

12/13/17

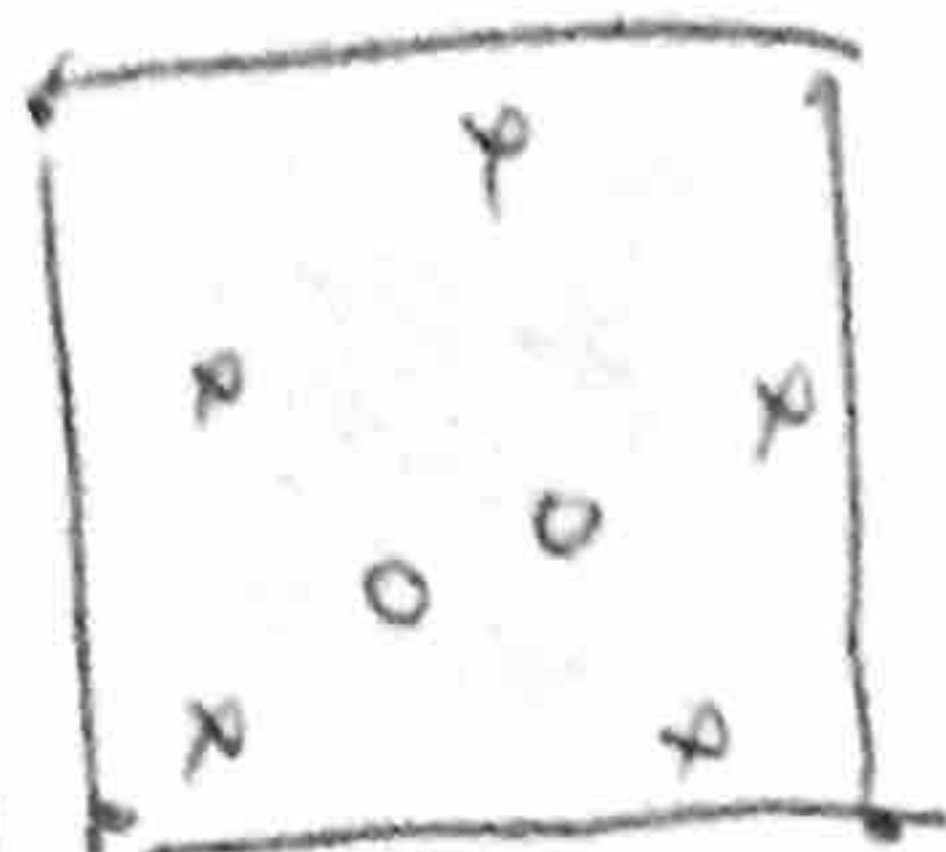


Crossing + Finishing.

