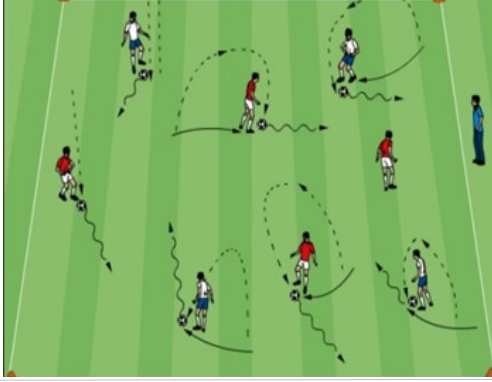
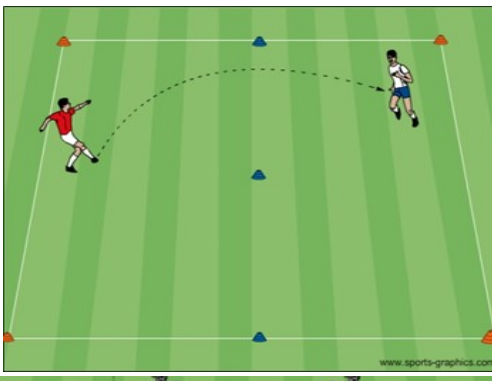
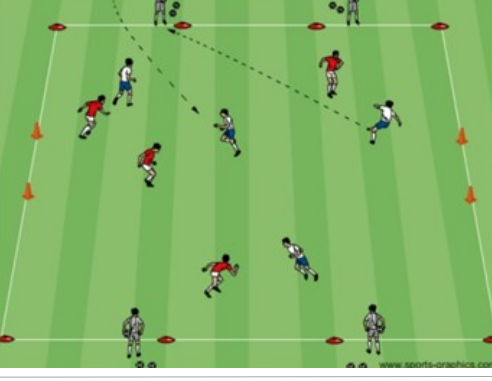
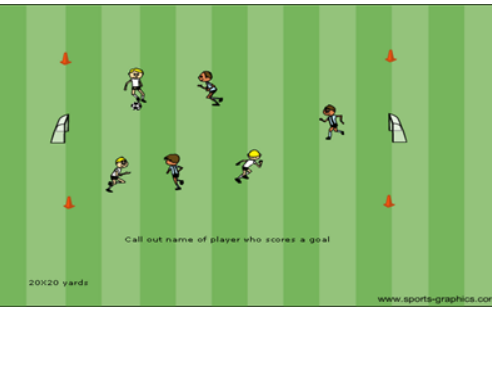


SKILL	Cruyff Turn Inside cuts	TOPIC	Receiving Balls Out Of The Air
8-10 mins	<p>Play- as players arrive have them join in a small sided game</p>	<p>Set up multiple fields if needed (20yds X 20yds). 3V3 or 4V4 small games. No goalies, no throw-ins, kick ins only</p>	<p>Let them play</p>
	<p><u>Activity Description</u></p>	<p><u>Set Up Diagram</u></p>	<p><u>Coaching Points</u></p>
<p>#1 15 mins</p>	<p><u>Out Of The Air</u> Each player dribbles a soccer ball. On coach's command, the player picks up the ball and tosses it above his/her head and...controls with the laces Change it up—controls with inside and outside of the foot, control with sole of foot, control with the thigh, directional, control with the chest, directional.</p>		<ul style="list-style-type: none"> • Meet the ball • Watch the flight of the ball • 1st touch prepare for the 2nd touch
<p>#2 15 mins</p>	<p><u>Soccer Tennis</u> Play 1v1 in a 5x10 yard grid. A player starts off with a ball and serves it over a line or net in the middle of the area. The ball can bounce once but then the ball must be returned. A point is won on a bad serve or when one team fails to return the ball. Play 2v2 if possible.</p>		<ul style="list-style-type: none"> • Anticipate the flight of the ball • Attack the ball before it hits the ground • Direct the return into open spaces
<p>#3 15 mins</p>	<p><u>4V4 In The Air</u> Two teams of four in defined playing area with two goals. 4 "throwers" are support players on both sidelines. Each "thrower" will have a few balls around them to toss or bounce back into playing area to team that passed them the ball. Goals scored on small goals on end lines.</p>		<ul style="list-style-type: none"> • Get your body ready to receive the air ball • Communication with teammates • Use chest, thigh or feet to control the ball
<p><u>PLAY</u> 20 mins</p>	<p><u>Small Sided Games</u> Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.).</p>		<p>Let them play</p>