

### ACTIVITY #1

**Set up:** Type Setup Here...

**Instructions:** One player from each line dribbles towards the centre cone at the same time, when the players are 3 yds away from the cone they perform the move that you have introduced and beat the cone (Players should go opposite directions)

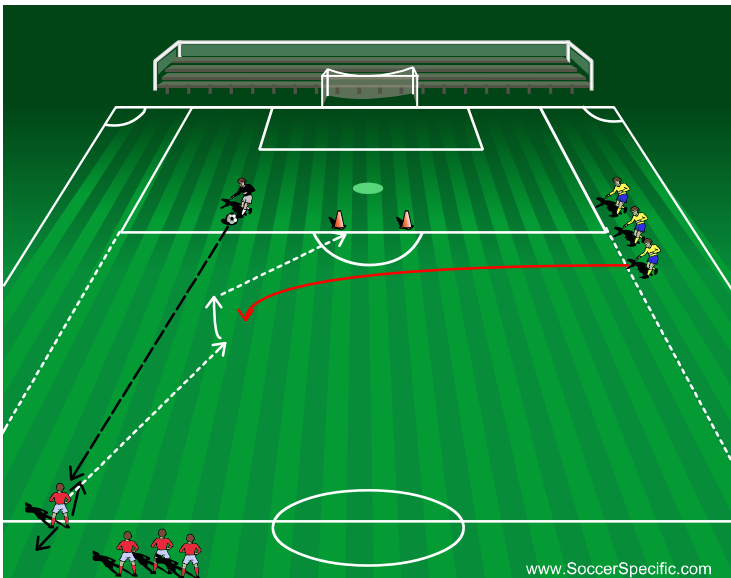
**Coaching Points:** See the ball

See the player (cone)

Change of speed (Slow down to speed up)

Change of direction

Attack the space behind the defender (Cone)



### ACTIVITY #2

**Set up:** Server (Goalkeeper)

Defenders and attackers. Area is 30yds by 20yds

Attacker has to beat defender with the dribble and dribble through the goal.

**Instructions:** Goal keep has a touch before playing the pass to the attacker. As he has the touch the attacker checks away and then moves towards the ball. As soon as the Gk plays the defender can close the attacker down.

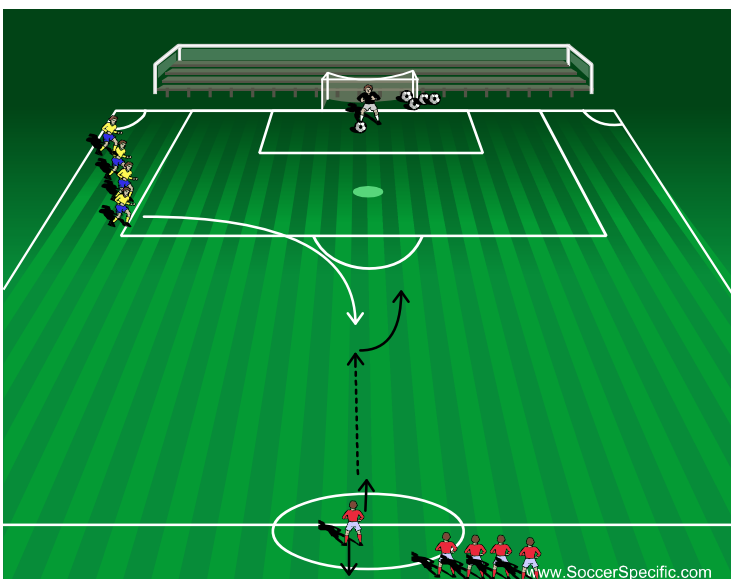
**Coaching Points:** See the ball

See the defender (Attack front foot)

Change of speed (Slow down to speed up)

Change of direction (bring in move to try to get in behind the defender)

Attack the space to get to goal.



### ACTIVITY #3

**Set up:** Half a field (Indoor) Goal keep as the server as well as being the goalkeeper, defenders and attackers

**Instructions:** Goal keeper serves to the attacker. On the GKS touch the attacker checks away and back in to receive the ball. The attacker attacks the defenders front foot and looks to get in behind the defender. once he gets behind the defender he can either get a shot of at goal or go 1v1 with the goal keeper (the attacker has to make a depending on what is going on around him)

**Coaching Points:** See the ball

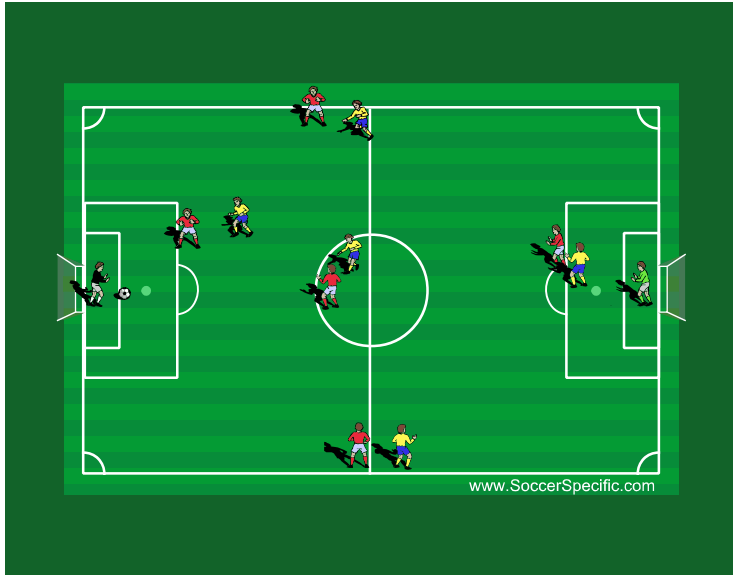
See the defender

Change of speed

change of direction

Attack the space behind the defender

Finish with a shot on goal.



**ACTIVITY #4**

**Set up:** 5 v 5 with 2 goalkeepers, emphasis on creating 1v1 situations and beating defenders.

**Instructions:** As above

**Coaching Points:** Create width and depth

See the ball

See the defender

Change of speed

Change of direction

Attack space behind defender.