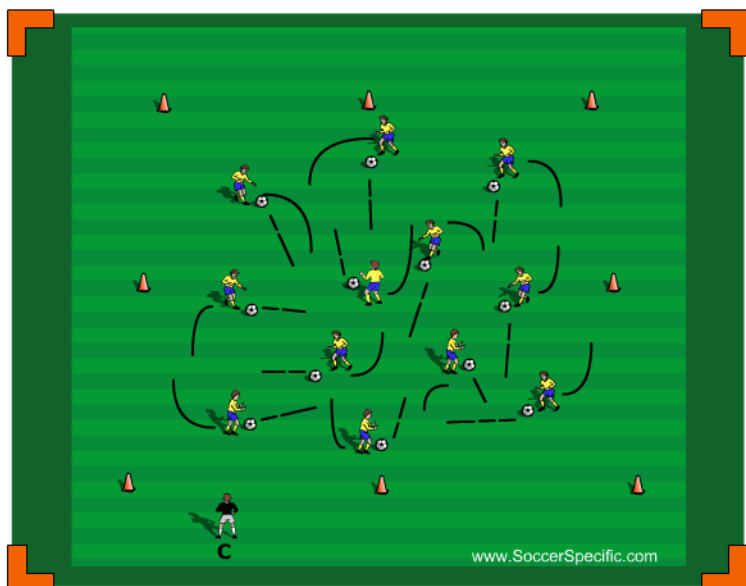


ACTIVITY #1

Set up: All players have a ball.

Instructions: Players dribble freely in the grid and alternate with touches on each foot. On coaches commands to dribble using different surfaces of foot i.e. outside/inside and top of laces and pull backs. Also can have players leave ball on command and find another while protecting (shielding) while coach counts down. After a few minutes allow players to jog away from ball and do some dynamic movement exercises.

Coaching Points: Body Mechanics, Agility and balance, Contact Surface of foot, Change of Direction and speed, Deception, Setting up defender, Protecting the ball (Shielding), Vision, Tactical application to the game.

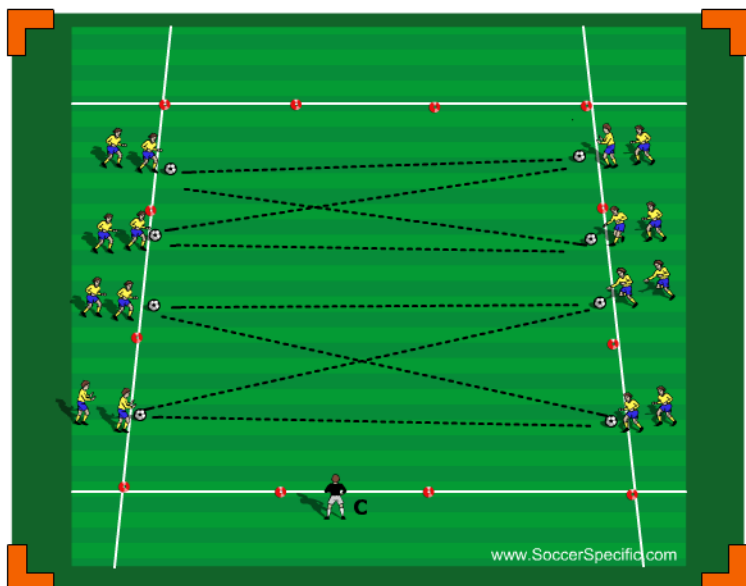


ACTIVITY #2

Set up: Set up a grid and place players across from each other with 2 balls on one end.

Instructions: Players will dribble with speed to the other side and switch with another player on the opposite side. That player who takes control of the ball quickly dribbles to other side.

