
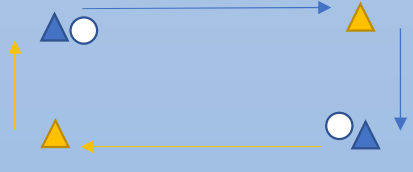
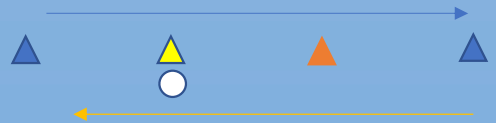


Activity	Description of activity	Diagram
Warm Up (10/15 mins) <ul style="list-style-type: none"> Agility Balance Coordination Physical Capacities – e.g. speed, strength 	Warm Up with all players inside a 30m x 30m square Activities: <ul style="list-style-type: none"> Hand pass High Catch Exercises Group calls (reaction) 	Required Equipment: <ul style="list-style-type: none"> 4 poles 10-12 footballs 
Skill Development #1 (15 mins) <ul style="list-style-type: none"> Kick Pass Hand Pass 	Kick Passing & Hand Passing Drill <ul style="list-style-type: none"> Kick Pass 10-15 metres, Hand Pass 3-5 metres Aim is to ensure the players master both skills but also to understand when to handpass & when to kick pass	Approx 6 players per drill (2 on blue cone, 1 on yellow) kick pass long side, hand pass short side, follow your pass 
Skill Development #2 (10 mins) <ul style="list-style-type: none"> Pick Up 	Practice of pick up: <ul style="list-style-type: none"> 2-3 player on both blue cones Players pick up the ball at yellow cone and place at orange for the opposite player to pick at orange and place at yellow 	
Game 3 (20mins) <ul style="list-style-type: none"> Go Games – small sided 6-8 a side Conditions: 	First Day back we will limit the interventions but placing emphasis on good application of kick pass & hand pass Helping the players to understand the layout of the games is key also i.e. pitch size, positions etc	Pitch Size for 6 a side should be approx. 40m x 25m – lets go with 2 pitches of this size and see how it works out
Cool Down/Group Discussion on Session (5 mins)	Ask the players how session went and what to practice at home for the week	

25 Footballs, 40 Cones, 4 Poles, 30 Bibs, 2 sets of goalposts

Equipment Required