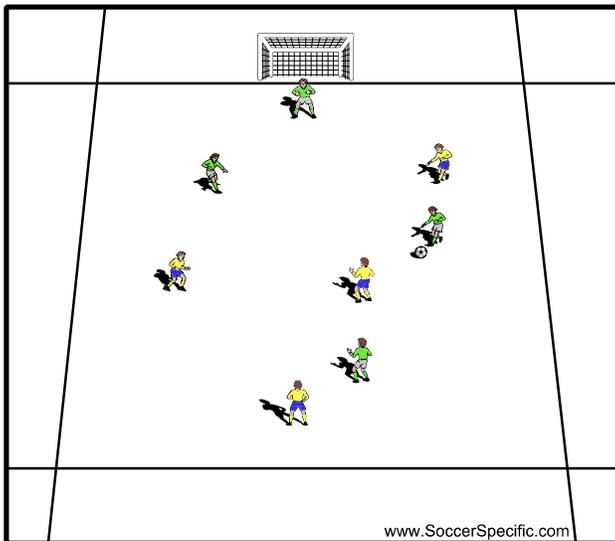


**ACTIVITY #1**

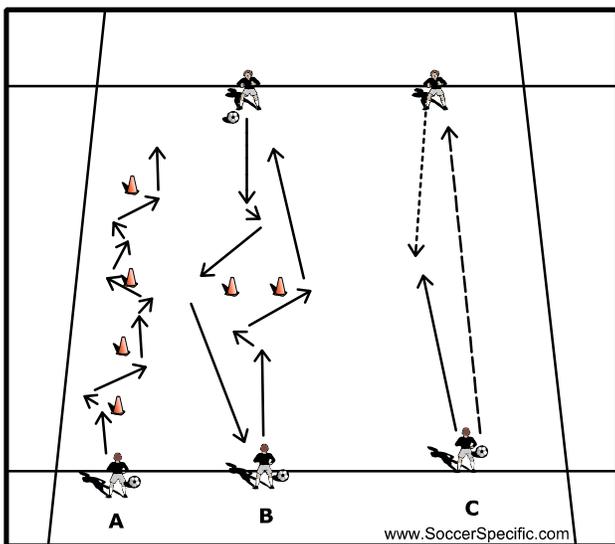


**Set up:** SSG

**Instructions:** Split players into 2 teams

**Coaching Points:** Encourage good use of field space, communication, and passing

**ACTIVITY #2**



**Set up:** Messi side step- Fake Take

Exercise A - several cones in a straight line, players at one end with ball at feet

Exercise C - Players at both ends, balls only on one side

Exercise B - 2 cones placed in the middle, players at both ends with ball at feet

**Instructions:** player fakes a pass with outside of foot and takes the ball with the outside of the other foot in the opposite direction

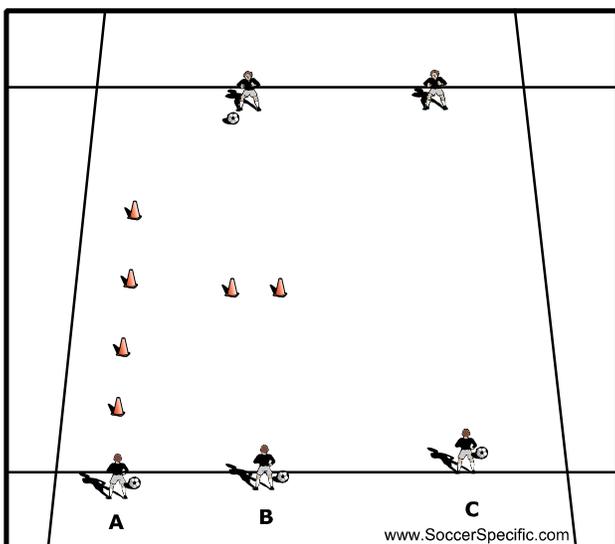
A- practise move in between cones

B- Players from opposite ends at same time dribble towards middle and execute the move

C- Player with the ball plays a pass to the player on the opposite end and then follows to the middle to be a passive defender. Upon receiving the pass player dribbles towards defender and executes the move

**Coaching Points:** ensure the proper movement of feet and changing the direction with the appropriate touch on the ball

**ACTIVITY #3**



**Set up:** Exercise A - several cones in a straight line, players at one end with ball at feet

Exercise C - Players at both ends, balls only on one side

Exercise B - 2 cones placed in the middle, players at both ends with ball at feet

**Instructions:** player steps over the ball to move defender and takes the ball with the outside of the other foot in the opposite direction

A- practise move in between cones

B- Players from opposite ends at same time dribble towards middle and execute the move

C- Player with the ball plays a pass to the player on the opposite end and then follows to the middle to be a passive defender. Upon receiving the pass player dribbles towards defender and executes the move

**Coaching Points:** ensure the proper movement of feet and changing the direction with the appropriate touch on the ball

**ACTIVITY #4**

**Set up:** Exercise A - 2 sets of 2 cones approx 10 yards apart

Exercise B - straight line of cones

Exercise C- a series of double cones randomly placed around the grid

**Instructions:** Placing the sole of the foot on top of the ball player drags the ball across the body then plays forward

A- Practise move between cones then step forward to use other foot to come back

B - dribble forward then practise move between cones

C - Players dribble freely around grid and perform move whenever they get to a set of cones

**Coaching Points:** Ensure player faces upfield and does not turn shoulders. Have foot travel all the way over ball to be placed on ground for good balance

