

# TRAINING PROGRAMME T7

1. WARM UP EVERYONE WITH A BALL  
(STANDING STILL)
- Roll with sole of foot (L & R)
  - Touch top of the ball
  - Inside foot only
  - left foot only
  - right foot only

(MOVING WITH BALL)

AS BEFORE  
←

## 2. PASSING PAIRS

Everyone in pairs with 1 ball.

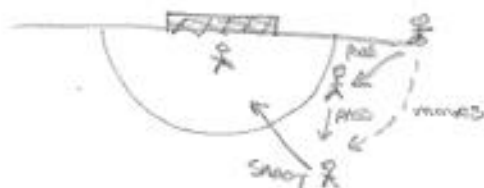
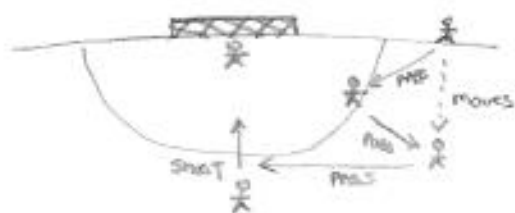
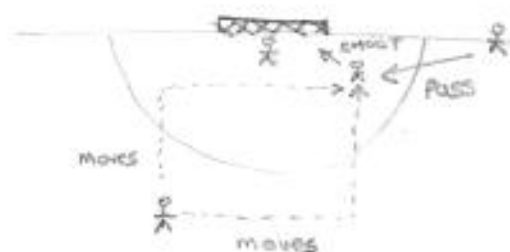
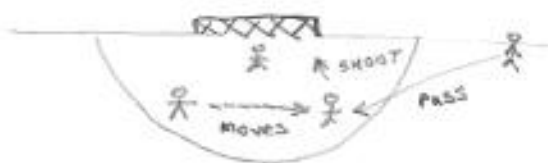
- Standing still short & long passes
- + Moving around the hall
  - Short & long passes
  - Pass in front of player
  - Long pass and lay off

## 3. CROSS FIRE



## 4. SET PLAYS

SHOOT = FOOT OR HEAD.



INTRODUCE DEFENDERS  
IF ALL GOES WELL.

## 5. 7 v 7 GAME (2 touch football)