middle and individual goals on each corner. Teams divided into 4 groups

Instructions: 'Squirrels and Nuts' 1 Player (squirrel) from each corner runs to the middle get a ball (nut) and dribble it back to their goal(tree). When they return they tag partner who then may go. This sequence continue until all the nuts are gone (have plenty of soccer balls for this game). Once all the nuts are gone the squirrels may go to one of their fellow squirrels trees and steal nuts from them (but not until all the nuts from the middle are gone) there is no defending players may NOT stop each other from stealing. Game last for 90 seconds, add up all the nuts at the end and see who has how many.

Progressions: 1) Inside Turn only 2) Outside Turn Only 3) Sole Turn only 4) Any turn

Coaching Points:

- Be dynamic nice and low
- Accelerate after turn
- Be under control



ACTIVITY #3

Set up: 20 x 30 grid, gates are created by placing cones 2 yards apart and randomly around grid.

Instructions: 3 v 3 game, players earn points by dribbling through gates, extra points are awarded if a player can dribble through gate and then do a turn and go back through the same gate. First team to 20 points wins

Coaching Points:

- Keep ball close
- Head up
- Accelerate after turn
- Use all surfaces of your feet
- Be dynamic