

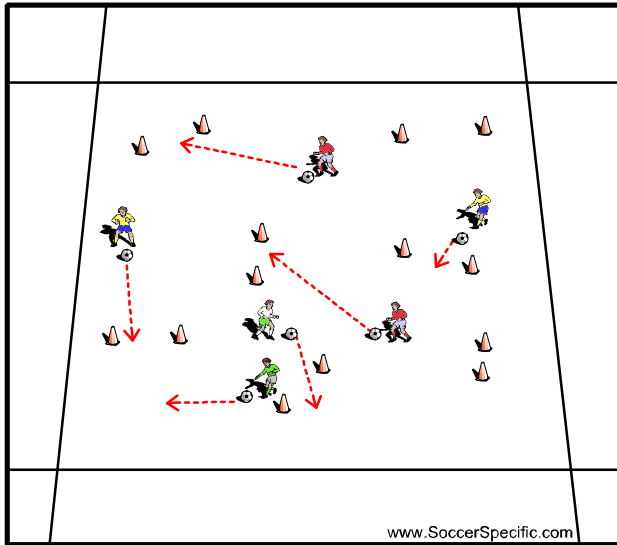
ACTIVITY #1

Set up: Set out gates throughout a grid. all players have ball
Instructions: -How many figure 8s can you make through the gates in X seconds?
 -How many gates can a player get through in X seconds?
 -How many gates can a player dribble and turn back through in X seconds?

Add conditions such as R or L foot only, perform a certain move (side-step, scissors, step over, etc) or turn (pullback-push away, inside hook turn, outside hook turn, etc) when going through a gate.

Challenge players to keep track of gates and to improve that score each round

Coaching Points: Close control of ball
 Accelerate after move/ turn to get to next gate quickly
 head up avoid collisions and find open gates

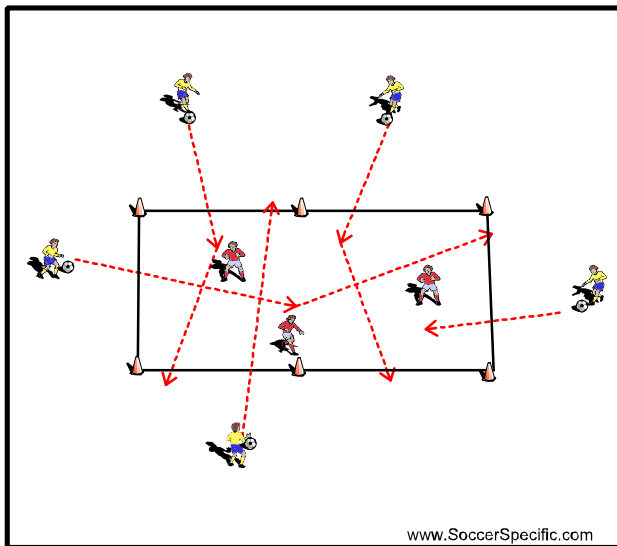


ACTIVITY #2

Set up: 15x10 yard space with extra room around the outside. 2-3 defenders inside grid. Remaining players outside of grid with ball

Instructions: Defenders stay inside grid. attackers attempt to dribble through grid. 1 point for short direction, 3 pts for long direction

Coaching Points: close control
 head up
 -timing of run/attacking space
 timing
 change of direction
 change of pace
 1v1 moves/feints



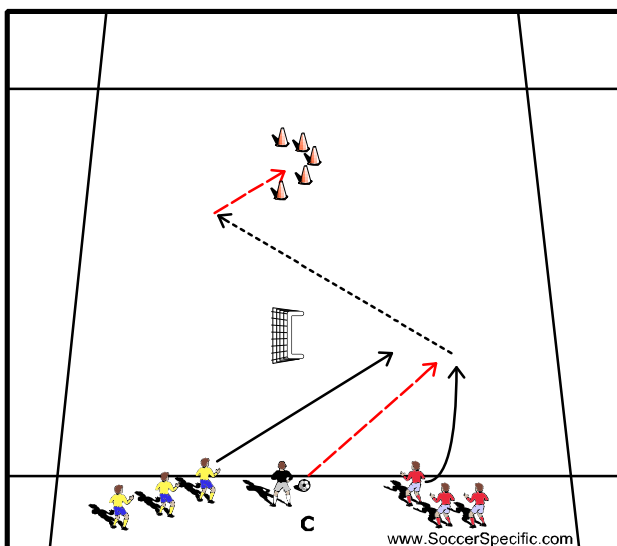
ACTIVITY #3

Set up: Divide group into 2 teams. line up on each side of coach. two pop up goals in center of goal facing the sidelines (can use cones set in a V to show scoring side)

Instructions: Coach plays a ball out to one side. 2 players play 1v1. Bonus point for crossing center of grid. Play 2 sets of 1v1 at a time.

Can progress to 2v1 or 2v2 if group permits

Coaching Points: -close control
 -change of direction
 -change of pace
 -1v1 moves/turns
 -head up to avoid collisions/find space to attack



ACTIVITY #4

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

Instructions:

Coaching Points:

