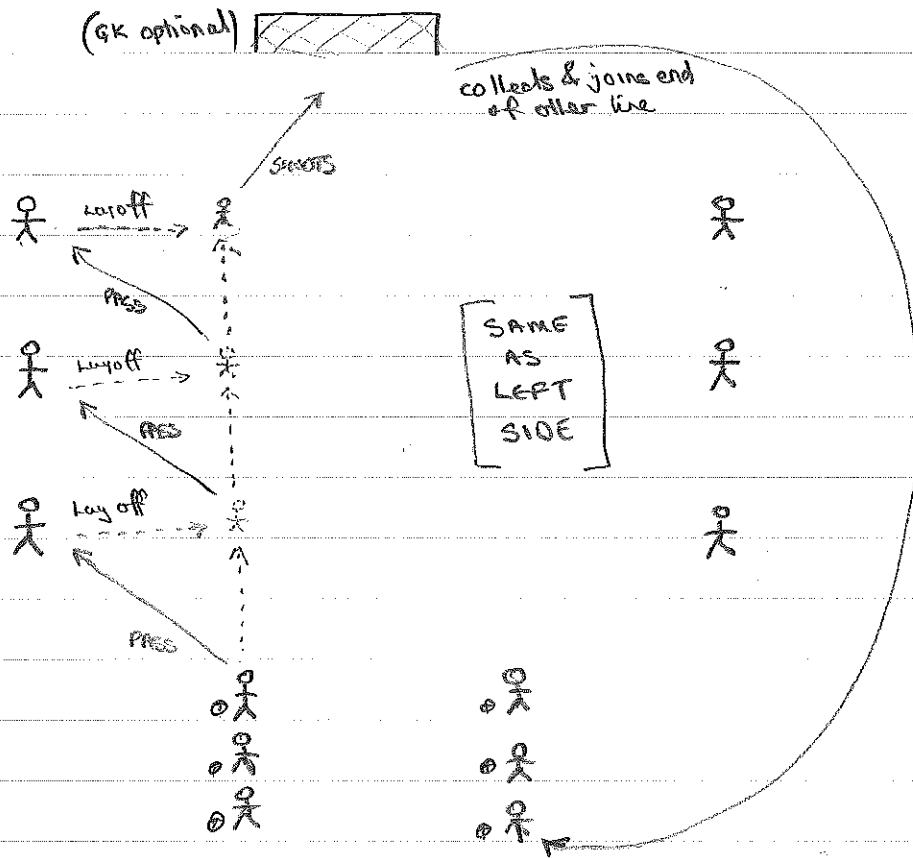


① (5 MINS) WARMUP (a) Run on the spot (b) star jumps (c) stretches (d) jog (e) jog & header (f) sidencys.

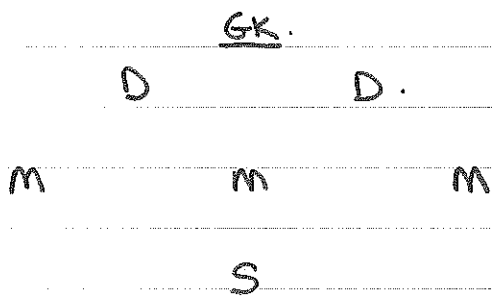
② (5 MINS) Ball Control (Everyone with a Ball.)

- (a) Inside Only (b) Outside Only (c) 10 touches top of ball, both feet
- (d) Outside turns (e) Roll backs. (f) Drop ball onto feet
- (g) Drop ball & trap.

③ (10 MINS) PASSING.



④ 7 v 7 (STRUCTURED GAME).



- + Try to keep the team layout.
- + Encourages short passing
- + Encourage communication
- + Explain Defending & attacking at corners, free-kicks, etc.
- + Stop play at any time.

Subs after 10 mins

↳ Will practice starting with one of the coaches

① Throw balls from the goal & encourage 1st time strikes

⑤ 7 v 7 NO COACHING. Lets see who was listening?