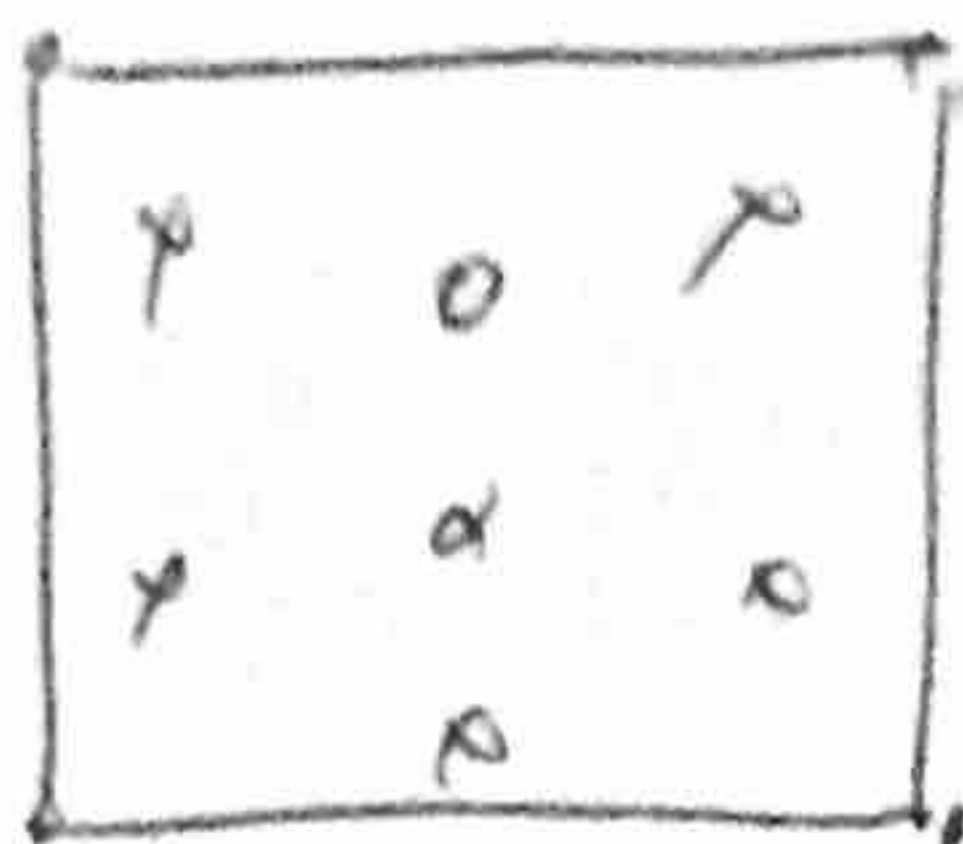
Main Coaching Points

Warm Up

10mins



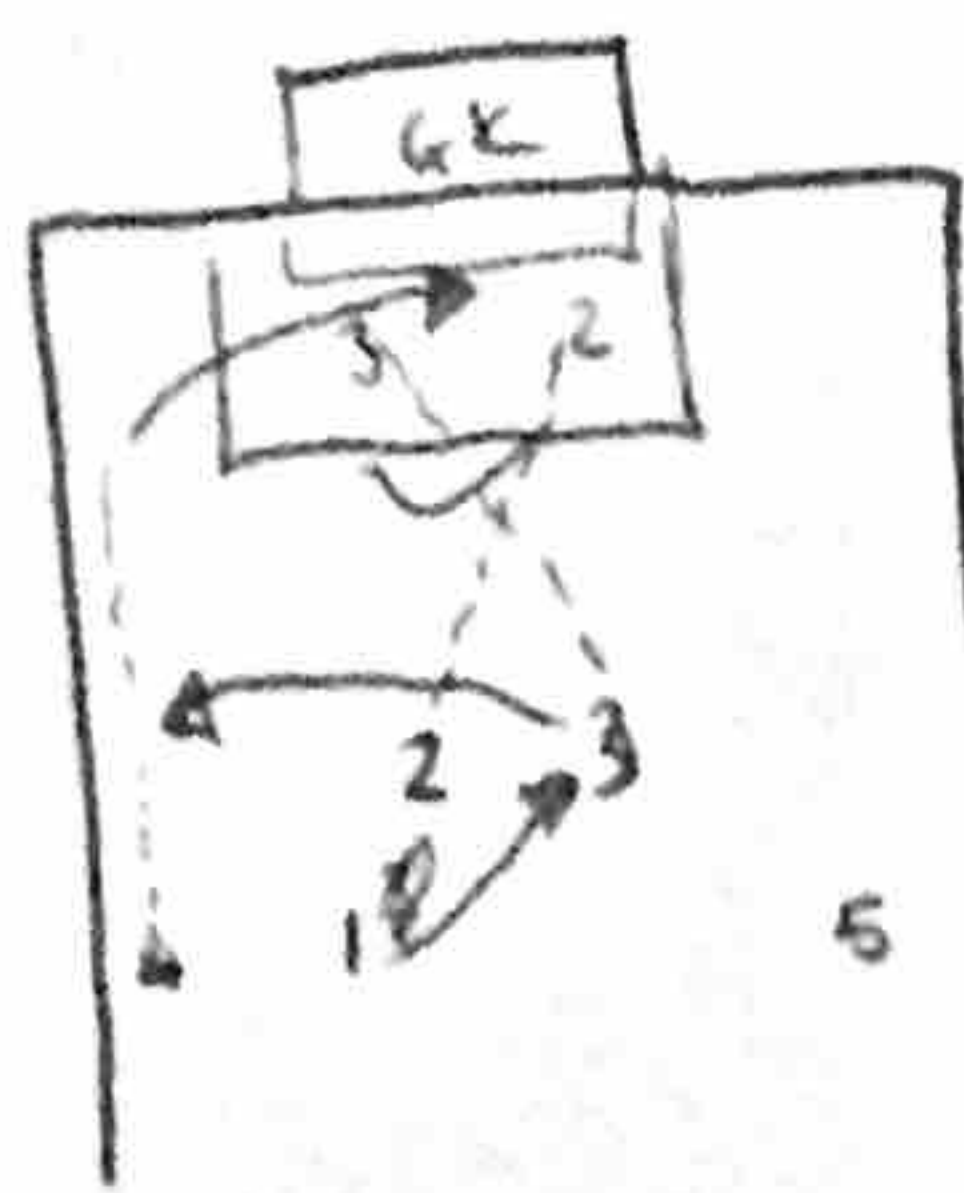
- 5v2
- Switch on shout.



