



Creative Player

Warm Up

Setup 20x20yard box
All players with a ball

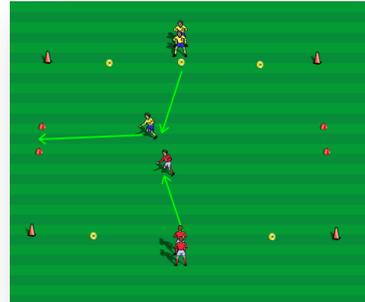
Instructions Players with a ball each dribble freely inside the defined playing area. Coach provides instruction on various conditioned movements with the ball as follows; a) inside-inside; b) inside-outside; c) turn-in; d) turn-out; f) change g) toe-taps. Players perform the conditioned activity for a set-time before moving freely again.



Drill

Setup 20x15 rectangle with gates at either side.
Players in two teams facing each other at halfway line

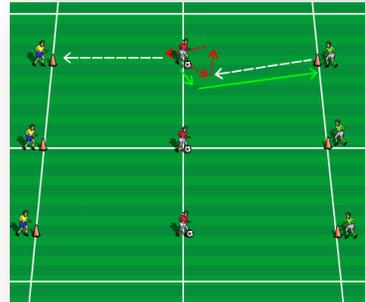
Instructions Yellow player 1 initiates move (without ball) and sprints through either of the side gates without being tagged by Red player 1. Repeat with player 2 then 3 etc. Begin to integrate a ball. Players can use a change of direction if required and should take touch to protect the ball from the defending player by putting their body between ball and defender.



Development

Setup Players in 3s, 20yards apart
Two players start on either side, one starts in the middle

Instructions Player 1 (with ball) is opposed by player 2 and performs a move to beat opponent, once completed, player 1 passes to player 3 who repeat move by beating player 1 prior to passing to player 2 whom had replaced player 1 at opposite end. Moves can include; Drag bag and hook, Inside cut, Outside cut, Cruyff Turn, Step Over.



Game Related Practice

Setup 30x20 yard pitch with end zones.
Players in two teams.

Instructions Players must dribble in end zone to score goal for team. To progress, you can encourage man for man marking to encourage players to be creative and go by opponents. Create 1v1 situations and ensure players take a good first touch. Also ensure players use a good change of pace and direction when taking on opponents.



Cool Down

Conduct a light cool down consisting of light jogging and stretching.