

Technical Skills	Tactics	Physical Fitness	Team Play
Kicking	Decision Making	Running/Sprinting	Create Space & Deny Space
Catching	Support play	Body Resistant exercise	Support vocally
Movement	Positioning	Feint & Side Step	Always looking for best option
Tackling	Gain/Maintain possession	Explosive legs exercise	No Play / 1 Play games
			Handpassing games

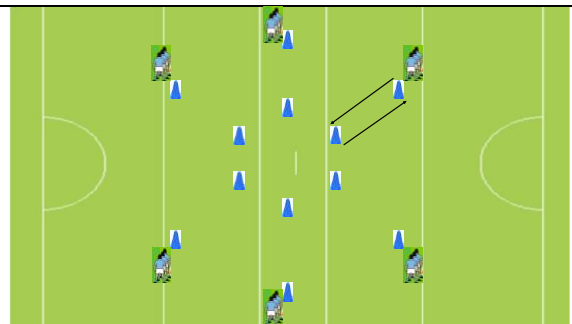
**Dynamic Warm Up: 5 mins**

6 cones in hexagon 5 mtrs apart  
 6 cones in hexagon 5-7 mtrs back from inside

No more than 5 at outside cones

**3 min:** Heart rate up    **2 min:** dynamic stretch

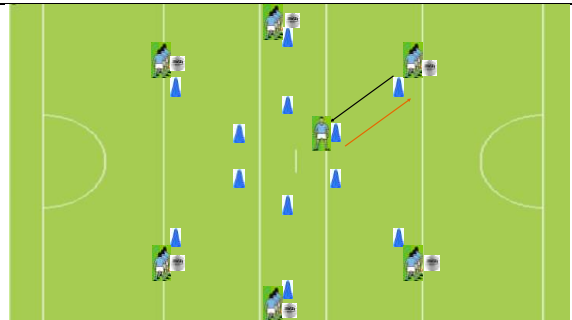
Jog around cones	Touch grass (hamstrings)
Side to side	Opp hand / Opp foot
High knees	Hip rotation
Heel flicks	Straight leg
Jog back/forward	Quads
Pogo hop	Calves
Squat jump	Hip flexors



**Ball work: 5 mins**

Focus: Left/Right solo & hand pass / Communication

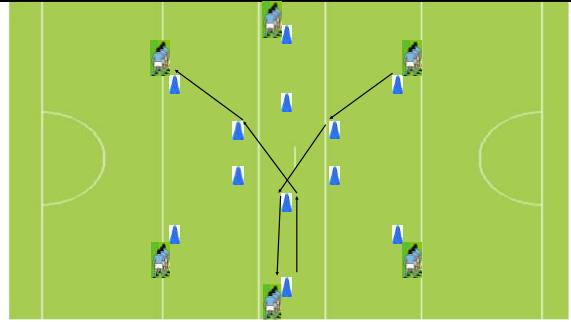
1. Solo & hand pass R/L foot and hand
2. High/low/dirty ball
3. Static pick up / roll pick up / chip pick up
4. Variations - 1<sup>st</sup> man out, turn, quick pass etc



**Hand Pass: 5 mins**

Focus: Running Angles/Traffic/Quick Hands / Communication

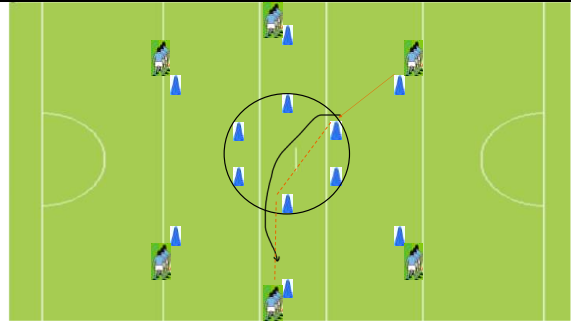
1. Solo out – skip 1 group, cut in and pass (go left with right hand pass) (change directions for left hand pass)
2. Variations (go to back & roll / give 1,2 / long handpass / closed open fist)
3. Speed up & add coach at inside cone as defender



**Kick Pass: 5 mins**

Focus: Don't break circle with ball (take a play) / Communication

1. Solo out – skip 1 group, kick pass, continue run, cut in (follow your pass)
2. Skip group left with right foot hook pass / skip group right with left foot hook pass



**Contest for Possession: 5 mins**

Focus: Reaction speed / explosivness

1. Groups on inside cones in pairs
2. Player behind rolls ball between pairs
3. Contest pick up / turn and offload to player behind