Dynamic warm up
Strikes
Rondos

Main Session

30mins.



- 1 plays wall pass with 2
- Lays it off to 3
- 3 plays it out wide
- 2+3 attack ball

Prog ①
1 joins attack in box

Prog ②
Add defender

Prog ③
Add 2 defenders (3v2)

- ① Communication
- ② Weight of passing
- ③ Timing of runs.

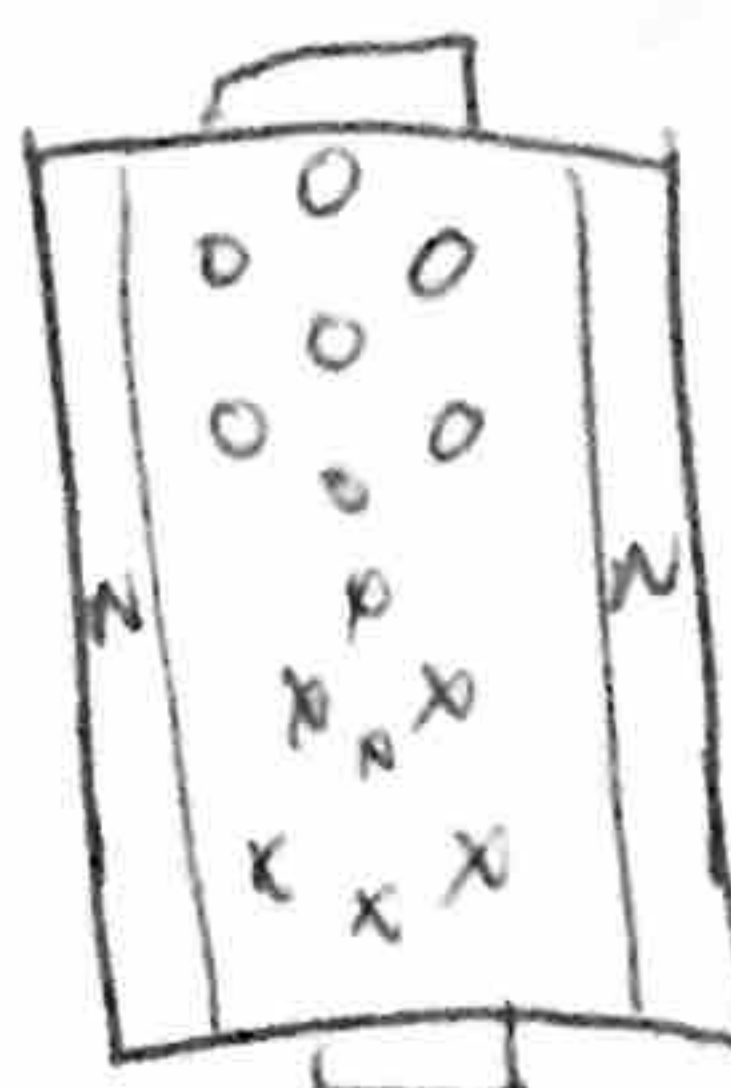
Wide men

Forwards

- | | |
|-------------------|----------------|
| ① Positive | ① Movement |
| ② Cross selection | ② Anticipation |
| ③ QUALITY | ③ Finishing |

Small Sided Game

20mins



- Normal 5v5 two wide 'N'
- Score from a cross its 2.

