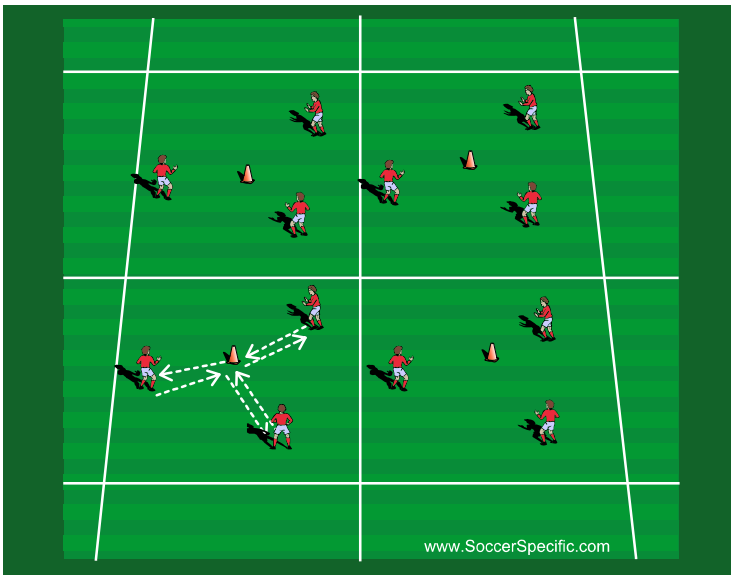


### ACTIVITY #1

**Set up:** groups of 2 with 1 ball in 10 yards grid

**Instructions:** Player in red with ball chooses the moment to go, yellow has to catch up with him before red gets to the end line, variation 1 Red passes to yellow na overlaps, yellow dribbles to end line, first one there get a point.

**Coaching Points:** control on ball, dribble eith shoe laces,

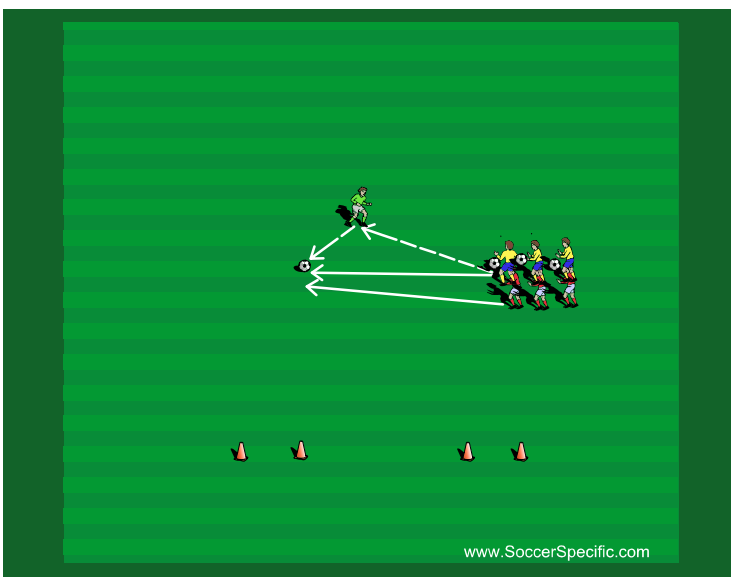


### ACTIVITY #2

**Set up:** groups of 3 in 10x 10 area

**Instructions:** Group of 3 players ball each. Dribble to the cone do a move and go to the next cone. Do it all in same time. Use Scissors, step overs, pull tucks, side steps.

**Coaching Points:** Bend knees, drop shoulders, excelarate after the move.



### ACTIVITY #3

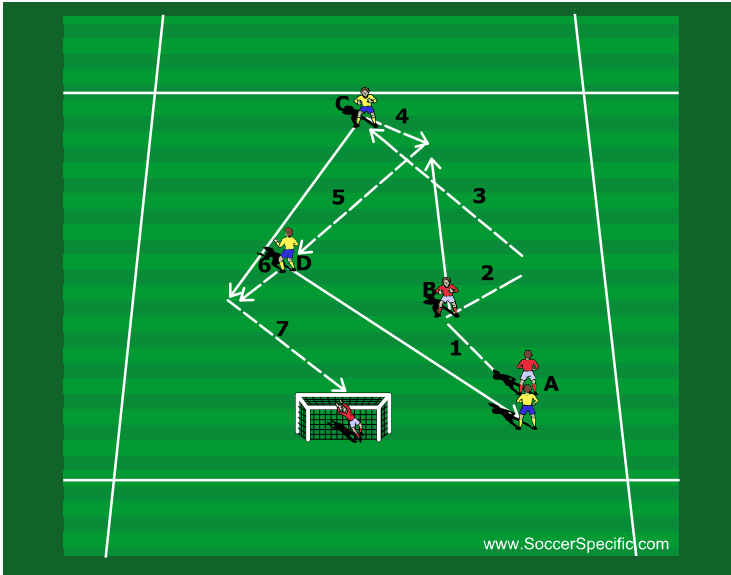
**Set up:** 20x30 1v1 to goals with coach

**Instructions:** Yellow passes to coach for 1,2 and attacks the goals, red is defending

**Coaching Points:** use your moves to beat defender, shield the ball and turn quickly

**ACTIVITY #4**

**Set up:** 25x25 4 stations. Players at station A with ball  
**Instructions:** Continues passing and finish with shot on goal.  
Players move from station A to B to C to D  
**Coaching Points:** quality of the pass, body positioning, quick give n' go, sprint after your pass



**ACTIVITY #5**

**Set up:** 20x 15 1v1 to the goal  
**Instructions:** Player A passes to Player B and goes to defend.  
**Coaching Points:** First touch away from defender, pations, positioning

