



ACTIVITY #1

Set up: 15 yard by 15 yard grid.

4 cones to a line, with 5 yards in between each cone

Instructions: From A-B: Roll the ball forward with the base of both feet

From B-C: Quick touches with the ball in between your feet

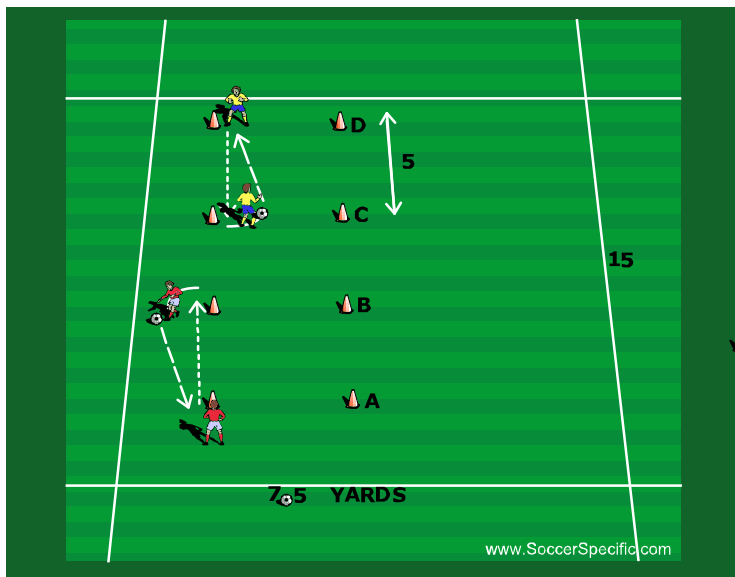
From C-D: Rake/Stop, Rake/Stop

Stop at the other side and wait for the rest of the group to be done, and then come back using the opposite foot where needed.

Coaching Points: Keep the ball close

Speed of feet and movement

No interruptions



ACTIVITY #2

Set up: 7.5 yard by 15 yard

4 cones to a line, with 5 yards in between each cone

2 players at a cone, with one ball for both of them

So, set up as many groups of the exercise as necessary so there are minimal lines and time between reps.

Instructions: Dribble to the cone, execute a turn, then pass it back to your partner.

A. Soul Drag or Pull Back

B. Step-Over

C. Cruyff

D. Any turn you'd like

Coaching Points: Keep the ball close - Control

Speed of feet and movement

No interruptions



ACTIVITY #3

Set up: 7.5 yard by 15 yard

4 cones to a line, with 5 yards in between each cone

1 player at a cone, with a ball

Set up as many groups of the exercise as necessary so there is one player with a ball at each cone

Instructions: 1. Start with the ball to the left of the cone:

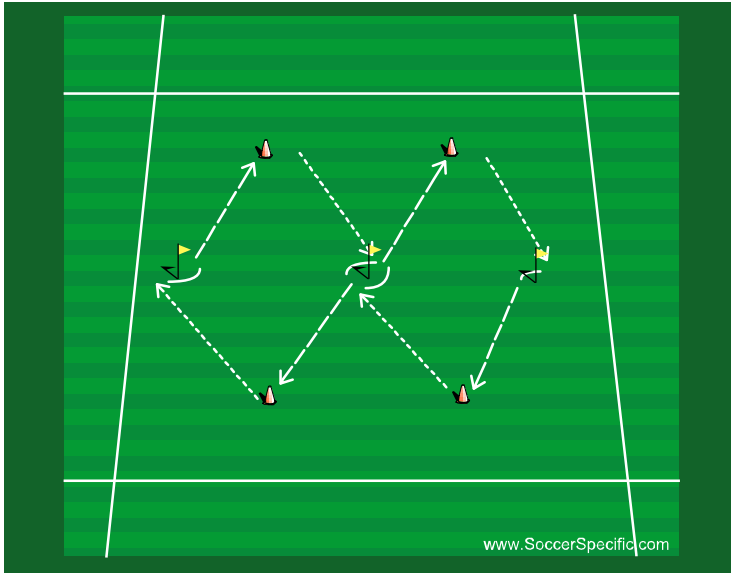
Pull back with the right foot, push it with the inside of the right foot to the opposite side of the cone - Then repeat the move with the Left Foot - the ball should not stop moving

2. Start with the ball on the Right side of the cone, Pull back with the right foot and push to the other side of the cone using the outside of the left foot. Then pull back with the left foot and push away using the outside of the right foot.

