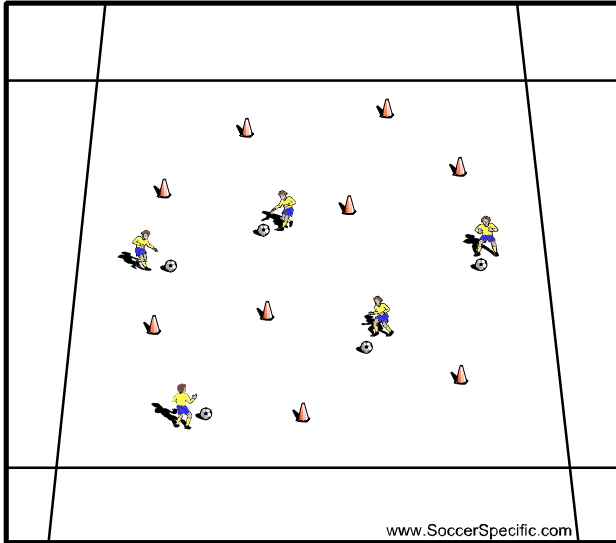


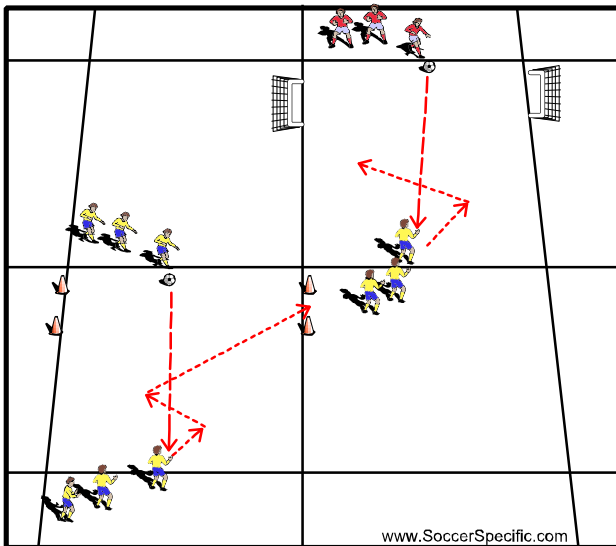
### ACTIVITY #1



**Set up:** Place cones inside of grid. all player have ball  
**Instructions:** Players pull specific move/turn or move/turn of choice. Can add different color cones to work multiple moves/turns. Can also have areas with more cone congestion than other areas.

**Coaching Points:** -Slow into move  
-accelerate out of move  
-change angle of ball after move  
-head up to avoid collisions

### ACTIVITY #2

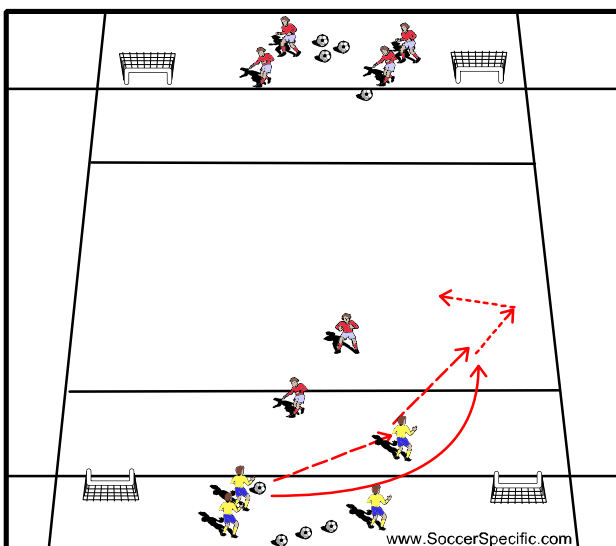


**Set up:** 10x12 (dependant on age/ability). Goals located on sides of grid (push towards endline to encourage penetration)

**Instructions:** -Defender serves a ball across grid, attacker controls and attempts to score goal/dribble through cones

**Coaching Points:** -control ball  
-use turns and body fakes  
-positive first touch  
-turn defenders hips  
-accelerate out of move/turn  
-change plan of ball after move/turn

### ACTIVITY #3



**Set up:** 2 lines with Puggs set up across the grid.

**Instructions:** -start with overlap if appropriate  
-attack with pace and attempt to finish, defend after finishing attempt

-place shooting line 5 yds from Puggs, players must be beyond line to finish

**Coaching Points:** -Speed dribble with laces/little toe not instep  
-get head up to determine if making a cut/move would be more beneficial than speed dribble

ACTIVITY #4

Set up: 3v3/2v2. Approx. 15x25 to popup or cone goals

Instructions:

Coaching Points:

