

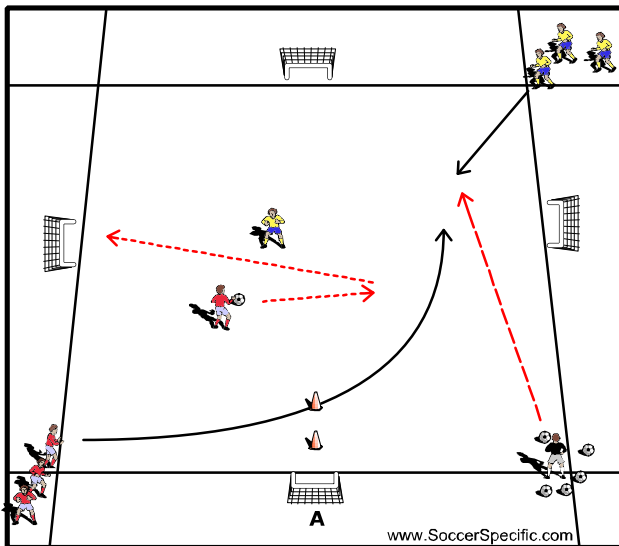
ACTIVITY #1

Set up: All players with ball spread across grid. 4 'lines' in front of players (just use the football lines)

Instructions: Players dribble forward and perform a Right footed turn at first 'line', then at the previous 'line' they pull a left footed turn, then move up one 'line' through to the last 'line'

1. Pull back/push away
2. inside hook
3. outside hook
4. conti
5. stepover reverse

Coaching Points: Clean technique on the turns
Accelerate out of turn for first couple steps
How quickly can you get your head up after turning
keep ball under control



ACTIVITY #2

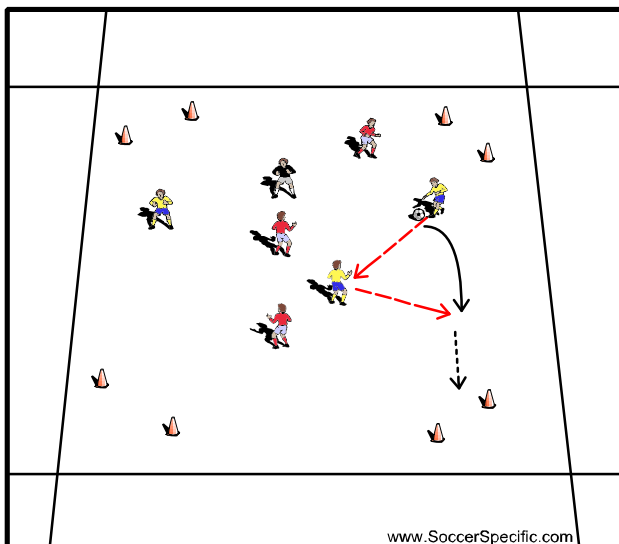
Set up: teams lined up in corners opposite from each other. 4 goals on each side of a c. 20x20 field. Coach in a corner with all soccer balls

Instructions: play a ball out for first two players to go 1v1. Keep two 1v1's going at a time. Player who shoots must bring ball back to coach. Ball is live until a goal is scored or out of bounds. Can add a gate in front of a goal (see goal A for example) which a player must dribble through before scoring.

SHOULD HAVE two 1v1 duels at the same time.

Start by allowing players to attack any goal. May progress to each team attacking 2 specific goals, opposite of each other.

Coaching Points: -control your pace attacking and defending (dont just ran into the other player)
-use moves and turns to keep ball and beat defender.
-hard cuts/turns with acceleration
-head up to find space and avoid collisions



ACTIVITY #3

Set up: approx 25x25. 3v3 plus 1 dribble through gate. 4 gates spread throughout the grid

Instructions: 3v3 plus neutral. score by dribbling through a gate

Coaching Points: -head up surveying the field for opportunity to dribble through gate
-proper use of space to create 1v1 or 2v1 situations in space
-CAN YOU TURN AWAY FROM PRESSURE AND ATTACK OPEN SPACE?

ACTIVITY #4

Set up: 20 yards long x 25 yards wide. 4v4 3 yard NO GO ZONE between endline and goals.

Instructions: Each team attacks a set of goals which are diagonally opposite of each other (R's or Y's in diagram).

Coaching Points: use individual skills within a team setting
decisions making about which goal is easier to attack
turns and moves to create scoring chances
team spacing
communication
CAN YOU TURN AWAY FROM PRESSURE AND FIND SUCCESS?

