

ACTIVITY PLAN

Week 6

Turning,

Warm up

Objective:

To Improve
Turning.

Organization:

20 yard x 20 yard area

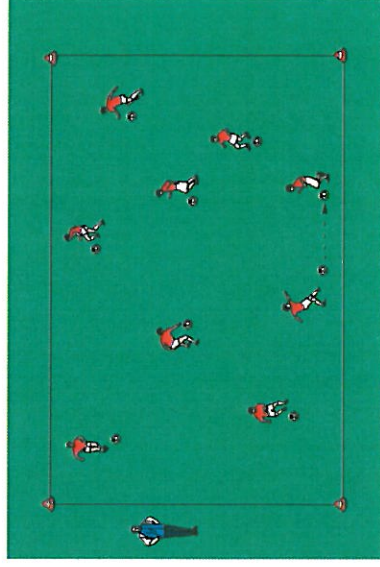
Procedure:

Each player has a ball. As they move around the grid they try to hit another players ball with their own ball. 1 point for each successful try.

Who can get 5 points?
1 minute rounds – include stretching movements.

Key Coaching Points:

- Accuracy of pass
- Weight of pass
- Timing of pass
- Disguise your pass
- Inside of foot-
- Use the inside part of the foot
- Push through the ball
- Outside of foot (Good for disguise)



Week 6

Individual Activity

Objective:

To Improve
Individual
Turning Skills.

Organization:

20 yard x 20 yard
area.

1 ball per player.

Procedure:

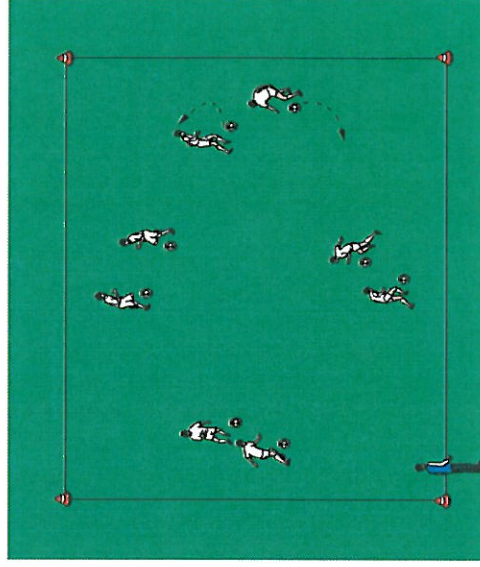
Players dribble randomly inside the area.

As players come within a yard of each other they must turn away from them into space.

Player must turn and explode away from the opposing player while in control of their ball.

Key Coaching Points:

- Improve vision and field awareness
- Decision making with the ball
- Cutting Moves Speed dribbling
- Body control
- Quick acceleration



ACTIVITY PLAN

Week 6

Small Group

Activity

Objective:

To improve Individual Skills Under Pressure.

Organization:

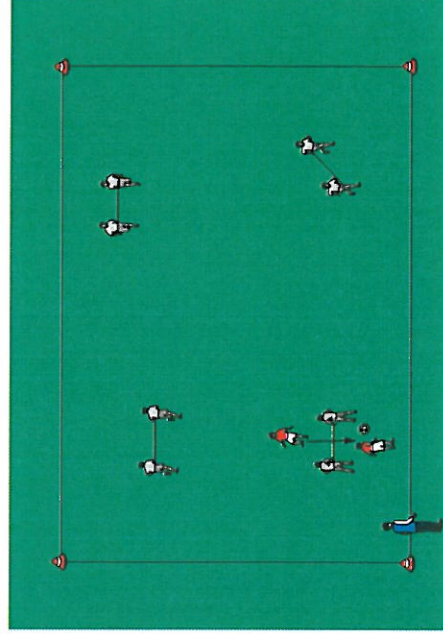
20 x 20 yard area.
Players are put into pairs.
Moving goals are made up of two player holding a training bib.

Procedure:

1 pair have 1 minute to score as many goals as possible by passing the ball through any of the moving goals to each other. The rest of the players act as the moving goals. The moving goals must always be walking around.

Key Coaching Points:

- Communication between teammates
- Field awareness is critical & turning to find space
- Support your teammate



Week 6

3 v 3

Small Sided

Game

Objective:

To improve Individual & Small Group Game Understanding.

Organization:

20 x 30 yard area
Play a 3 v 3 match
6ft x 6ft Goals
Size 3 ball

Procedure:

Free Play!

Key Coaching Points:

- Summation of all challenges for the players.
- Stay out of their way and let them play.

