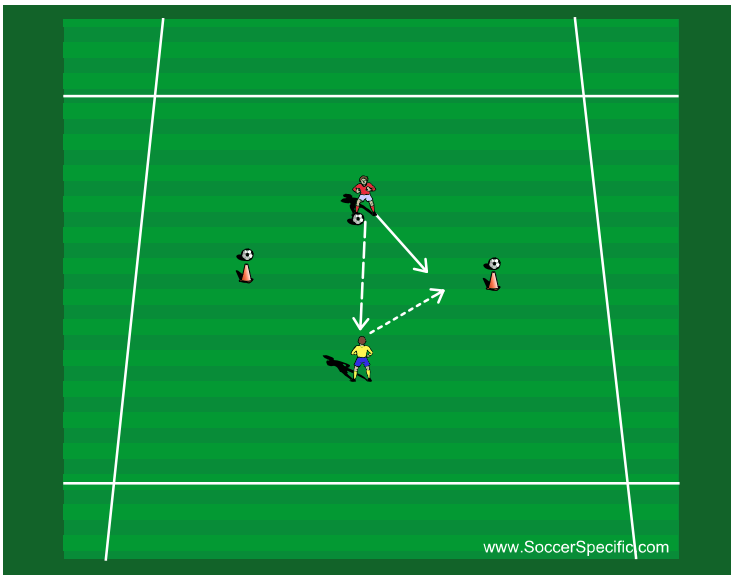


### ACTIVITY #1

**Set up:** 15x15 8 players

**Instructions:** 2 players at each corner with 1 ball, dribble to the flag and perform COD move then dribble back to his corner. Use inside, outside cut, pull back, step over, Konti

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

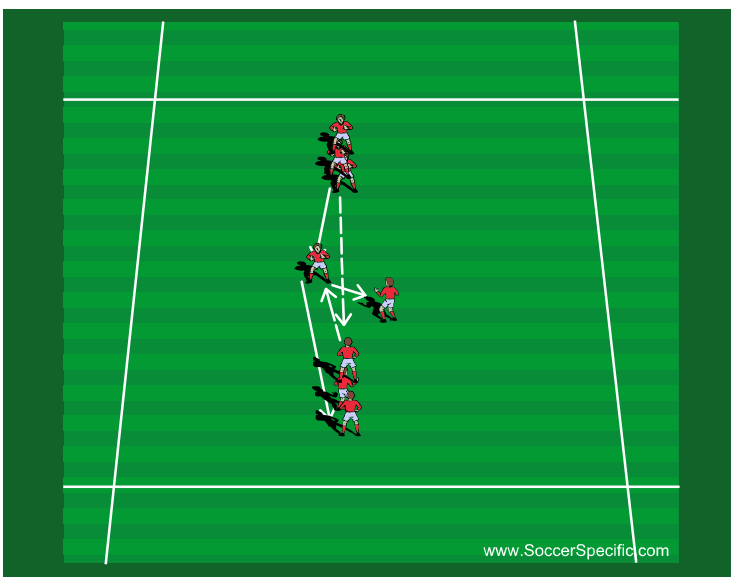


### ACTIVITY #2

**Set up:** 1 v1 to the ball

**Instructions:** players 10 yards apart, pass and defend, knock to ball out of the cone for point.

**Coaching Points:** First touch in direction, do a move to fake a defender, accelerate after the move. Hit the target.



### ACTIVITY #3

**Set up:** 6 players 15 yards apart 1 ball

**Instructions:** Pass and follow, after the ball, start with 2 touch and move to 1 touch passing, add a wall pass

**Coaching Points:** first touch, quality of the pass, sprint after the pass

**ACTIVITY #4**

**Set up:** 2 teams 1 goal

**Instructions:** 1 team is shooting the other one is ball shaging. catch a ball in air to take a point away from shooting team. shooting has to be from the grid and 1 touch.

Each team 2 minutes for shooting then switch roles

**Coaching Points:** quality of the pass, positioning for shot, 1 touch strike, follow through