Prog
- Eliminate wide zones free play.

- ① Patience
- ② Recognize when to play wide
- ③ Penetrate

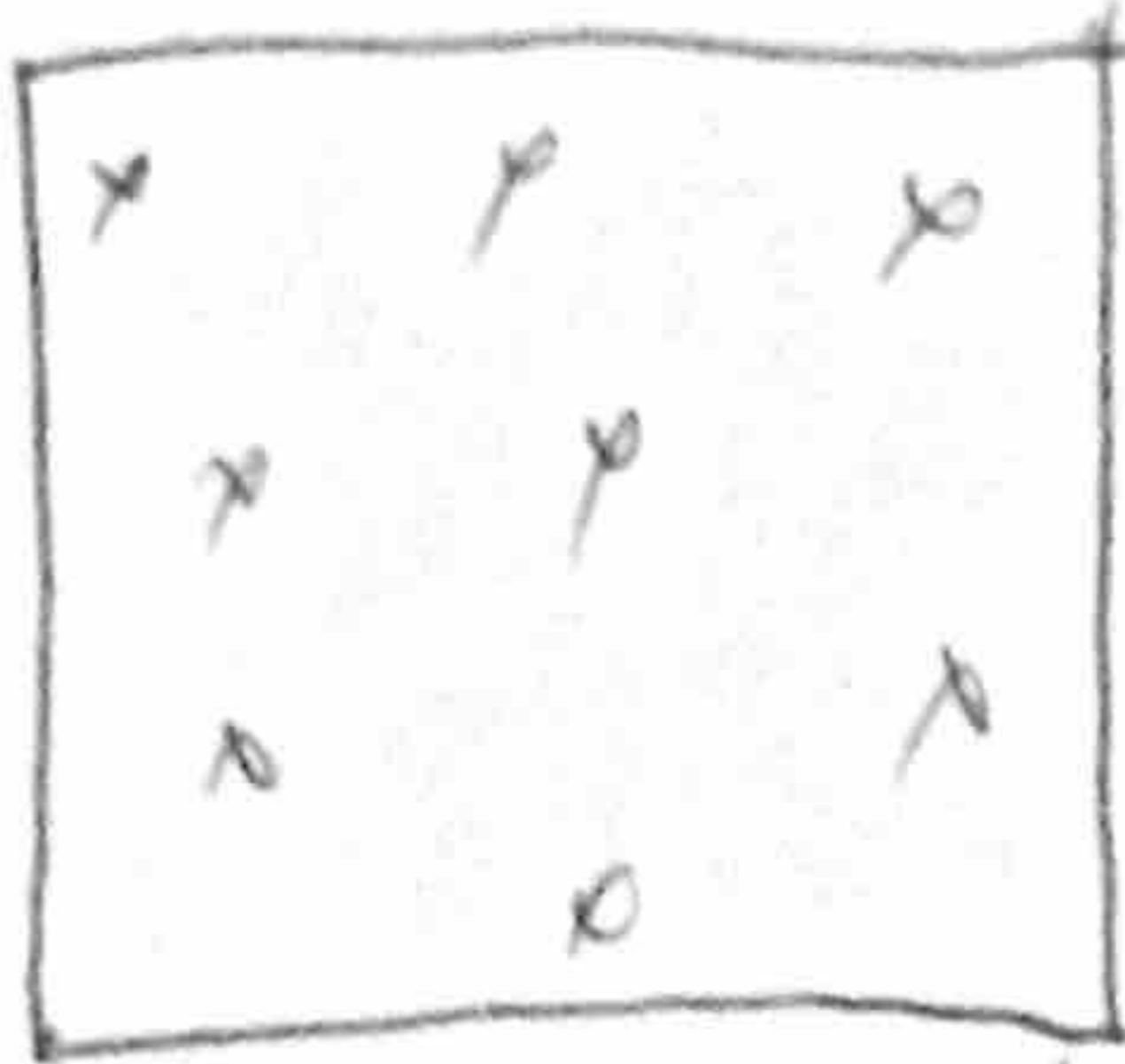
17/08/17



Passing (10-11)

