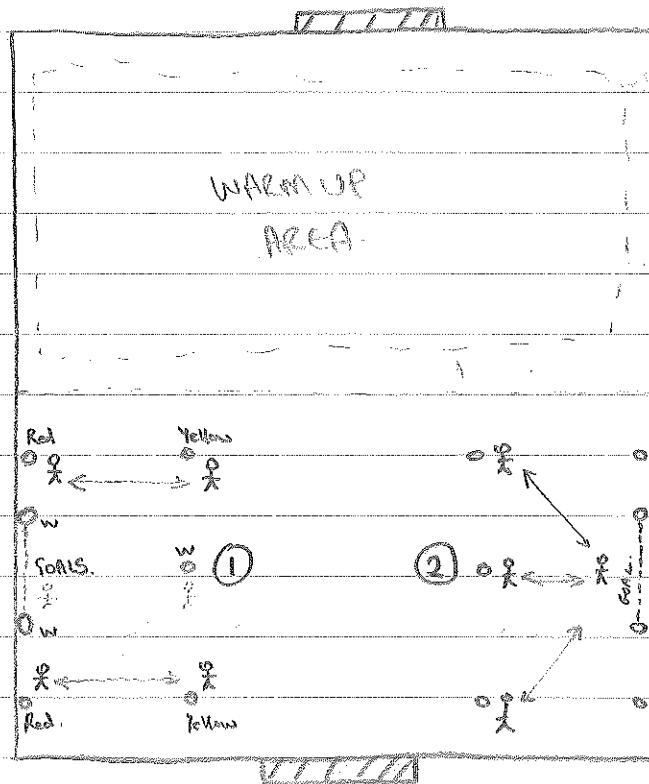


# TRAINING PROGRAMME 11 (CONTROL)



- 5 BLUE BIBS
- 5 RED BIBS.
- 5 BALLS
- 4 RED CONES
- 4 YELLOW CONES
- 6 WHITE CONES.

WARM UP. Everyone with a ball

1. Move around using left/right/inside/outside of foot.
2. When called by the coach (1) leave ball and get another  
(2) Pass to someone.  
(3) Flick ball and keepy up.

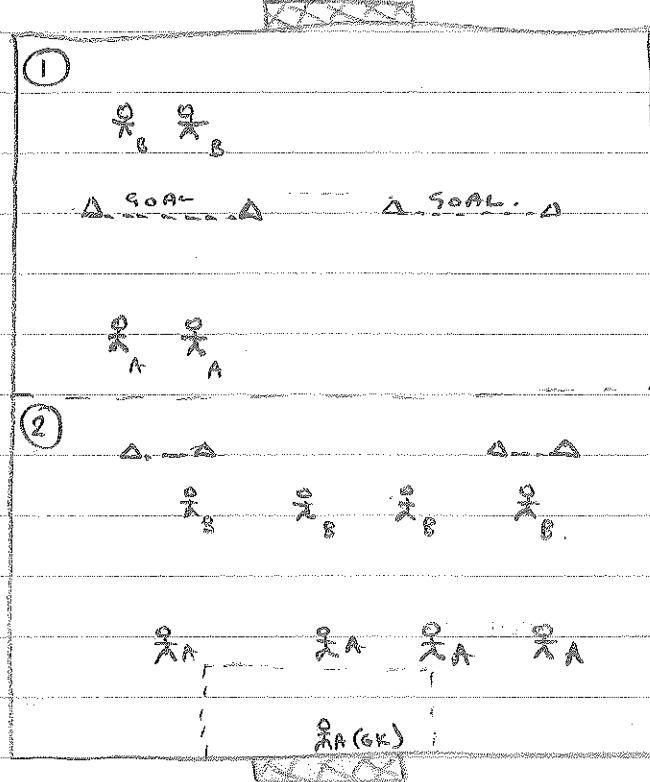
## SKILL.

- ① With partners
  1. Pass & control (Foot)
  2. Bounce & control (Knee & foot)
  3. Throw & control (Knee, chest & Head)
  4. Advance 2 & 3 by stating 2/3 touches before catching or passing
  5. Advance by getting player to meet ball half way

- ② Repeat ① but with 1 main player in goal and 2 balls.  
Player receives ball and passes back to another player without a ball.

TRICKS. 1/2s 10 minutes tricks time.

## GAME



### ① One Touch Football Game.

- Small goals and players start 10 yds back.
- Each player must touch the ball once before passing back through the goal.
- If two touches or miss goal, ten point to opponents.

### ② Big & Small Goal Game.

Players

- (5) One team has the big goal with a goalkeeper.
- (4) Other team has two small goals and no goalkeeper.