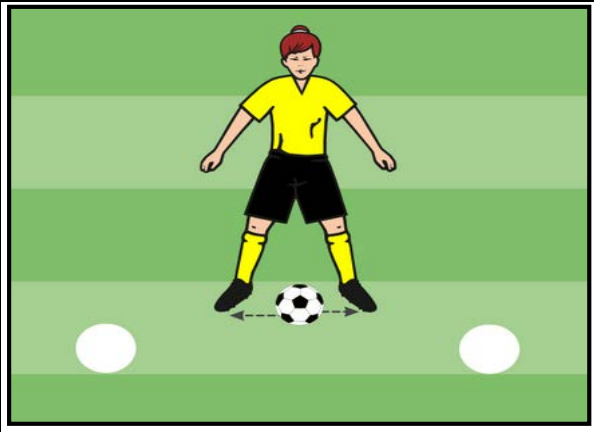




SKILL ACQUISITION: Head up, use the laces to move the ball forward, change direction by using the inside of the right (left) foot to pass to the left (right) foot and tap the ball forward and accelerate.

ACTIVITY 1: BALL MASTERY - TAPS



Objective: To improve the ability to beat an opponent with the bish-bash 1v1 move.

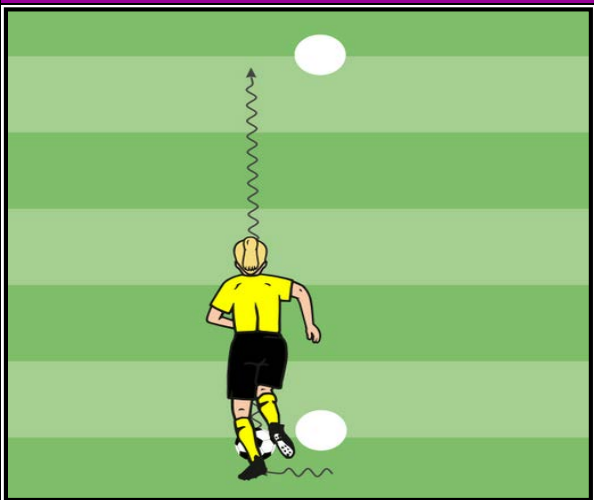
Equipment: 2 markers (Cones, Paper Plates, Cups, Socks) and a Soccer ball.

Organization: Set two markers down. Get in between the two markers with the soccer ball. The player will perform a few ball mastery taps.

Tasks:

1. Inside of the foot taps.
2. Inside of the foot taps moving laterally.
3. Inside of the foot taps, tap forward, stop. Inside of the foot taps, tap forward, stop.

ACTIVITY 2: BISH - BASH BASICS



Objective: To improve the ability to beat an opponent with the bish-bash 1v1 move.

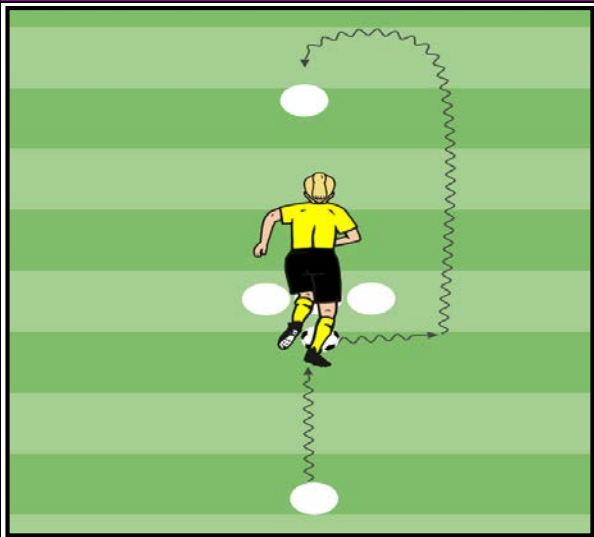
Equipment: 2 markers (Cones, Paper Plates, Cups, Socks) and a Soccer ball.

Organization: Set two markers down. Get behind one cone. Jog in place, tap the ball with the inside of the foot towards the other foot (self-pass), then tap the ball forward with the inside of the other foot and sprint forward.

Tasks:

1. Jog in place, count to 3, tap with your right foot towards the left foot, tap forward with the left foot and accelerate to the other cone and repeat.
2. Jog in place, count to 3, tap with your left foot towards the right foot, tap forward with the right foot and accelerate to the other cone and repeat.

ACTIVITY 3: BISH - BASH 1V1



Objective: To improve the ability to beat an opponent with the bish-bash 1v1 move.

Equipment: 2 markers (Cones, Paper Plates, Cups, Socks) and a Soccer ball.

Organization: Set two markers at each end and three markers next to each other. Get in front of one cone and dribble toward the 3 cones, tap with inside of the foot to the other foot, tap forward and accelerate to the next cone. Repeat again.

Tasks:

1. Slow with the right foot to start.
2. Fast with the right foot to start.
3. Slow with the left foot to start.
4. Fast with the left foot to start.