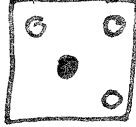

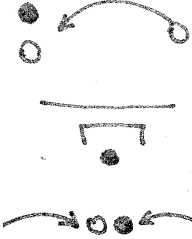
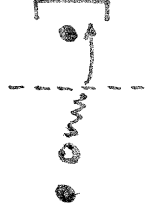
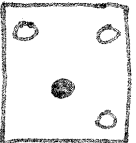



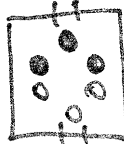


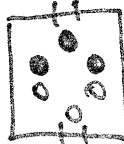


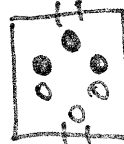


## EXAMPLE TRAINING SESSIONS

(Mix the order of practice each training day.)

For example, start the session with a fun game or a small game. Introduce variety)

SESSION	1	2	3	4	5	6	7	8
<b>1. INDIVIDUAL SKILLS (GRID WORK) WITH AND WITHOUT PRESSURE</b> <b>20 minutes</b>	<p><b>Topics</b></p> <ol style="list-style-type: none"> <li>1. Kicking, by the goalkeeper</li> <li>2. Kicking using inside of foot</li> <li>3. Kicking a moving ball</li> <li>4. Kicking a bouncing ball</li> <li>17. Catching ,by the goalkeeper</li> </ol> <p><b>Activities</b></p> <p>3v1, 4v0, 2v2 One touch, two touch, any touches. Coach use of inside of foot. Change players around.</p> 	<p><b>Topics</b></p> <ol style="list-style-type: none"> <li>6. Dribbling (inside of foot)</li> <li>7. Dribbling (outside of the foot)</li> <li>8. Changing direction - turning</li> <li>9. Changing pace - dribbling</li> </ol> <p><b>Activities</b></p> <p>1v1 Coach dribbling under pressure and screening. Change players around.</p> 	<p><b>Topics</b></p> <ol style="list-style-type: none"> <li>10. Ball control in the air</li> <li>11. Control the bouncing ball</li> <li>12. Ball control - juggling</li> <li>15. Heading -juggling</li> </ol> <p><b>Activities</b></p> <p>1v1. Coach ball control received from different angles and distances. Also, in front of goals.</p> 	<p><b>Topics</b></p> <ol style="list-style-type: none"> <li>5. Shooting for goal.</li> <li>13. Sprinting</li> <li>14. Running backwards</li> <li>16. Heading to target</li> <li>18. Jumping for power</li> </ol> <p><b>Activities</b></p> <p>1v1 running away from defence to shoot at goal at a predetermined point. Coach the use of the instep of the foot.</p> 	<p><b>Topics</b></p> <ol style="list-style-type: none"> <li>1. Kicking by the goalkeeper</li> <li>2. Kicking using the inside of foot</li> <li>3. Kicking a moving ball</li> <li>4. Kicking a bouncing ball</li> <li>17. Catching ,by the goalkeeper</li> </ol> <p><b>Activities</b></p> <p>Set up grid with goalkeepers 3v1 Coach the use of the inside of foot.</p> 	<p><b>Topics.</b></p> <ol style="list-style-type: none"> <li>6. Dribbling (inside of foot)</li> <li>7. Dribbling (outside of foot)</li> <li>8. Changing direction - turning</li> <li>9 Changing pace - dribbling</li> </ol> <p><b>Activities</b></p> <p>Set a grid in front of goal where striker dribbles through cones then plays a wall pass around a defender to a team mate and upon return of the ball dribbles around goalkeeper. Coach dribbling.</p> 	<p><b>Topics.</b></p> <ol style="list-style-type: none"> <li>10. Ball control in the air</li> <li>11. Control the bouncing ball</li> <li>12. Ball control -juggling</li> <li>15. Heading - juggling</li> </ol> <p><b>Activities</b></p> <p>Coach players to head to one another keeping the ball up. Also, with the feet. Set up grid in front of goal where the ball is played across to a striker at varying heights and distances. Striker to shoot at goal minimum of 2 touches. Introduce a defender. Coach ball control and a positive first touch.</p> 	<p><b>Topics.</b></p> <ol style="list-style-type: none"> <li>5. Use the instep of the foot</li> <li>13. Sprinting</li> <li>14. Running backwards</li> <li>16. Heading To target</li> <li>18 Jumping for power</li> </ol> <p><b>Activities</b></p> <p>Set up shooting at goal from a stationary ball similar to free kick. Coach use of instep of foot.</p> 
<b>2. FUN GAMES OR COMPETITIVE PRO-ACTIVE GAMES</b> <b>20 minutes</b> See 5 page Fun Game notes	1V1 COMPETITION  WORLD CUP COMPETITION	2V2 COMPETITION  NET BALL	SHOOTING 1 1V1  SHOOTING 2 1V1	DIAGONAL RELAY 1  DIAGONAL RELAY 2	DRIBBLE TURN PASS RELAY  COACH'S CALL	FOUR GOALS  STEAL BALL	KICK OUT  BULL RUSH	DRIBBLING AROUND OBSTACLES  TOUCH TAG
<b>3. SMALL GAME</b> <b>(Minimum amount of coaching - only where necessary - take the role of the referee – introduce different playing conditions at intervals)</b> <b>20 minutes</b>	3v3. Coach use of inside of foot and goalkeeper distribution.  	3v3. Coach dribbling and screening under pressure. Create condition that player has to touch the ball 3, 4, 5 times before passing  	3v3 Coach players positive first touch. Must be in one step of the player.  	3v3. Set up a game of Aussie Rules. Coach punting and catching.  	3v3. Coach goalkeepers and the use of the inside of the foot.  	3v3 Coach dribbling and screening under pressure. Create condition where the player has to touch the ball 3,4,5 times before passing  	3v3. Coach positive first touch.  	3v3 Head net ball. Coach heading and jumping.  