



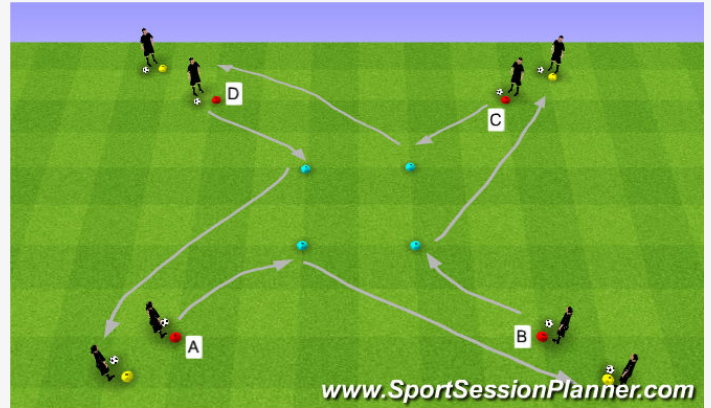
Description

Dribbling+Skills (15 mins)

1. Dribble with Right Foot
2. Dribble with Left Foot
3. Rumenega
4. Giggs
5. Scissor
6. Step Over
7. 1-2

Coaching Points:

- Change direction and speed
- Close control
- Timing of move before cone



Passing+Receiving (15 mins)

Passing + Receiving (15 min)

1. Receive Right Pass Right
2. Receive Left Pass Left
3. Receive Right Pass Left
4. Receive Left Pass Right

Coaching Points

- Check away from cone
- Body open to direction you want to play
- Receive with back (furthest foot)
- Leading pass / Positive first touch



3v3+3 (25 mins)

(3v3+3) 25 min

Attacking team tries to find a pass that breaks the line of pressure to score.

Defending team wins the ball and need to find 1 pass to teammate and break a defensive line to score

Progression:

Defensive team must build out of the box/ area by passing or dribbling



Screen 4 (20 mins)

4v4 w Keepers 20 min

(buildout line)

Match Restriction: 3 passes before shooting

Last 10 min: Free Play / restriction lifted