Coaching Points: Does the player keep the ball under control. Do they pick up their head while dribbling. What surface of the foot do players use dribbling forward or when making cuts and turns. Be sure the tempo is high when they are dribbling. ODP

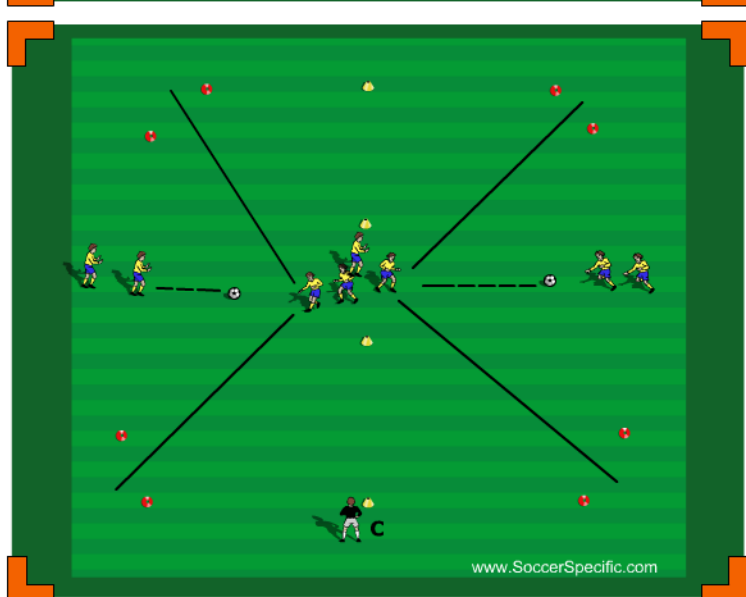


ACTIVITY #3

Set up: Set up a grid with goals on the outside in each corner put players in short lines in each grid.

Instructions: Players will play 1 v 1 and when ball is passed to player in the center once they have control of ball they need to decide to dribble to to one of the outside goals.

Coaching Points: Decision making and surface of the foot used to fake or feint defender and how quickly do they take the space.

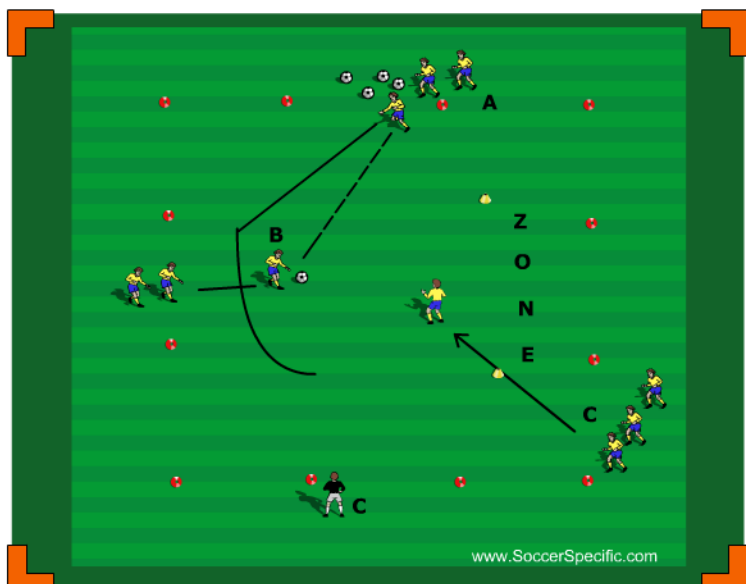


ACTIVITY #4

Set up: Set up a grid and a zone for players to dribble into.

Instructions: Player A passes to player B. Player A quickly gets out to support player B by making an overlapping run. Player C steps out to apply pressure and Defend. Player B needs to decide whether to use their support player or dribble into the zone. Player B can combine with player A to penetrate the free zone.

Coaching Points: Decision making on player to take the space or set up the defender. Does the player penetrate using pass or dribble or do they combine using a wall pass or penetration pass. Visual cues and accuracy of pass and movement off the ball.

