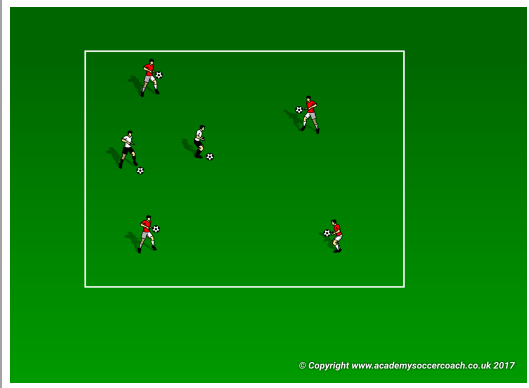


Topic: _____

Objective: Technical: Running with the ball, 1v1 duel, ball control/mastery. Motor: running, carrying ball

Session Part: Warm-up



Organization **Time:** 10

Area: 15x15
 Numbers: All Players

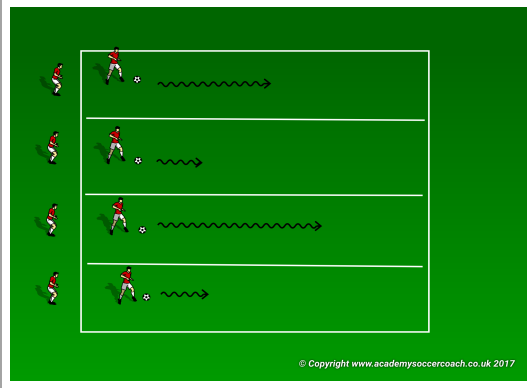
Alien tag
 Red players (spacemen) carry ball and move freely (fly) around the area. White players (aliens) carry ball and try to tag the red players. Once tagged players must crash (fall over) and remain still for 5s before joining back in. Play for 1 minute then change aliens

Progressions **Coaching Points**

(b) if tagged you become an alien
 (c) spacemen dribble ball instead of carrying it

Close control
 Awareness of where to run
 Create positive environment, make sure everyone is running around

Session Part: Technical Fundamentals



Organization **Time:** 10-15

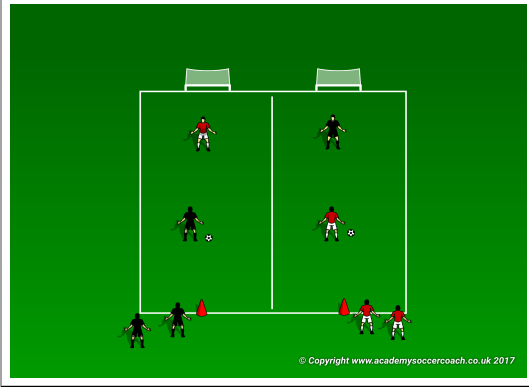
Area: 8x12 channels
 Numbers: All players, Groups of 2

Players dribble from one side of the grid to the other performing the designated move every 3-4 touches.
 1= Ronaldo chop 2= Iniesta 3= Maradona

Progressions **Coaching Points**

Close control
 Looking up when possible
 Execution of move
 Start slow

Session Part: Game Scenario



Organization **Time:** 10

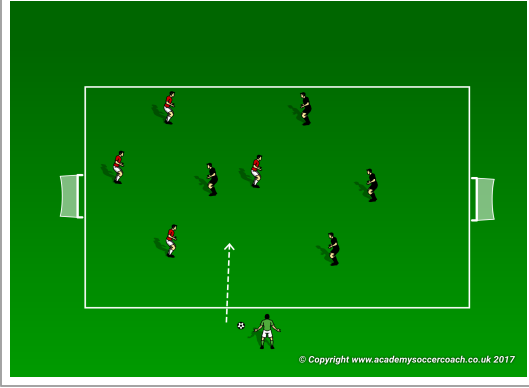
Area: 10x15 channels
 Numbers: All players, 2 teams

Game consists of putting as many balls in the goal as possible whilst avoiding the defender. Play for 1 minute then change defender, defender guards on the other teams field. Next player in line goes as soon as the previous one has had a shot

Progressions **Coaching Points**

Close control
 Running with the ball
 Use of feints/creativity to get around defender

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