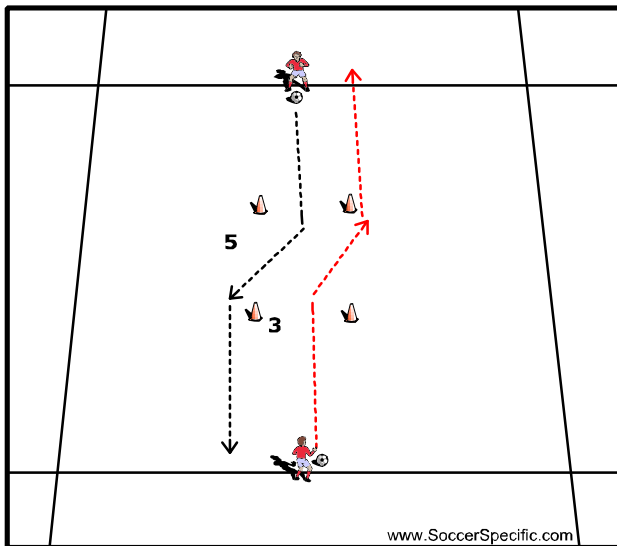


ACTIVITY #1

Set up: Players in pairs, 1 ball per pair. may use 5x5 grid or open space if suitable for team.

Instructions: No running game. Players cannot run during this game. They must use their ball-skills and shielding to keep the ball away from the other player. Defensive player must dispossess ball, not simply kick away. Rounds should last 30-75 seconds. 1 point if you have the ball at the end of the round. Play multiple rounds with different partners

Coaching Points: -Willingness to use all surfaces of foot
-use body to create separation from defender
-shield the ball while perpendicular to ball (versus parallel) to keep defender at ball



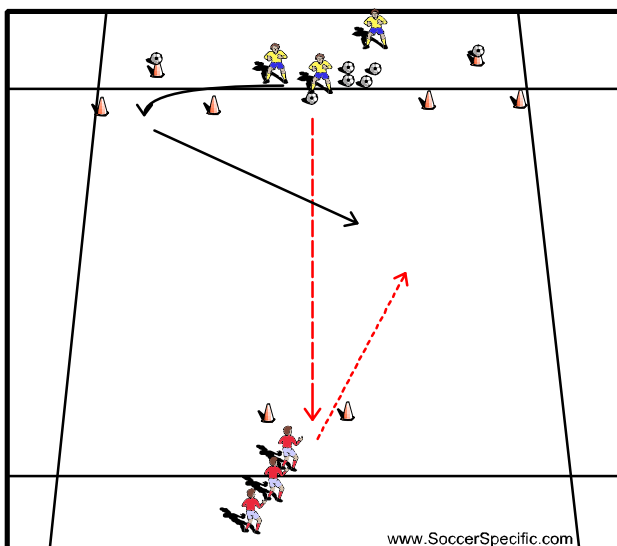
ACTIVITY #2

Set up: 3x5 box inbetween TWO players. 4 players per box MAXIMUM. all players with ball.

Instructions: Players dribble in through the base of the box, perform specific move/exit direction, and leave out the side of the box. Repeat

1. side step
2. scissors
3. step over
4. Drag/push

Coaching Points: Control ball/pace while entering box
Technical proficiency of moves
Change plane of ball after making a move (get out of the move at a diagonal)



ACTIVITY #3

Set up: players in two lines. 2 cone gates/goals on either side of serving line. one counter goal placed at the attacking line. 15-20yds long, 12-15yds wide

Instructions: Serving line (not the 'active' player but the next in line...we don't pass a ball to the opponents during a match!) plays ball to attackers. serving player must run through a goal, while the attacking player can start to attack a goal of their choice. dribbl through for point, knock ball of cone for 2 pts. If defender wins ball he/she can pass the ball through counter goal for 1 pt

switch lines after going.

Coaching Points:
-positive first touch
-attack space with purpose/intent
-use cuts, moves, and turns as necessary.

ACTIVITY #4

Set up: 4v4, 20x25 w/ pop up goals.
Instructions: 5 point for using a 1v1 move with success, 3 pts for attempting 1v1 move, 1 point for normal goal. Coach help distribute points for 1v1 attempts/success. Teams keep track of score.
Coaching Points: Encourage footskills and spacing. Positive reinforcement is essential

