

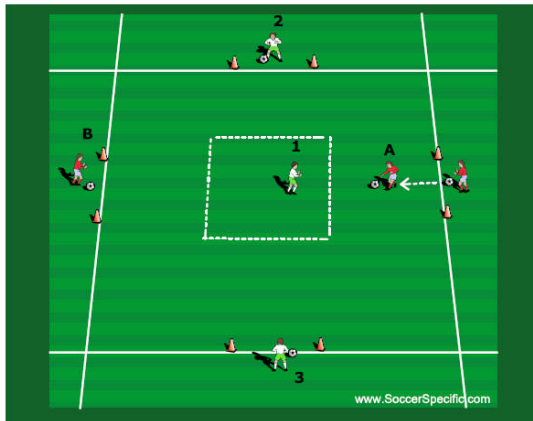
ACTIVITY #3

Set up:

COD's with One on One Fakes. Three Players per 10 X 10 channel. One Ball per group.

- Instructions:**
1. Players take turns dribbling to the first line and performing a COD that the coach selects
 2. Players take turns dribbling to the around the cone using only inside or outside cuts. Race afetre some practice.
 3. Players take turns to dribble at center cone, make a one on one fake of coaches choice and then explode towards a diagonal cone, where they perform any COD and pass accurately back to the next player.

Coaching Points: Players use any COD (change of direction): Cuts, Contis, Cruyffs, Slap turns and Step overs.
One on One Fakes to practice: Sidesteps, Double sidestep, Scissors, Rivelinos, Stanley Matthews, Dummy Scissors, Maradonna, Slap Step over, Ronaldinho Fake etc.



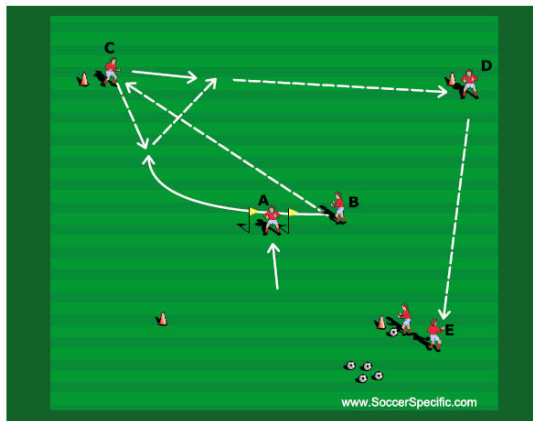
ACTIVITY #2

Set up: 1 v 1 Challenge: 6 Players in a 12 X 12 grid. Smaller Square in middle of grid. Two color teams. Small 2 yard goals at every side line. A good supply of balls.

Instructions: Defender must always start or retreat back to the small square. #1 dribbles on A and tries get past to score on the opposite goal. If successful they score a point and B goes against the same defender. If unsuccessful and a miss occurs, B still goes - but no point scored. If # 1 steals it they can go to score in either of the vertical goals and the dispossessed player becomes the defender. Make sure there is a player in every goal to break out.

Coaching Points: Change of pace - change of direction. Moves and feints must be fast an decisive and "get away steps" must be there too.

Defenders - get weight forward and move the feet.

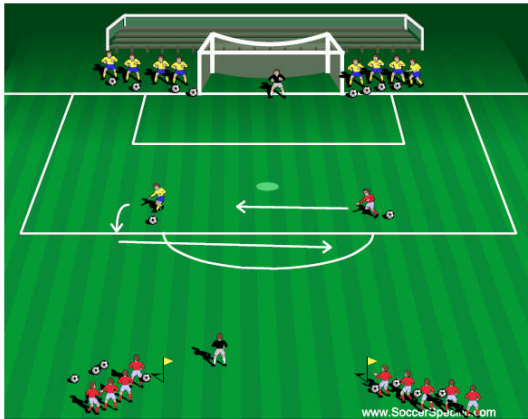


ACTIVITY #4

Set up: Parallelogram Passing 2: 6 Players, 4 cones arranged in a parallelogram shape and a gate marked by 2 flags in the middle. A good supply of balls. The distance should vary depending upon age of the players.

Instructions: Player A starts the exercise, by dribbling across base of the grid. When level with gate, player A executes an outside cut before passing to B, who has opened up. B passes long to C and follows looking for a wall pass. After wall passing with B, C passes to D and sequence continues. All players follow their pass.

Coaching Points: Coaches can coach all aspects of passing technique with this exercise. Plant foot, contact area down by the ankle, follow through and body following the pass in one motion. Players should aim their pass to the specific foot of the target. The receiving player should play the ball in the direction of the next receiver. Player B must make a 45 degree angle for the wall pass.



ACTIVITY #10

Set up: Yeovil Shooting 1: Two Goalmouths and 12-15 players. Two goalies.

Instructions: Action: Front Players from diagonally opposite sides dribble out and leave their ball on the 18 yard line. They then sprint across and shoot the opposite ball one touch at the opposing goal. Then opposite diagonal players go. Change lines each turn to shoot with a different foot.

Coaching Points: Foot placement alongside the ball. Lock ankle. Look to see position of goalie. Try fro far post unless goalie is out of position.