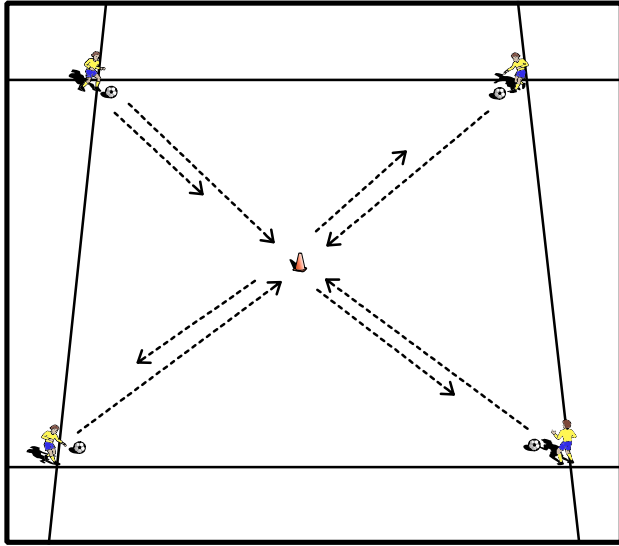


### ACTIVITY #1

**Set up:** Dribbling Technique - Turning with the Ball  
Players with a ball each organized in the corners of a 10 x 10 yard working area.

**Instructions:** Players dribble to centre cone & turn with the ball to dribble back to the corner they came from. Progress & introduce different turns.

**Coaching Points:** See the ball, See the players, Change of direction, Change of speed

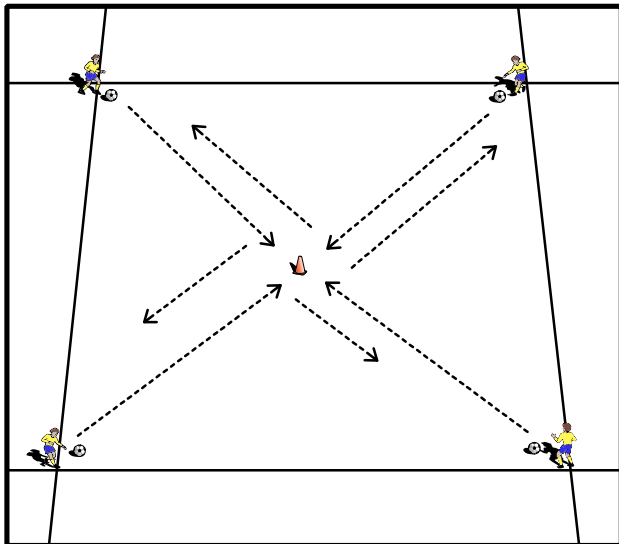


### ACTIVITY #2

**Set up:** Dribbling Technique - Turning with the Ball Practice 2  
Players with a ball each organized in the corners of a 10 x 10 yard working area.

**Instructions:** Players dribble to centre cone & turn with the ball & accelerate to the next corner. Progress & introduce different turns. Progressions - 1) Dribble to centre cone & play the ball with the outside of the foot across the face of the cone & then run around the opposite side of the cone to meet the ball & continue to the next corner. 2) Dribble to center cone & then accelerate to any corner (1 player per corner allowed) (This could be a race).

**Coaching Points:** See the ball, See the players, Change of direction, Change of speed, Skill (Moves & Turns)

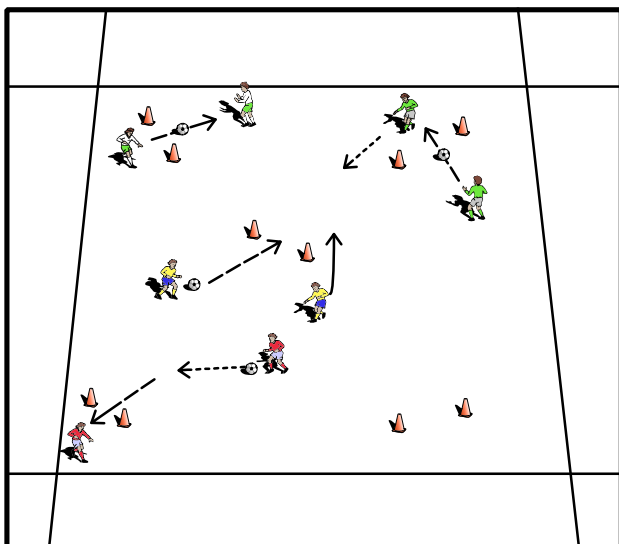


### ACTIVITY #3

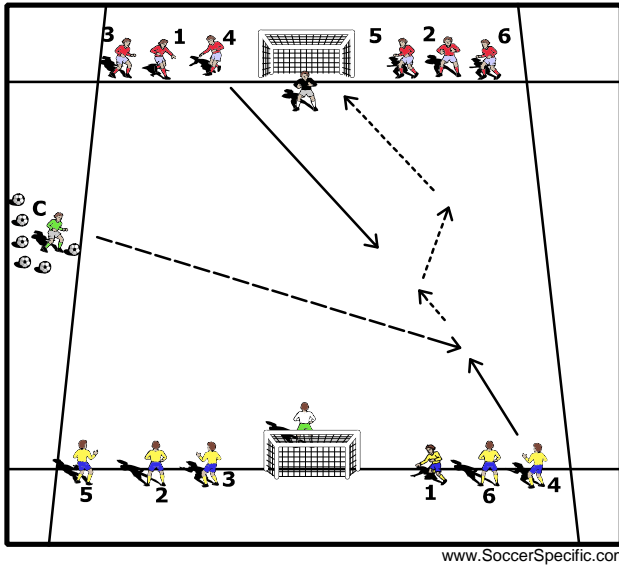
**Set up:** Passing Gates. Players arranged in pairs with one ball dribbling & passing with their partner. Place 1 yard gates randomly around a 15x15 yard working area. Size of working area should be adjusted depending on number of players.

**Instructions:** Players must move around the area dribbling & passing with their partner. On the signal from the Coach the Players try to dribble & pass the ball through any open gate to their partner. How many passes can they complete in 1 minute? Progress & vary passes (E.G.) Wall-pass, reduce number of gates

**Coaching Points:** See the ball, See the players, Eye contact/Communication, Accuracy/Pace/Weight of pass, Part of foot & ball, 1st touch control



#### ACTIVITY #4



#### Set up: Numbers Game

Divide players into 2 teams & set them up on opposite sides of a 15x20 yard working area with goals & goalkeepers as shown.

**Instructions:** Each player is assigned a number & will only play when their number is called by the Coach. The Coach shouts the player's number to come on or off the field. Start playing 1v1 to work receiving & dribbling skills.

#### Progressions:

Odd Number - Coach can create a 2v1 or 3v1 by calling a colour first (E.G. Red 2)

Even Number - Call 2 numbers to create a 2 vs 1

**Coaching Points:** This fun small sided game may be used for many reasons:

1v1 Attacking (dribbling), Short passing & receiving, finishing, & of course, fun scrimmages using all players. Key Factor information should match the objectives.