



### ACTIVITY #1

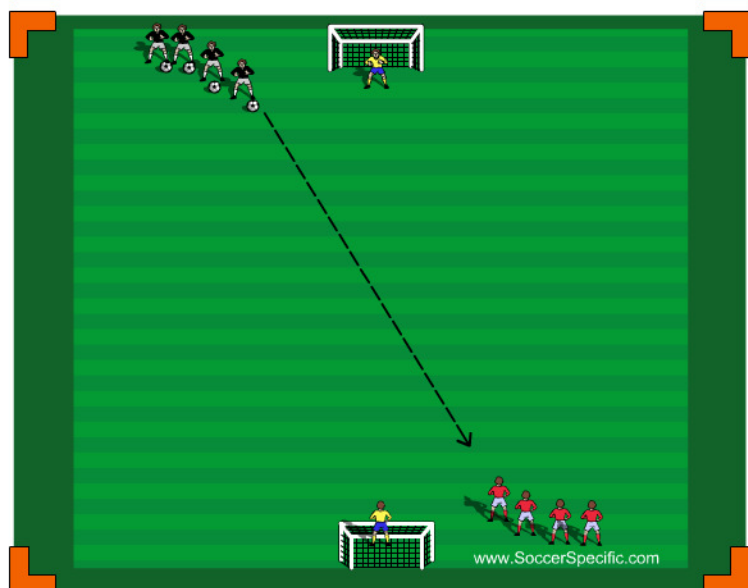
**Set up:** Open area - Every player with a ball

**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) Stepmover, 6) Stepmover turn, 7) Matthews Move, 8) Double Stepmover, 9) Roll Over with sole, 10) Roll over with Matthews

**Coaching Points:** - Keep ball close

- Accelerate after move
- Quality of movement



### ACTIVITY #2

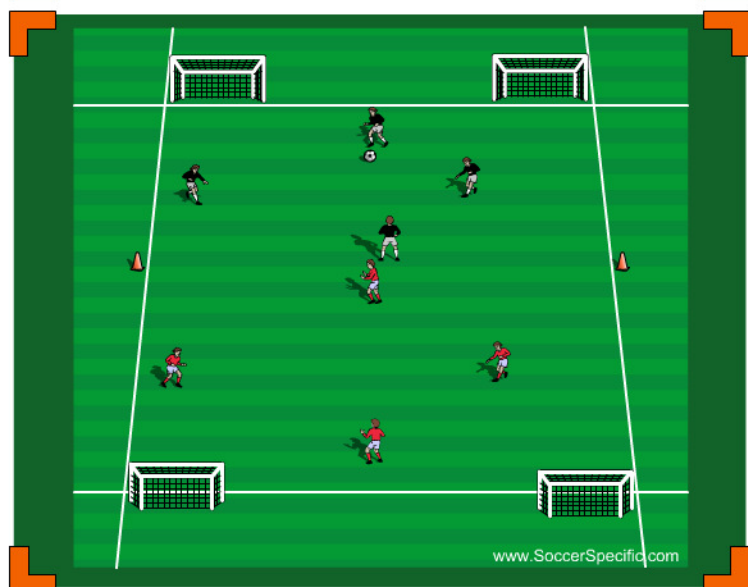
**Set up:** 20 x 30 grid with two goals

**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:** 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