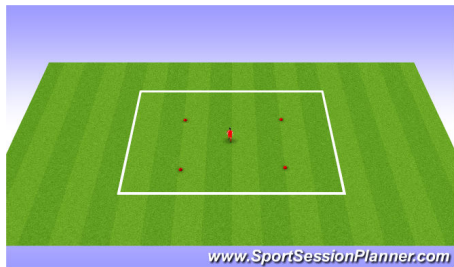


## Skills (15 mins)



### Skills

#### Drop shoulder

Every 3 touches player performs drop shoulder to the right, then 3 touches and drop shoulder to the left

#### Focus on

Disguise - bent knees, getting low to the ground, dropping the shoulder to the direction you want to take the defender into, to create space the opposite side.

Accelerate - change of speed for 5 steps after turn

Head Up - as you come out of the skill, head up, see the next picture

Change of Directions - make contact with the side of the ball, to push the ball into the space, not forwards into the defender. Non kicking foot in line with the ball but not too close to the ball. Contact the ball with the outside of foot.

#### Scissor

Every 3 touches player performs scissor to the right, then 3 touches and scissor to the left

#### Focus on

Disguise - bent knees, getting low to the ground, foot going all the way around the ball and dropping the same side shoulder as foot goes around the ball in the direction you want to take the defender into, to create space the opposite side.

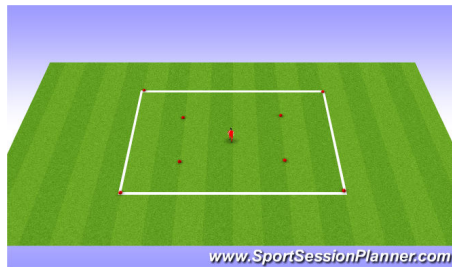
Accelerate - change of speed for 5 steps after turn

Head Up - as you come out of the skill, head up, see the next picture

Change of Directions - make contact with the side of the ball with the opposite foot, to push the ball into the space, not forwards into the defender. Non kicking foot behind the ball and ready to make contact with the ball once the foot completing the scissor has landed.

Contact the ball with the outside of foot.

## Skills and Turns Challenge (10 mins)



### Skills and Turns Challenge

Once player has perfected the turns and skills, time themselves to see how long it takes them to complete square. Player must start in the middle of the square, cones must be 8 steps from centre of square, past the first cone is another cone/object 3 steps away.

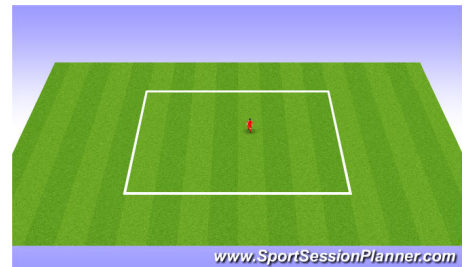
Player must dribble up to cone, perform scissor or drop shoulder, burst to cone behind, then perform a Cruyff or Inside Hook

Player must go back to middle of the square before going to the next cone and completing skill and turn.

Player must perform 2 Cruyff and 2 Inside Hooks and 2 Scissors and 2 Drop shoulders before timing can stop

Repeat x 3 to try and beat score

## Juggle and Stretch (10 mins)



### Juggling and Stretch

Player juggles for 10 minutes, ball can bounce in between each touch if needed, once player gets the rhythm and touch right progress to no bounce

#### Focus on

Weight of touch - ball should not be going too high and losing control or too soft and not giving player enough time to prepare for next touch

Ankle - lock ankle and keep foot flat as ball makes contact

Be ready - on toes and ready to adjust to ball, do not stretch and lose control, stay close and on toes to take next touch

Vision - Watch ball all the way on to surface area

Body - Stay loose and relaxed

#### Stretch

Player perform stretches for 10/15 minutes at the end, light and relaxed.