

ACTIVITY #1

Set up: 15x15 8 players

Instructions: 2 players going at the same time perform different moves at the flag. side step, double side step, scissor, dummy scissor, double. After Player A and C then players B and D go

Coaching Points: keep the ball close, perform quick COD and Accelerate after it.

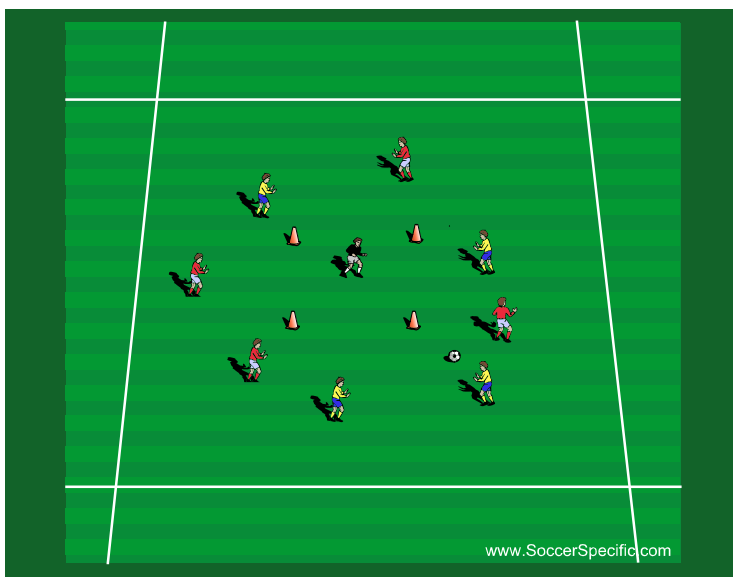


ACTIVITY #2

Set up: 20x30 2 goals 1v1 to the goals

Instructions: Player A passes to Player B and defends, Player A can score at either goal, defender dribbles out

Coaching Points: receiving, first touch, create space between you and defender, control on ball

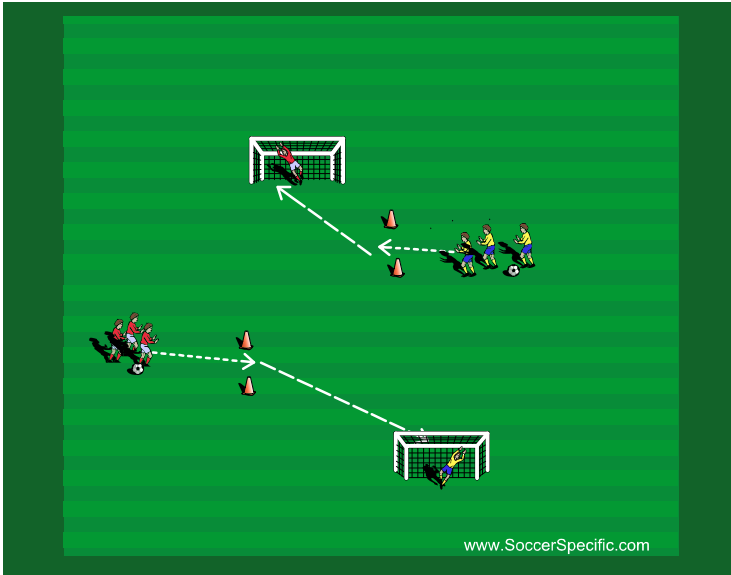


ACTIVITY #3

Set up: 30x30 with neutral zone in middle 9 players

Instructions: Play 4v4 and complete a pass to neutral player in neutral zone for a point

Coaching Points: receiving, first touch in space away from defender. crisp passes, sprint after the pass and get open, find your target

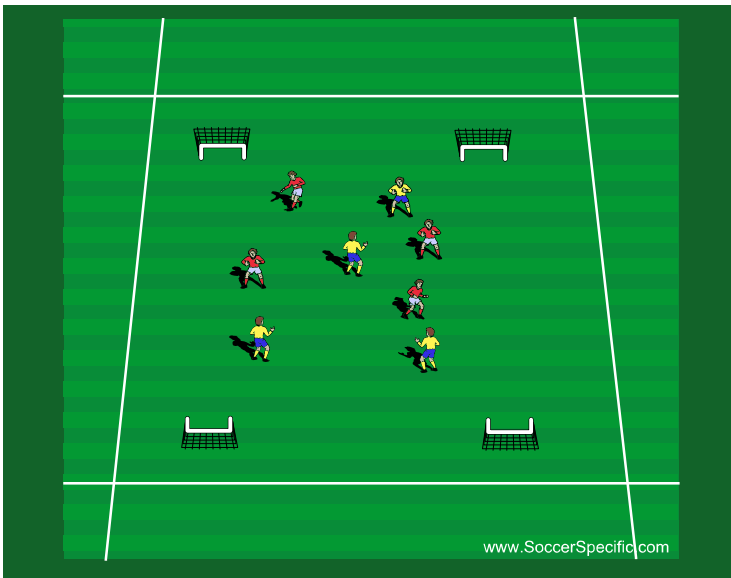


ACTIVITY #4

Set up: 2 goals 2 lines of players everyone with a ball

Instructions: dribble thru the gate and take a shot immediately, bend it to far post

Coaching Points: use outside of the right foot or inside of the left only, follow thru your shot. aim for far post.



ACTIVITY #5

Set up: 4 goal game 4v4 40x25

Instructions: 4v4 . defend 2 goals and attack 2 goals

Coaching Points: change of the point of the attack, combination play, give and go, overlap ,defensive adjustments, pressure cover balance