

ACTIVITY #1

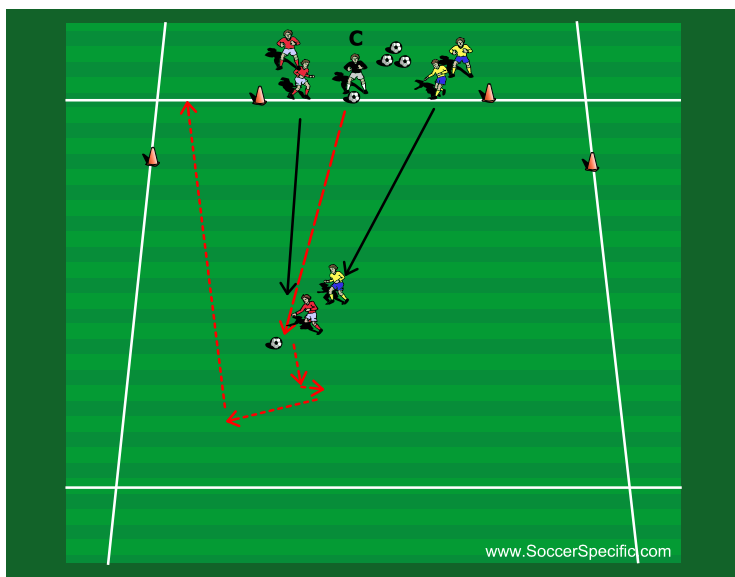
Set up: 15x15 grid, each with a ball. 10-15mins.

Instructions: Start by players playing a tag or bulldog game for fun but encourages turning with a ball.

Play multiple games at high tempo.

Slit to 2 sides as shown, review the pull back and step over reverse takeaway, these must be perfect.

Coaching Points: Turn away from pressure; Define difference of pressure versus space behind, ie pressure being from an opponent with cover. Close control, pivot, big touch and change of speed upon change of direction. Pull backs executed with same foot to push away; work 50-50 left/right. Work on flinging an arm on stepover.

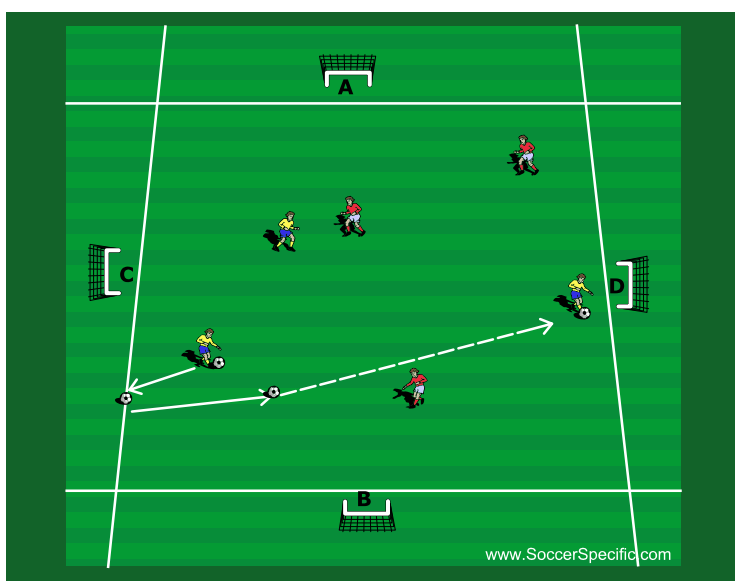


ACTIVITY #2

Set up: 2 15x15 grids; two teams. 15-20mins

Instructions: coach serves ball in to grid for player to retrieve by pulling a turn and racing back through the goal. Start unopposed and turn in to 1v1 duals with teams keeping score. Change opponents to get equal matchups. Slant the line by passing closer to one side of grid. Move start points of players.

Coaching Points: Encourage positive play, sheilding should be minimised versus a touch to space to set up a turn. Fun game with turns and big touch to attack goal. Lose a point for touching it out of bounds and encourage defenders to steal not kick away



ACTIVITY #3

Set up: 20x20 grid with goal per side; 3v3 with bumpers or neutral. 25 mins. If players for 3 teams, put in corners to combine off and play goal and off.

Instructions: Here the yellow team is attacking goals C and D and will defend A/B. Team can score in either goal AFTER controlling ball to opposite end line. For more success consider allowing use of 3 sidelines to control, turn, attack, here the yellows could dribble to lines A/B/C and score to D.

Coach adjust conditions to suit, change it from easy to difficult for a progression

Coaching Points: Game is the Coach; Facilitate to entertain and challenge.