

ACTIVITY PLAN



Week 6

Turning,

Warm up

Objective:

To Improve

Turning.

Organization:

20 yard x 20 yard area

Procedure:

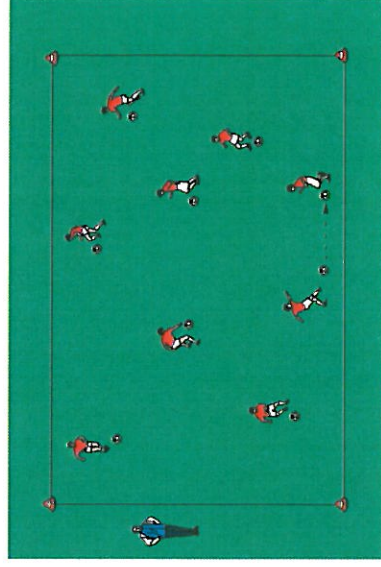
Each player has a ball. As they move around the grid they try to hit another players ball with their own ball. 1 point for each successful try.

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:

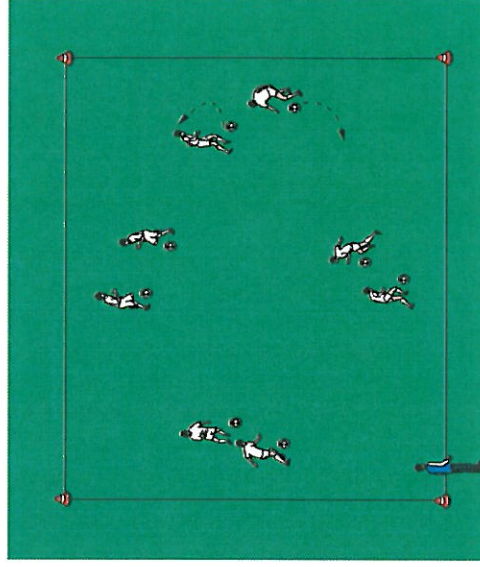
Players dribble randomly inside the area.

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:

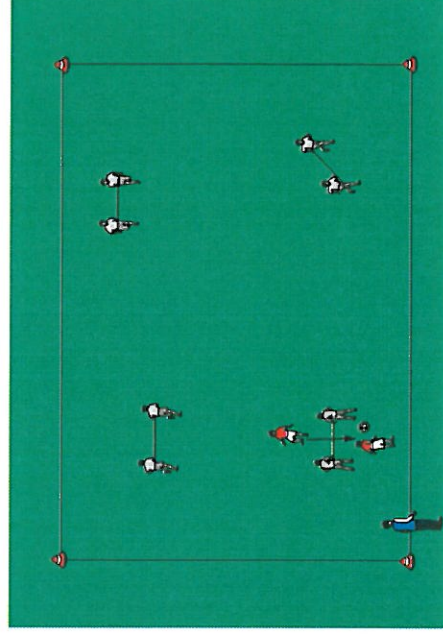
20 x 20 yard area.
Players are put into
pairs.
Moving goals are
made up of two player
holding a training bib.

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.

