



Ball mastery (technique) (15 mins)

THE SESSION:

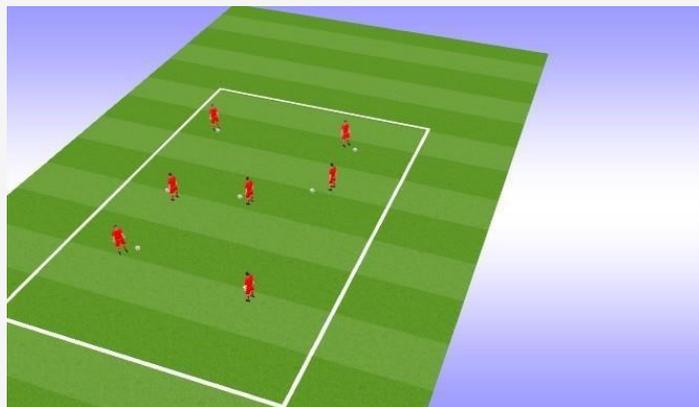
- Ball mastery
- 1. Inside cuts (R & L)
- 2. Outside cuts (R & L)
- 3. Drag back (R & L)
- 4. Step over (R & L)
- 5. Double step over
- 6. Marseille turn
- 7. Cruyff turn

PROGRESSION:

- Encourage players to use both feet and increase the speed
- Add one defender (player who lose the ball becomes defender)

KEY MESSAGES/POINTS:

- Body shape
- Technical execution
- Head up
- Close to ball
- Change direction quick



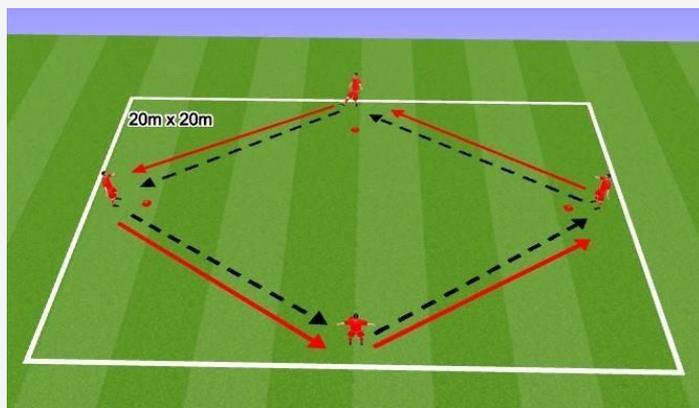
Diamond Passing (10 mins)

THE SESSION:

- Working on open reception (inside foot) 2 touches, check off cone on player's touch.
- Work on both feet
- Change direction

KEY MESSAGES/POINTS:

- Body Position
- Back Foot Receive
- Communication
- On toes and ready to receive
- Strong inside pass
- Good first touch
- Movement away from the cone



1v1 (15 mins)

Athletic Development

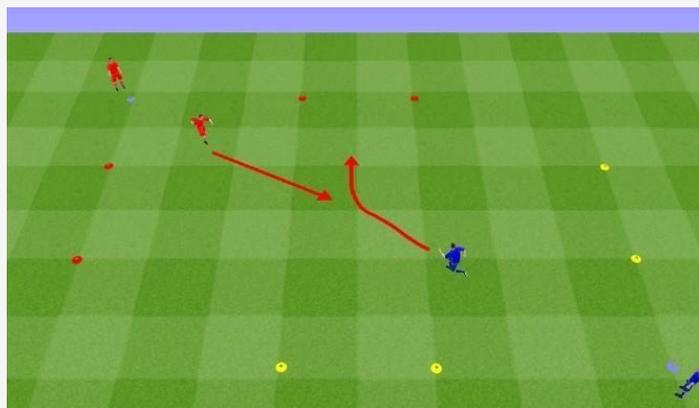
1v1 Agility Tag - Attacking player attempts to get through red gate before defending player tags them if defender tags roles are reversed and play carries on until a winner.

PROGRESSIONS:

- 1- Attacking player has a ball and tries to dribble through red gates. Defending player can dispossess and counterattack to yellow gates.
- 2- Defender passes ball to attacker who receives, and they play 1v1

KEY MESSAGES/POINTS:

1. Angles - run straight at defender vs at a gate, can you draw the defender away from where you want to go?
2. Quick step change of direction / timing - Once the defender is committed, can you quickly step to his back foot and burst away?



2v1 & 2v2 (15 mins)

THE SESSION:

A pass to B or C and start 2v1.

If defenders win the ball they can pass into any small goals.

Progression

-2v2

KEY MESSAGES/POINTS:

- body shape when they are receiving the ball
- first touch toward forward



SSG (20 mins)

THE SESSION: 8v8 game

