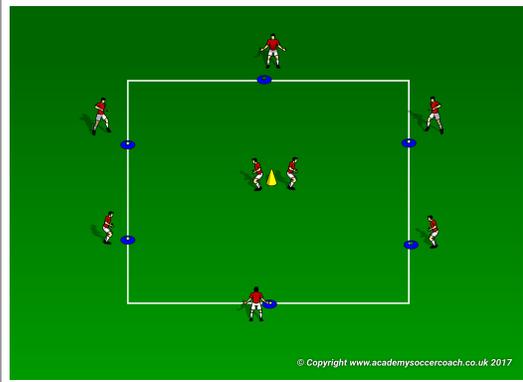


Topic: _____

Objective: Technical: running with the ball, stopping the ball, shooting. Motor: running, kicking, quickness of execution

Session Part: Warm-up

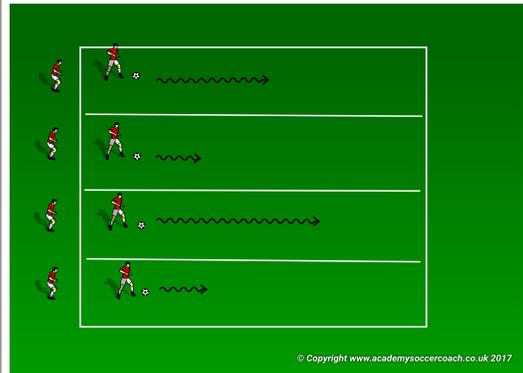


Organization **Time:** 10

Area: 15x15
 Numbers: All players
 All players have a ball. 6 players start by blue cones (home) and 2 by the yellow one in the middle. On the signal from the coach the players on the blue cones must leave there home and try to reach a new one. The players on the yellow cones who do not have a home must try and move to occupy one that is available. The 2 players last to a blue cone become the middle players for the next round.

Progressions	Coaching Points
Start off not using balls and then quickly introduce	awareness of other players and where to dribble close control/stopping ball dribbling quick

Session Part: Technical Fundamentals

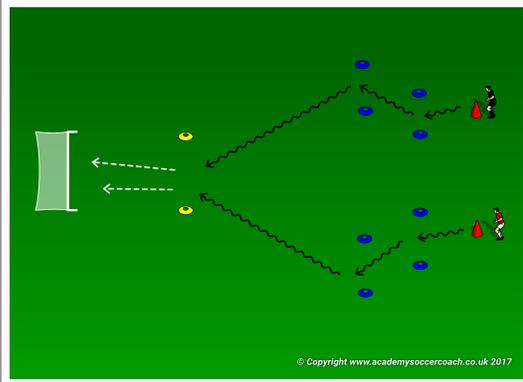


Organization **Time:** 10-15

Area: 8x12 channels
 Numbers: All players, groups of 2
 Players run/dribble the ball from one end to the other using the technique prescribed. Once at the other end the next player goes.
 1= inside and outside quick touches 2= dribbling and stopping (3/4 quick touches then stop with sole)
 3= slalom dribbling (alternate inside right, outside right, inside left, outside left, repeat).

Progressions	Coaching Points
	Close control Looking up when possible

Session Part: Game Scenario

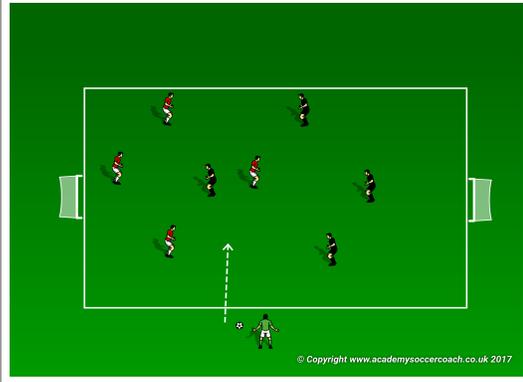


Organization **Time:** 10

Area:
 Numbers: All players, 2 groups
 Players are split into 2 teams
 one player from each team goes at one time and dribble through the 2 blue gates and through the yellow gate. After through the yellow gate players shoot on goal.
 1st player to score gets 2pts, 2nd player to score 1pt.

Progressions	Coaching Points
Players run through the gates and shoot the ball put down by the coach	Shooting technique Close control Running with the ball

Session Part: Small Sided Game



Organization **Time:** 20-30

Area: Full Field
 Numbers: Teams of 3/4
 Split your team up into red and blue teams and let them play 3v3/4v4. On signal one team stays and one rotates

Progressions	Coaching Points
	When ball goes out play new one in from middle Encourage dribbling skills