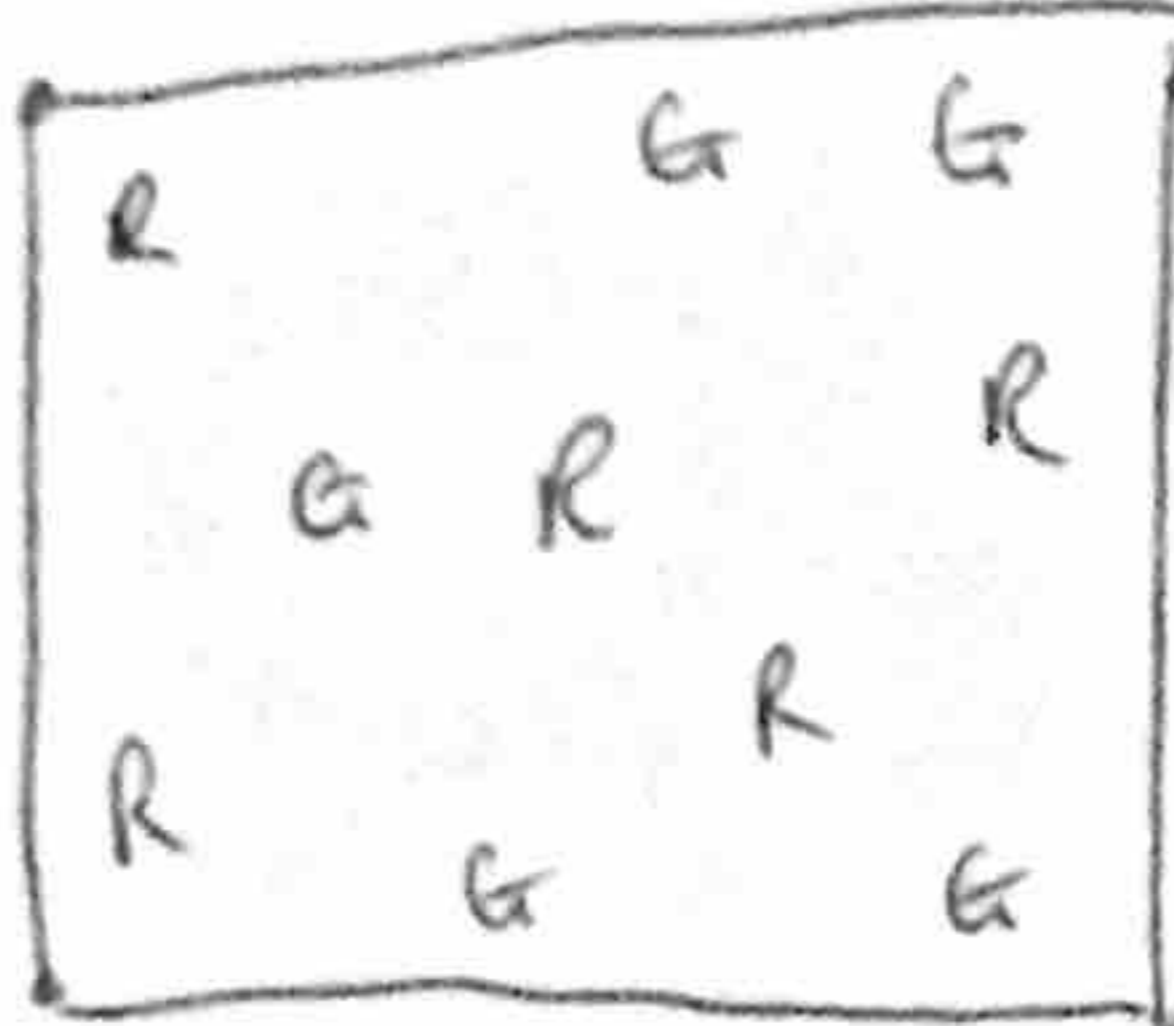
Main Coaching Points

Warm Up



- Dynamic warm up
- Dribbling
- Stretching
- Tricks
- Turns.

