



Emphasis: Moves, Passing and Reaction

Time: 1.5-2 hrs including arrival/leaving

Warm-Up: Moves, Reaction (30 min.)

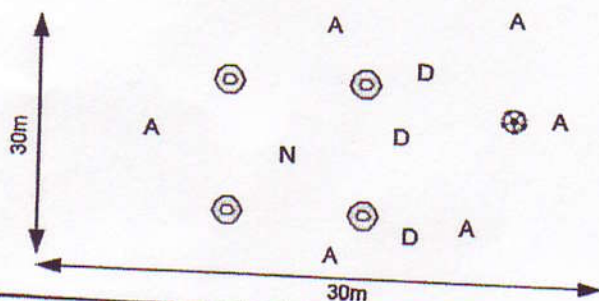
- Groups of 3 with ball run and pass ball across field 4 times (crossover runs, weaves)
- Runners stretch (hold 20 seconds each side, 3 reps/side)
Each player tap ball between feet while bouncing, drag ball 1/4 turn, repeat tapping, turning.
- Shadow dribble:

X1 → 6m →

X2

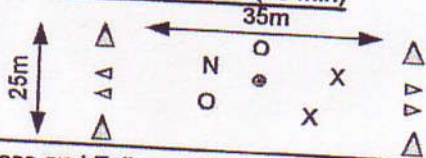
X1 dribbles between cones changing direction often.
X2 shadows X1
change roles every 60 sec
- Hamstring stretch.(hold 20 seconds each side, 3 reps/side)
- In pairs, execute scissors move vs. passive defender.
- Heel stretch (hold 20 seconds each side, 3 reps/side)

Technical Skill: 3 v 6 defending. (15min)



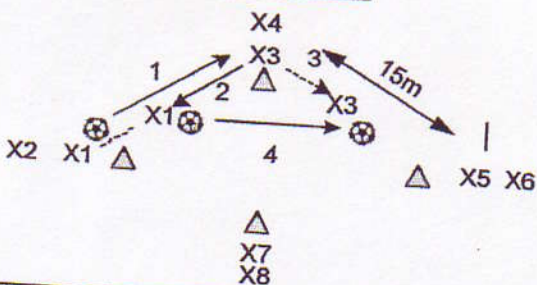
- 6 attackers v 3 defenders in 30x30m grid
- One neutral (N) inside 5x5m grid.
- Attackers get points for passing to neutral player in grid.
- Defenders get point for getting control of ball.
- When defenders get control, play restarts with attackers.
- Rotate players through positions every 3 minutes.

Fitness Focus: 2 vs 2+N Fast Break. (15 min)



- 2 v 2+N on two small goals.
- Neutral player plays with team in possession creating 3 v 2.
- 3 minute games
- Rotate every player through neutral position

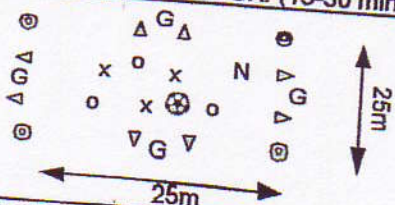
Tactical Drill: Pass and Follow. (15-30 min)



- X1 passes ball to X3 and follows pass.
- X3 one touch passes back to X1
- X3 starts running towards X5
- X1 passes into run of X3 and then X1 runs behind X4
- X3 passes to X5 (same as step 1) and the play continues until timing of passes and runs works smoothly.

You may have to try this before practice to understand how drill works.

Scrimmage: 3 vs 3 on 4 Goals with GK. (15-30 min.)



- 3.v.3 +N playing on opposite goals w. GK.
- 3 minute games, rotate players through positions
- Neutral player plays with team in possession

Players should be busy at all times. If drills keep players inactive, break team into smaller groups and run parallel drills.

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