Coaching Points: Keep the ball close - Control

Speed of feet and movement

No interruptions



ACTIVITY #4

Set up: The exercise should be roughly 15 yards by 15 yards when set up like.

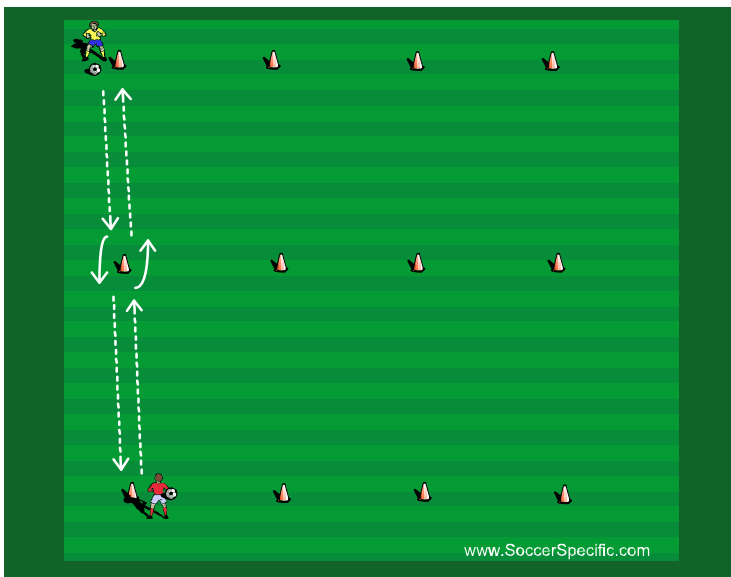
One Ball at each cone

Keep the lines as small as possible

Instructions: Dribble to the flag on the left - execute a pull touch (See Ball Control III) with the Right Foot - then pass it on to the line across from your starting position.

Be sure to switch directions and Feet - as well as use a variety of skills.

Coaching Points:



ACTIVITY #5

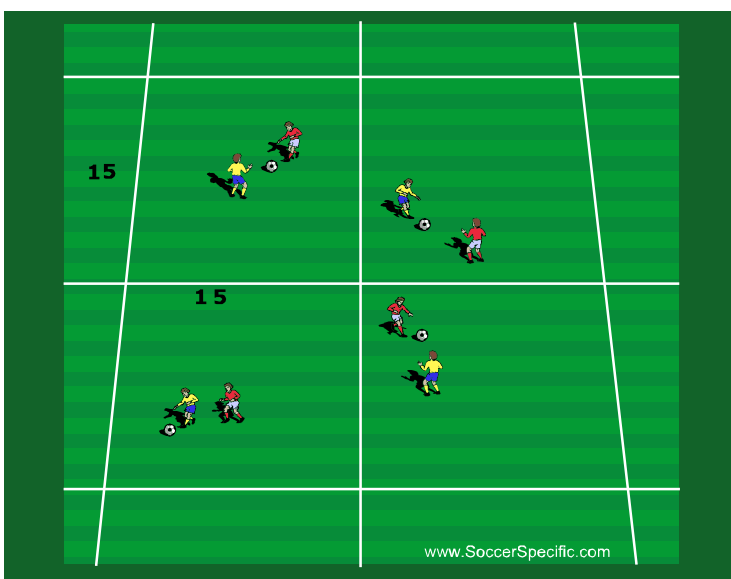
Set up: 1 Ball per Player

3 Cones, 15 yards apart, 1 divider

Instructions: Players dribble toward reference cone at speed and execute the skill move requested

1. Step Left, Go Right
2. Step Right, Go Left
3. Scissor Right/Left
4. Step-Over Right/Left
5. Flip Flop Right/Left

Coaching Points: Dribble for speed, execute move, accelerate away



ACTIVITY #6

Set up: 15 x 15 yard grid with 2 players and one ball

Instructions: 1v1 - Keep the ball for as long as possible using as many techniques as possible

Have the defender be passive (shadow, but not win the ball) at first so they are only a point of reference

Go for 1 minute, then switch roles. Once a comfort level is established with the chaining and usage of moves, allow the defender to try and win it.

Coaching Points: Face the defender as much as possible, do not turn your back to them - unless they are chasing you because you have beat them already.