Main Session



- 2 groups
- Reds + Greens
- 1 ball each group
- Can only pass to same colour.

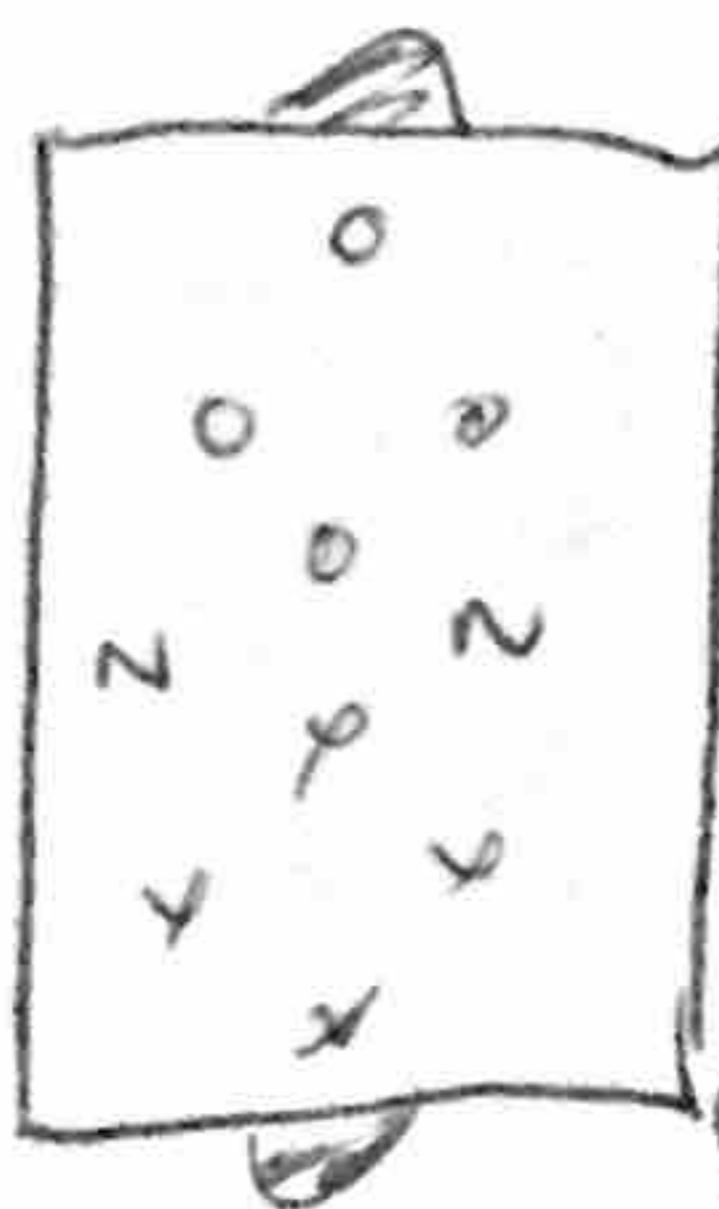
Prog 1
- Must pass to different colour.

Prog 2
- Sprint round outside once you passed.

Football bowling game!

- ① Head up!
- ② Communicate
- ③ Technique
 - Inside?
 - Outside.
- ④ Execute
 - Power?
 - Accuracy?
- ⑤ Follow through.

Small Sided Game



- 4v4 + 2 neutral
- 1pt for goal
- 2 for pass to neutral before scoring.

Prog 3
- 3 passes = 1 goal.