



### Ball Manipulation (10 mins)



Ball manipulations Warm Up  
 Push Pulls inside one foot x 10, sw itch x10  
 Push pulls inside both feet x 10

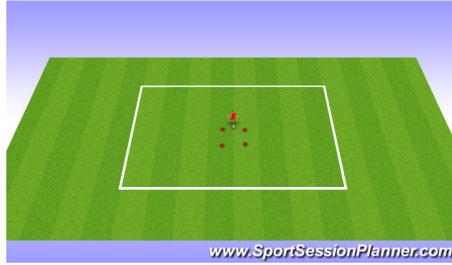
Push Pulls Laces one foot x 10, sw itch x10  
 Push Pulls Laces both feet x 10

Push Pulls Outside one foot x 10, sw itch x 10

Push Pulls Outside/laces/inside both feet x 10

Box Box Pulls x 10

### Squares (10 mins)

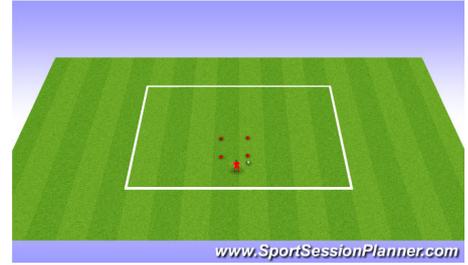


Squares  
 One level one foot. Across - foward - across - back. Repeat x 10 then sw itch foot

Two Levels One foot - complete square and move up to next cone, then come back down cones making squares, each cone two complete squares. Repeat x 10 then sw itch foot

Two Levels Both feet - complete square on one foot both cones then come back down the opposite side, opposite foot. Repeat x 10 alternate which side you start on to make sure you go up and back with different feet

### Squares 2 (10 mins)



Squares  
 Roll/outside foot touch  
 Ball starts behind cone, roll into middle - outside foot touch through - repeat on next level going same way and foot, dribble back through middle and start again. Repeat x 10.  
 Sw itch foot and repeat x 10

Iniesta through first level then opposite foot through next level, then come back down through the square to beginning. Repeat x 10

### Figure 8 (10 mins)



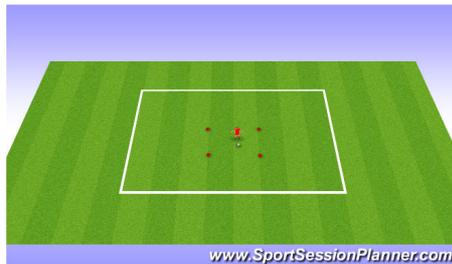
Figure 8 Dribbling

Touch out, pull across, touch out pull across, Figure 8 dribbling. Repeat x 6  
 Sole roll stop, sole roll stepover, Figure 8 dribbling. Repeat x 6  
 Double stepover, Figure 8 dribbling. Repeat x 6  
 L-turn pull, figure 8 dribbling. Repeat x 6

Learn Stanley Matthews  
 Stanley Matthews, figure 8 dribbling. Repeat x 6

Learn Cruyff turn with Flick  
 Cruyff turn flick, figure 8 dribbling. Repeat x 6

### Imagination Box+Fitness (10 mins)



Imagination Box

45 seconds work, skills to go outside the box, turns to stay inside the box  
 Different touches on the ball inside the box (ball manipulations)

On the rest 15 Squats

Repeat x 5