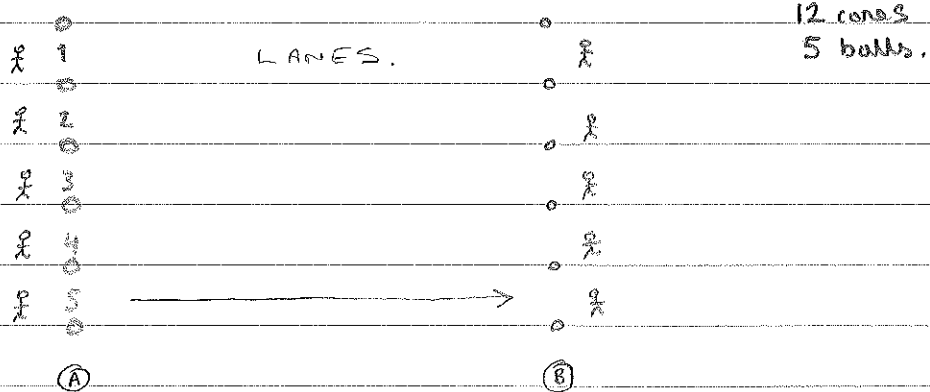
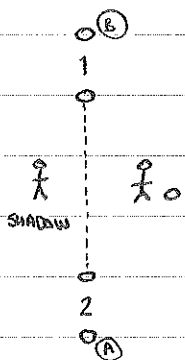


SUMMER TRAINING (WK1)



1. WARM UP. (A to B) High Knees, Strides, Sideways, short runs, sprints.
2. SPRINT GAME (A to B) 1) Two knees 2) sitting legs crossed 3) Lying face down 4) Lying on back
3. SKILLS (A to B) WITH BALL 1) Inside foot 2) Outside of single foot 3) Stepovers (both feet) 4) Pull-inside push 5) Pull-outside push
4. SPRINT GAME 2 (A to B) IN PAIRS One person has the ball & the other just runs. Player with ball is in control and starts the sprint when he touches the ball.



5. SKILLS (IN PAIRS) (A to B) 1) Step on 2) Double Step on 3) Fake inside Cut 4) Double touch 5) Pull-push along the line 5) Step kick (Fake to stop ball and kick with other foot)

2 PLAYER
4 CONES
1 BALL

6. GAME (IN PAIRS) Player with ball tries to walk ball thru goal 1 or 2 while the shadow player blocks him at the goals. Shadow player not allowed over the line.

7. Small 4 v 4 GAMES OR 7 v 7 Depending on numbers available.