

Sample Training Session Outline

(Based on 1:30 hour training session)

Warm Up – 10 minutes

- Fast Foot work
- Roofs and Table Tops
- Dribbling: inside/outside right and left feet
- 1 v 1 shielding
- 1 v 1 pass and receive

1 v 1 Cooperative Play – 10 minutes

- Small Grid Passing and Receiving

1 v 1 Competitive Play – 10 minutes

- Small Grid Shielding
- 1 v 1 attacking/defending
- “Winning the Ball”

Break – 3 minutes

Technique – 10 minutes

- Large Grid Passing
- Detail Review
- Push Passing
- Outside of Foot Passing
- Receiving: foot, thigh, chest
- Shooting, Heading, Shielding, Dribbling

Small Side Play 2 v 2 – 15 minutes

- Small Grid 2 v 2 play
- Small Grid 2 v 1 play

Break – 3 minutes

Small Sided Play 4 v 4 – 30 minutes

- Medium Grid 4 v 4
- Medium Grid 3 v 3

Cool Down and Review

- Light Fitness
- Review Details of session

Training Balance:

35% - Unopposed Technique
35% - Opposed Technique
30% - Tactics