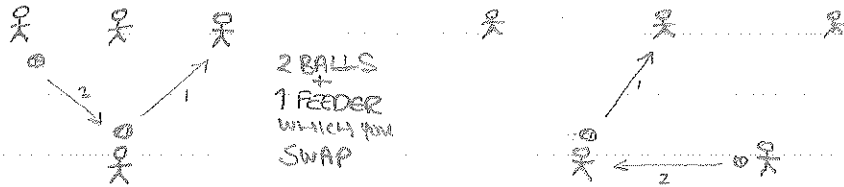


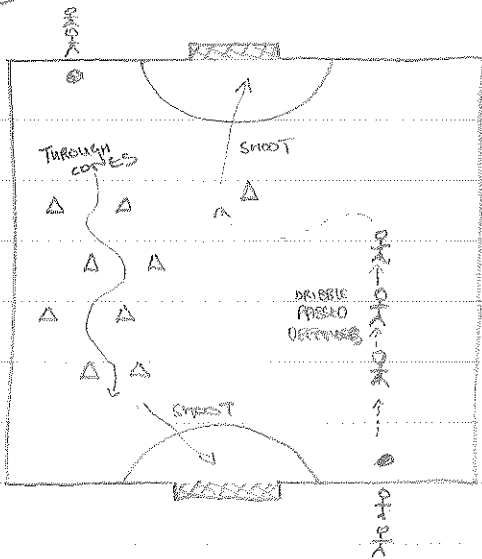
# Training Programme 1

① Warm-up = Jumble Ball

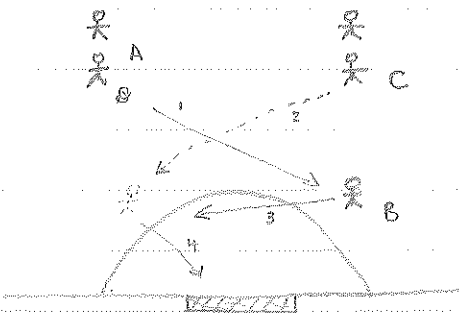
② PASSING



③ PASSING & DRIBBLING

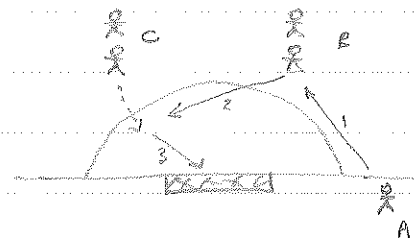


④ SHOOTING



A pass to B  
B lays on for C  
C shoots.

A becomes B  
B becomes C  
C becomes A



A pass to B  
B lays on for C  
C shoots.

A becomes B  
B becomes C  
C becomes A

⑤ GAME 7v7

Encourage the passing, dribbling and set piece shooting just done above.