

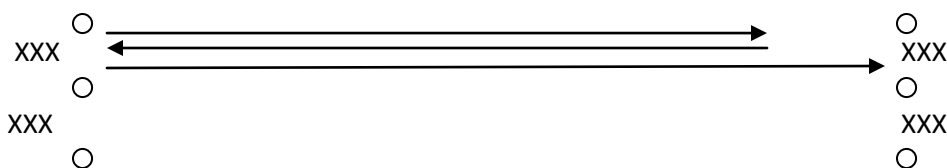
*(Set-Up: 20x20 grid for #1 / 5x15 lanes (as many as you need) for #2)*

**1. Ball Mastery (15 Mins)**

- a. Set up 20x20 grid, half of the players on one endline, other half on other. All with ball.
- b. Players touch the ball between their feet, back and forth, under control, no body movement forward or back.
- c. Still continuing movement, on coaches command, players move forward 5 yards with ball, touches back and forth the whole time
- d. Still with touches, players move back to start on command
- e. Still with touches, players turn their body a ¼ turn on coach command until they've completed a circle.
- f. Reverse direction.
- g. Touches again. On coach command, they tap the top of the ball 5 times with the soles of their feet, alternating feet, then right back to touches
- h. Stretch
- i. All players on one side will now work across to other side using the following:
  - Inside/Outside, right foot only (every time they take a step they also take a touch – not a race)
  - Once they get to the other side, the next group goes
  - Other foot
  - Inside/Inside/Outside, right foot only
  - Other foot
  - Inside/Outside/Outside, right foot only
  - Other foot
  - Inside/Inside/Outside/Outside, right foot only
  - Other foot

**2. Changes of Direction Alleys (20 mins)**

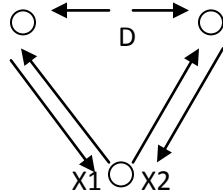
- a. Set up a series of 5x15 lanes
- b. 2 players on each end, 1 ball
- c. Player X pushes ball out towards end of grid, once players catches up to it, execute the following:
  - Inside of foot turn (players turns ball with inside of foot back towards start), then pushes it again to where they started and executes another inside turn, then passes it to opposite end for the next player to do the same (2 turns and then a pass, player follows ball to other line)
  - Outside of foot turn
  - Pullback (use sole of foot to pull ball back behind you, turn and go)
  - Cryuff turn (players uses inside of foot to push ball back between legs)



**BREAK (5 Mins)**

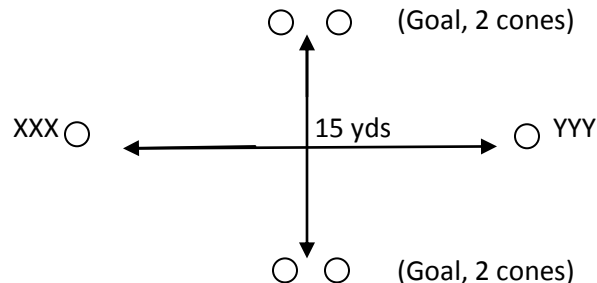
(Set-Up: As many 6 yard triangles as you need for #3 (see diagram below) / As many 1v1 grids as you need for #4 (see diagram below)

### 3. Change of Direction Triangles (15 Mins)



- X1 & X2 have a ball and are attackers, D is defender
- X1 pushes ball to cone and executes a turn (while D slides over to defend cone) and returns to start
- As soon as X1 returns, X2 does the same on opposite side (while D slides over to defend)
- Rotate after 2 mins (or so)
- Turns to execute:
  - Inside of foot turn
  - Outside of foot turn
  - Pullback
  - Cryuff

### 4. 1v1 to 2 Goals (20 Mins)



- X passes ball to Y and moves out to defend
- Using only the turns worked on, Y tries to score in either goal by DRIBBLING over line
- If X wins ball back then X attacks and Y defends
- DO NOT TAKE EASY OPEN GOAL, TRY TO BEAT YOUR OPPONENT NUMEROUS TIMES

### **BREAK (5 mins)**

(Set-Up: Reduced size field, 2 small goals for #5)

### 5. Small Sided Game (10 mins)

- Divide team in half and play a game (No goalkeepers, last one back may use hands)
- Assign each player to mark a player from the other team. They MAY NOT mark anybody but those assigned to them
- You've created a whole field of 1v1's
- ENCOURAGE use of the turns