

ACTIVITY #1

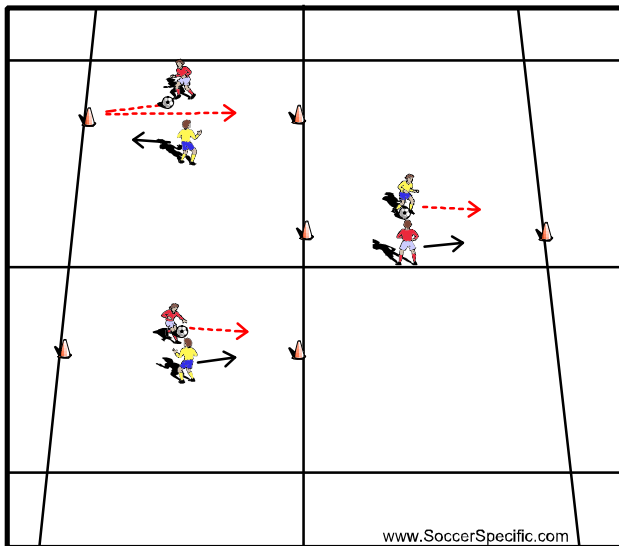
Set up: 4 cones set in a Y shape with 2-3 players at each Y. All players with ball

Instructions: start at bottom of Y, make a move at the split of the Y (1), make a turn at the end of the Y (2), dribble back to line

Perform each sequence 4 times, 2 in each direction (adjust for your own group as necessary)

1. side-step, pull back-push away (with outside foot)
2. drag-push, inside hook turn
3. scissors, outside hook turn
4. Step-over, step over reverse

Coaching Points: Slow into move/turn, accelerate away head up while dribbling
close ball control
proper technique of moves/turns (be sure to demo and teach!)

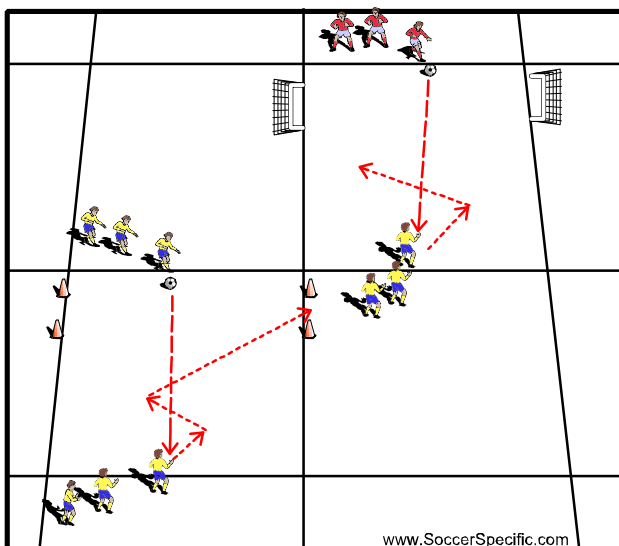


ACTIVITY #2

Set up: Players in pairs, one ball per pair. Each pair has two cones c. 8yds apart. Attacker has ball on his side of conse, defender w/o ball on his side of cones

Instructions: Attacker tries to use moves, turns, feints, and fakes to beat the defender to a cone (attacker stops ball at cone to score). Defender simply attempts to beat attacker to cone, no tackling. Play a handful of rounds varying from 30 seconds to 75 seconds. rotate partners to offer more appropriate competition

Coaching Points: -sell move, turn, feint, fake hard, accelerate away
-combine two moves/turns/feints/fakes to fool defender
-stay on balls of feet
-use all surfaces of your feet
-attempt to turn defenders hips



ACTIVITY #3

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, then defends. Attacker controls and attempts to score by shooting on goal/dribbling through cones

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

ACTIVITY #4

Set up: 3v3 Four Goal Game. approximately 20 long x 17 wide.
Have subs or a third team to rotate in

Instructions: Can push back goals and add a shooting line so
players must finish from a more challenging distance

Coaching Points: Let them play