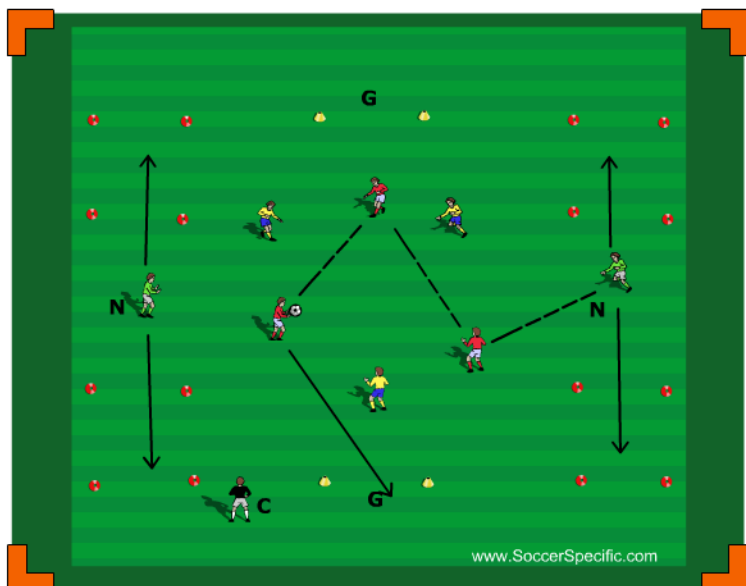


ACTIVITY #5

Set up: Set up a grid with 2 zones and 2 outside goals in grid.

Instructions: Players will play possession in center of grid and use the neutral players as supporting players to maintain possession. Once the number of passes have been made players can penetrate through any of the two goals on the outside. If player loses possession the other team needs to quickly combine 2v1 or use the supporting player to create space to penetrate to one of the goals. .Players need to dribble through goal in order for it to be a goal.

Coaching Points: Decision making on using the supporting players and making themselves available for the next pass. Do they provide the visual cues after the pass. Do players recognize space and take on the defender on a 1v1 to go to goal. Eye Contact and Surface of the Foot as well as Sheilding are key.

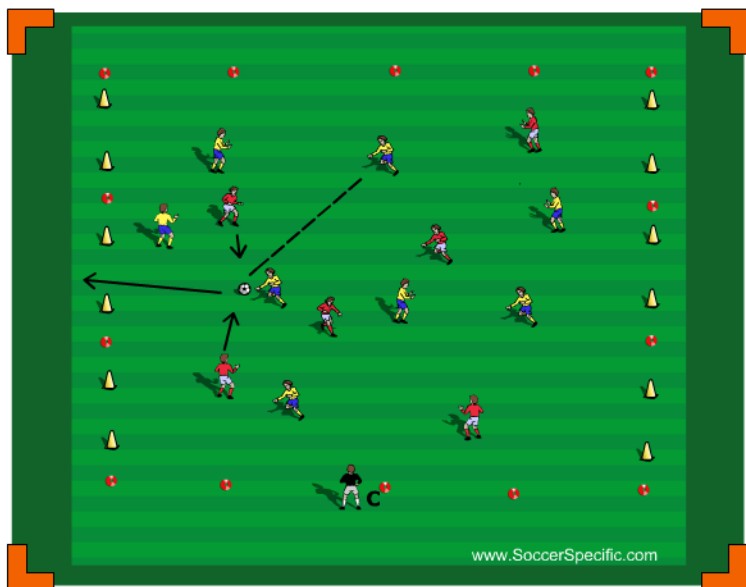


ACTIVITY #6

Set up: Set up grid with 3 small goals on each end.

Instructions: Players will play 5v5 or 6v6 possession and focus on dribbling to penetrate and or penetration pass. In order to score a goal players would need to dribble through a small goal. They can score on any of the three goals. They could also receive a penetration pass through the small goal.

Coaching Points: Decision making when player has the ball. Do they take the space and keep the ball under control. Do they protect the ball and not lose it and look for support. Do they use their supporting player with an accurate pass. They they use the visual cues given by teammates.





ACTIVITY #7

Set up: Set up game with No Restrictions playing 7 v 7 or 8 v 8 depending on numbers.

Instructions: Players will play as they would a normal game with throw ins and offsidess. Can switch teams around to play each other. Allow enough time for players to get at least 40 minutes of free play to evaluate and see which players stand out.

Coaching Points: Freeze as necessary to point out theme or shape and adjust all players on the field. Using discovery and ask players where they should of done with ball either taking space or combining with a teammate.