

### ACTIVITY #1

**Set up:** 10x10 within main grid

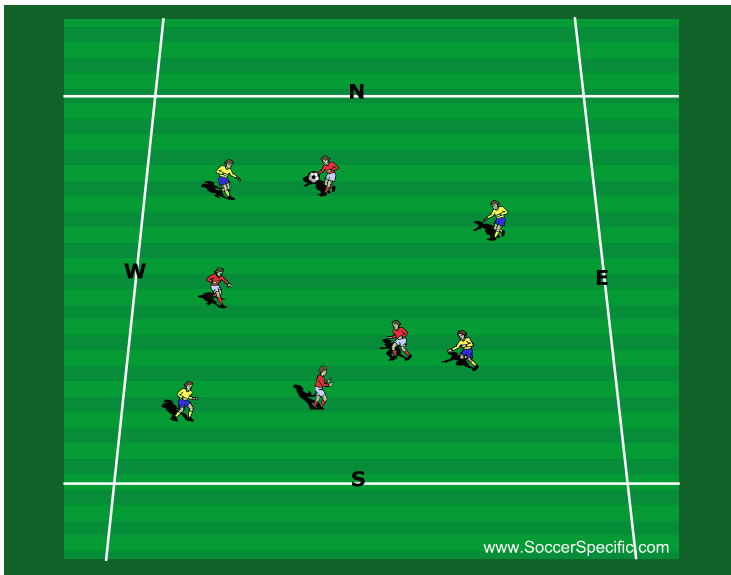
**Instructions:** Tech Warm up. Taps; Inside, lil toe, laces. Push Cuts.

Turns, pull back push away, step reverse drag, inside hook, outside hook. On turns players will dribble at each other and turn away.

**Coaching Points:** Knees bent, close control, small touches exaggerated.

Turns, attack space after turning, push away same foot with lil toe. Reverse step over takeaway with inside of opposite foot.

Timing of turn

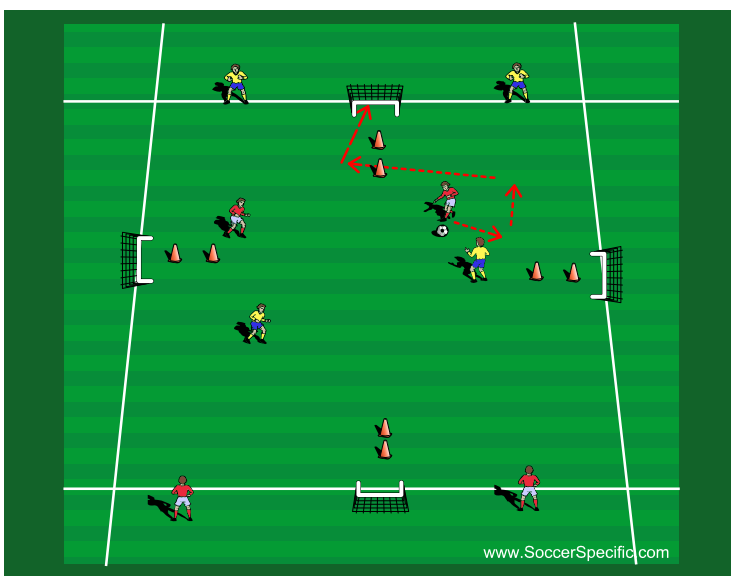


### ACTIVITY #2

**Set up:** 20x20 grid all with a ball each. Designate N,E,W,S ask players

**Instructions:** Players dribble freely and coach calls North! Players dribble and control on line, now shout South but follow with North so they have to turn.

**Coaching Points:** Activity is the coach! Assess ability to turn and attack space

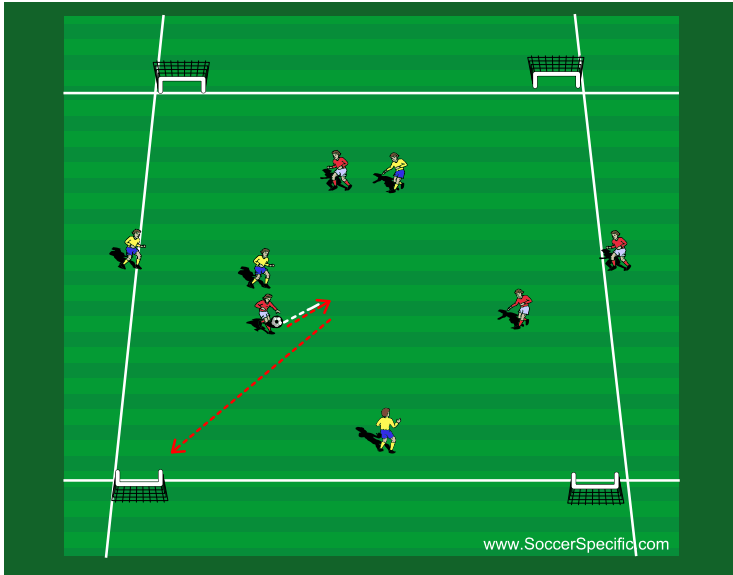


### ACTIVITY #3

**Set up:** 15x15 grid with goal each side

**Instructions:** 2v2 in main grid, score by going through a gate at that goal, score triple by going through and back to score in same goal. OK to rest players for 50/50 work/recover. Isolate them outside if needed.

**Coaching Points:** Game is the coach, encourage turning to open goals



#### ACTIVITY #4

**Set up:** 25x25 grid 4 corner goals

**Instructions:** Players play 3v3 in grid and can score in any goal. Use bumper for 4v3.

**Coaching Points:** Game is the coach, the any goal rule will encourage some turns which can duly noted! Let Them Play