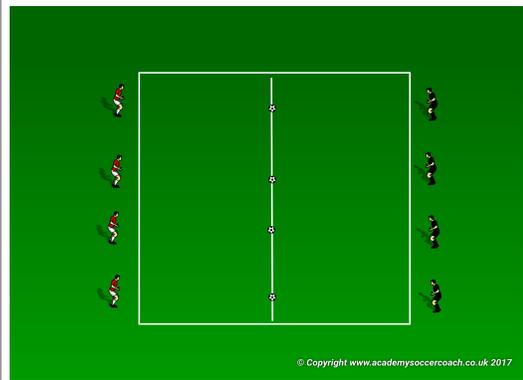


Topic: _____

Objective: Technical: Running with ball, changing direction, stopping ball, ball mastery, shooting. Motor: Running, reacting

Session Part: Warm-up



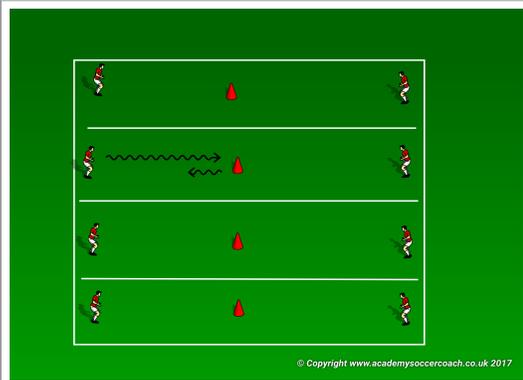
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Organization **Time:** 10

Area: 15x20
 Numbers: All players, divided into 2 teams
 Each player is assigned a number, players line up along the sideline opposite ball and player from other team.
 Coach calls out a number and players battle for the ball directly in front of them.
 Player who gets the ball first and brings it home gets a point for their team. Players cannot enter opponents half of the pitch

Progressions	Coaching Points
	Running with the ball Stopping the ball Control Create a fun and competitive environment

Session Part: Technical Fundamentals



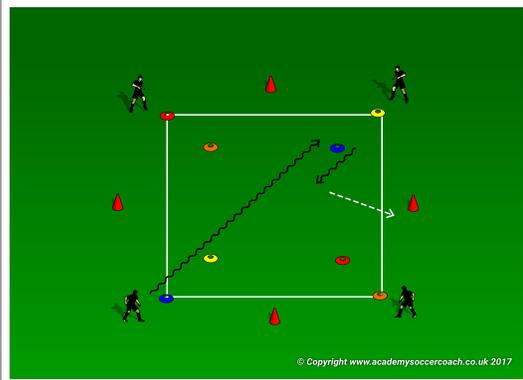
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Organization **Time:** 10-15

Area: 8x12 channels
 Numbers: All Players
 Each player stands opposite a tall cone with a ball each.
 They dribble towards the tall cone perform a turn before it and dribble back
 1= drag back 2= inside hook 3= cruyff turn

Progressions	Coaching Points
	Control of ball Slow approach, fast away

Session Part: Game Scenario



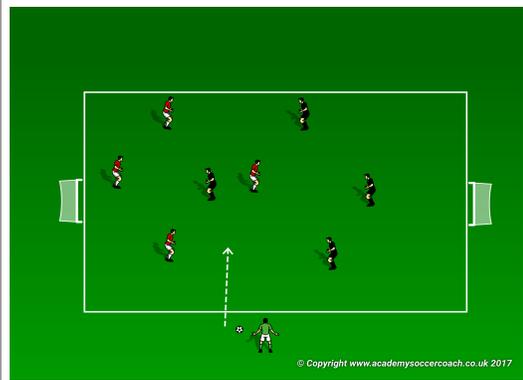
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Organization **Time:** 10

Area: 15x15
 Numbers: All players, divided into 4 teams
 One player dribbles out from each team and goes around there colored cone opposite them. Once around the cone they then try and knock tall cone over
 Team that hits cone 1st = 2pts, 2nd= 1pt
 As soon as your team mate has shot at the cone the next player can go

Progressions	Coaching Points
	Ball control Changing direction Shooting technique

Session Part: Small Sided Game



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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