

FRIDAY 6TH NOV. 6PM - 7PM \* START BANG ON 6PM \*

(5 MINS)  
1. CIRCUIT TRAINING.

(10 MINS)  
2. IN PAIRS WITH 1 BALL



a) short pass L/R/LR

b) long pass

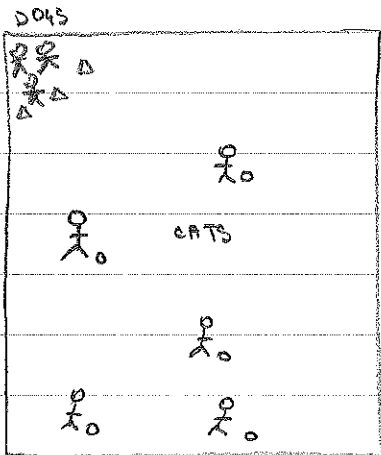


a) with ball round player and back, then pass (quick inside turns)

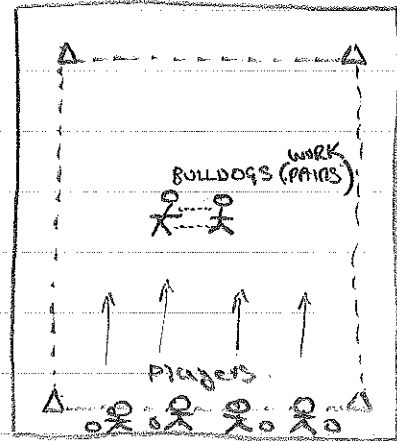
b) A pass to B runs round B. B passes to A

(10-15 MINS)  
3. FUN GAMES.

"Cats & Dogs"



BULLDOGS



Release the dogs to catch the cats ball.

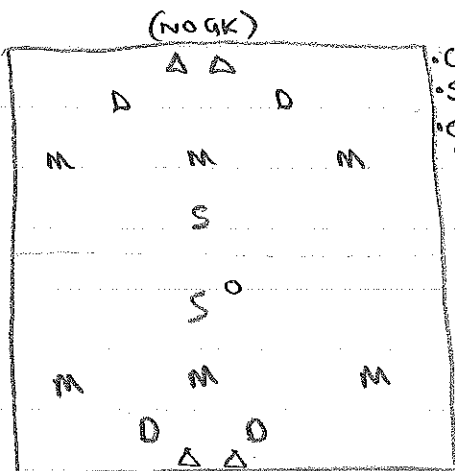
CATS = encourage shielding ball  
encourage close control

DOGS = Hunt in a pack, work together

Players dribble to end line, sharp turn and return again

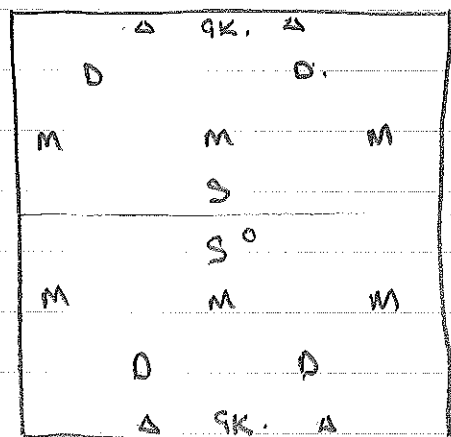
Any players caught become bulldogs and work in pairs.

(10 MINS)  
4. THROW FOOTBALL 6 v 6



- Can't run with ball
- Short passes only
- Only score with header or side kick

(15 MINS)  
5. GAME 7 v 7



Short passes only  
2 touches only