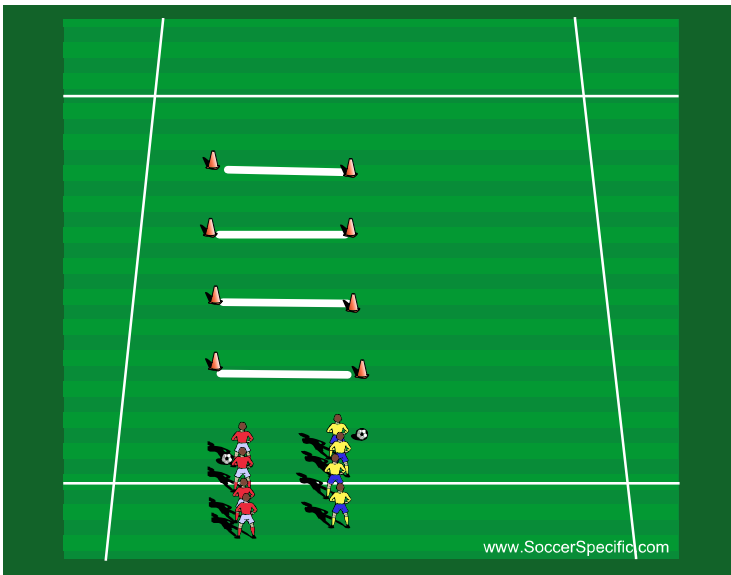


ACTIVITY #1

Set up: 20x20 every one with but one tagger

Instructions: players dribble in 20x20 grid. Tagger try to tag as many players as he can. When you are tag pick ball and stay frozen with legs open. You can only be unfrozen by dribbler doing nutmeg to you

Coaching Points: ball under control, eyes up get away from tagger.

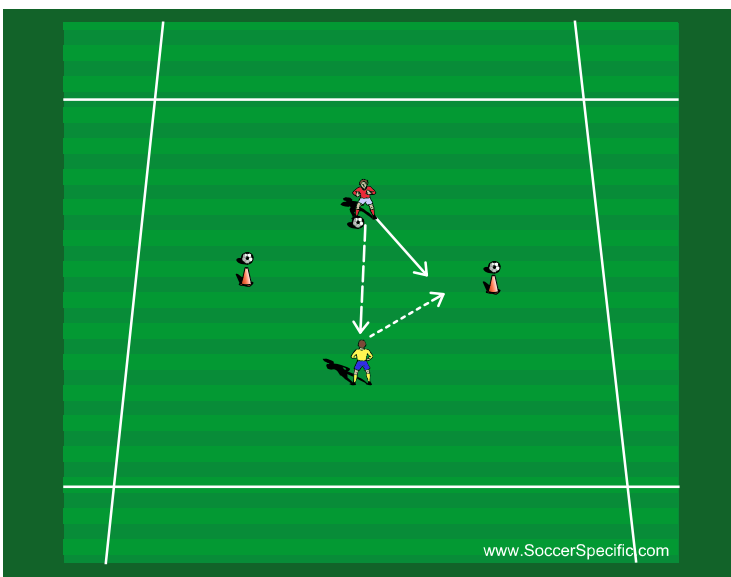


ACTIVITY #2

Set up: Groups of 4 with 1 ball

Instructions: Groups of 4 cones 6 yards a part. Speed dribble to first line, hard cut and dribble back to line, leave the ball for next in line, then go to 2nd line, 3rd line and 4th line. Make it as competition.

Coaching Points: Use Inside cut, outside cut, Pull Back, Step Over. Speed dribble, control on ball, clean moves.

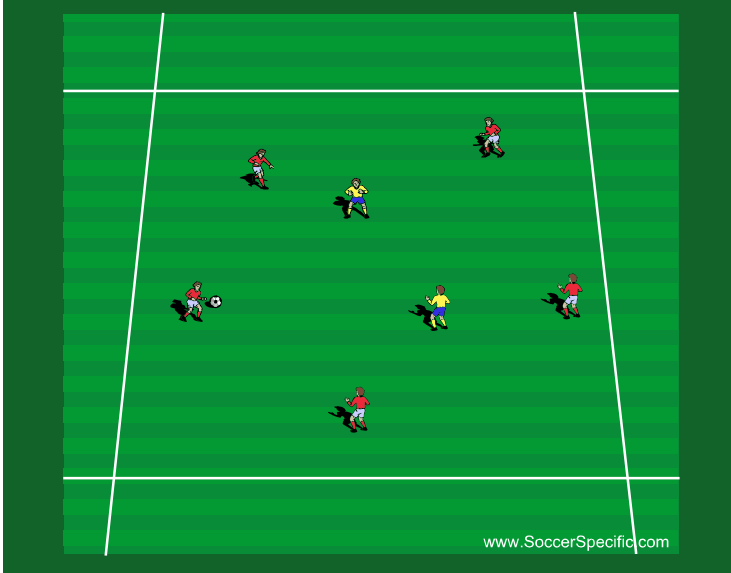


ACTIVITY #3

Set up: 1 v1 to the ball

Instructions: players 10 yards a part, 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 #4

Set up: 15x15 groups of 6 with 1 ball

Instructions: 4v2 with 1 ball. Make 5 passes to get a point. Defender wins the ball, switch and start over.

Coaching Points: Communication, pressure, cover, make the play predictable.



ACTIVITY #5

Set up: 20x30 4v4 +goalie

Instructions: Play the game. 4v4 on field to the goal.

Coaching Points: work with defenders. Pressure, and cover. Don't over run it.