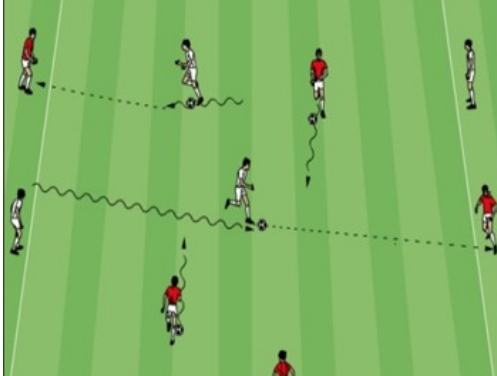
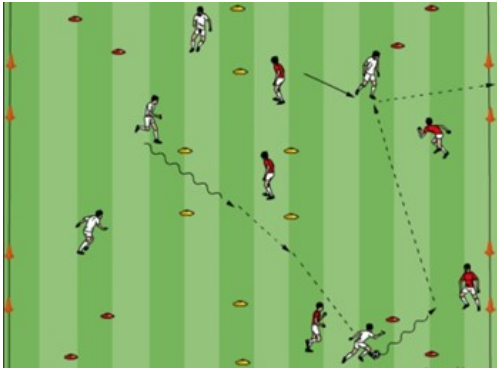




SKILL	Cruyff Turn Inside Cut	TOPIC Dribble or Pass	
8-10 mins	<p><b>Play-</b> as players arrive have them join in a small sided game</p>	<p>Set up multiple fields if needed (20yrds X 20yrds). 3V3 or 4V4 small games. No goal-ies, no throw-ins, kick ins only</p>	Let them play
	<p><b><u>Activity Description</u></b></p>	<p><b><u>Set Up Diagram</u></b></p>	<p><b><u>Coaching Points</u></b></p>
#1  15 mins	<p><b><u>Dribbling Square</u></b></p> <p>In a defined area, half the players stand outside the area, each without a ball. Players with balls are in the middle of the grid and start by dribbling to outside players. Dribble from one side to the other &amp; execute a takeover-Dribble from your line past middle &amp; make a pass. At the middle, execute a 1v1 move, accelerate and pass.</p>		<ul style="list-style-type: none"> <li>• Take 1st touch towards passing option</li> <li>• Communicate</li> <li>• Switch outside and inside players</li> </ul>
#2  15 mins	<p><b><u>Attacking Square</u></b></p> <p>Players divided into two teams</p> <p>Play 5v5 with a series of small gates on the field. Teams score points by dribbling through gates.</p> <p>Dribble field gate = 1 point Dribble goal line gate = 3 points Dribble field gate &amp; pass thru goal line gate = 10 points</p>		<ul style="list-style-type: none"> <li>• View the entire field</li> <li>• Team shape</li> <li>• Look for options</li> <li>• Increase speed of play</li> </ul>
#3  15 mins	<p><b><u>4V4 To Small Goals</u></b></p> <p>Players divided in two teams</p> <p>Play 6v6 with four goals located on end lines; each team attacks &amp; defends two. Teams score points by dribbling or passing through goals.</p> <p>Dribble goal on end line = 3 points Pass goal on end line = 1 point</p>		<ul style="list-style-type: none"> <li>• Team shape</li> <li>• Move into space</li> <li>• Communicate with teammates</li> </ul>
<p><b><u>PLAY</u></b></p> <p>20 mins</p>	<p><b><u>Small Sided Games</u></b></p> <p>8V8 scrimmage with GK</p>	 <p>20x20 yards www.sports-graphics.com</p>	Let them play