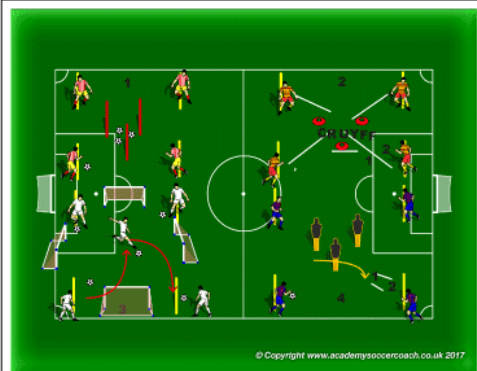
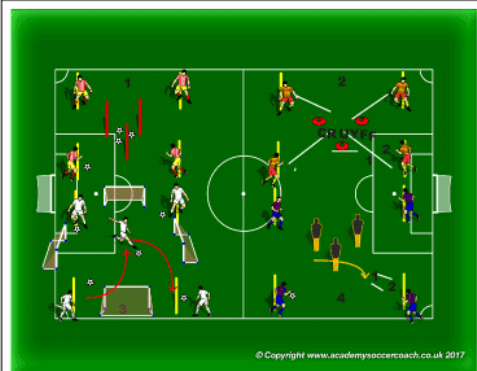
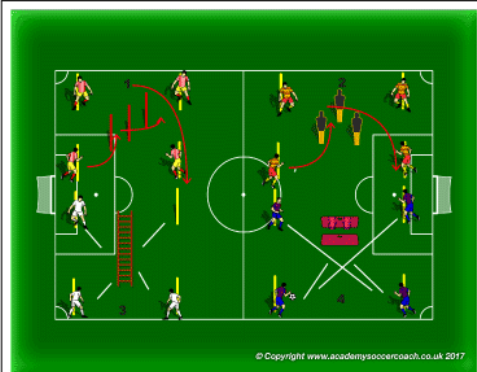


Coach

Session date

Theme



### NOTES

General Warm up 10 mins (see Demo)  
Use the star run without the ball to allow the players to understand the pattern.

Warm Up with the ball 20 mins

STAR RUN SET UP 15 Metres by 15 Metre squares x 4.  
Full size Pitch divided into 4 equal squares.

3 mins each box. 2 mins active recovery.  
Players move onto each Circuit station built on the 4 parts of the pitch.

#### Box 1

1 player dribbles the ball into the center at pace, he/she has to exchange the ball over with another ball without knocking the other balls out of the pyramid area.  
HE then dribbles in the star direction playing a 1:2 with the team mate on each pole.  
The Run is completed when he does all four corners and ends up back where he/she started.

Every time he/she enters the middle the ball must be switched over.

#### OBJECTIVES:

This is ball control, touch and running with the ball.  
A very Explosive Warm up for a max of 30 seconds running.

#### Box 2

Player starts with the ball runs into the middle, cuts out to the side towards a pole and plays a one : two with the team mate on the pole, brings the ball back into the triangle and performs a Cruyff again then comes out plays a One: two and so on.

Overtime he/she enters the middle pyramid a Cruyff must be performed.

He finishes by performing a One:Two at all 4 poles and finishes back where he started.

#### OBJECTIVES:

BALL CONTROL, TURNING WITH THE BALL, ACCURATE PASSING, PERFORMING A CRUYFF.

#### BOX 3

The starting player with the ball moves out to the middle then cuts out to one of his team mates on a pole. He plays to a Team mate on the pole, follows the pass, runs around the pole and then collects the ball from his team mate on the way back. He/She then strikes first time on any goal. He then collects a ball from another team mate on a pole and repeats the drill on one of the other poles.

He does all 4 Poles and finishes where he started.

Players will rotate.

OBJECTIVES: ACCURATE PASSING AND ONE TIME SHOOTING OFF A MOVING BALL.

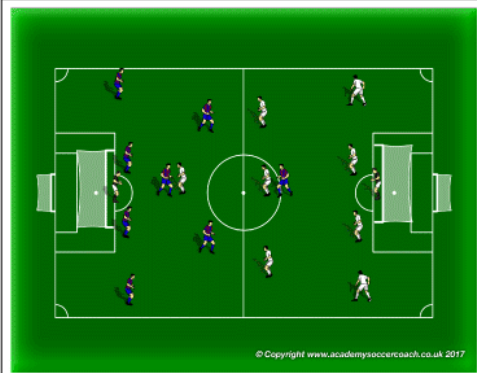
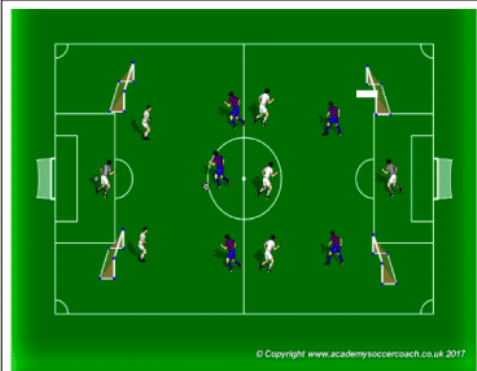
CONTROL IN A SMALL AREA.

SPEED AND CONTROL WITH THE BALL.

Coach

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Theme



### NOTES

#### BOX 4

A Player starts with the ball and cuts around the two of the three Mannequin's. He then angles out on his Star run and plays a One:Two with his/her Team mate on the pole. He drags the ball back into the middle and performs the drill again. The Player works all four poles and finishes where he started.

OBJECTIVES: Turn and cut at pace with the ball.

Accurate touch on the One :Two pass with emphasis of turning quickly on receiving the ball.

Speed with the ball. Control with the ball.

#### Transition Drills

x4 Small Goals

Form a 40 -50 Yard square around the Centre circle. This Square is split into two sides either side of the Centre Circle.

3 vs 2 Transition 3 Players attack 2 defenders.

They have an option to score on either goal. Once they score or the ball goes out they need to retreat quickly into the center circle before they can defend the two defenders coming out who now become the attackers. The new attackers need to feed the ball to their three team mates on the other side of the center circle and thus they become 3 vs 2 on the other side. The drill continues and emphasis is on the quick change over, shape of attack to defend. The goal here is to get every player behind the ball, to quickly react to a change in Offense to Defense. The Drill is 6-8 mins with 2 mins active recovery.

#### Transition Drills

Form a 20-20 yard box around the Center Circle.

3 vs 3 possession with emphasis on fast break. This drill is how fast a defending Midfield three can transfer to an attacking Midfield.

The object is for the defending team to get the ball from 3 Midfield players whose object is to keep possession. Once the defending team win the ball they must play it up filed to a lone Center Forward. The one defender who passes the ball to the center forward must stay and the other two defenders must sprint to support the center forward. Two of the players from the team who were keeping possession of the ball now must drop back to defend the goal and goalie, Creating a 3 vs 2 situation on goal.. A full size half pitch is used for the Transition attack on goal.

Drill is 4 mins with 2 mins active recovery. x4

#### TRANSITION (OFFENCE TO DEFENCE) ON A LARGE SCALE PITCH

The format is then introduced on a larger full pitch, full size goals on the 18 yard box to 18 yard box with 9 vs 9 players. Formation 4 3 1 for each team.

Two Goalkeepers.

The game now will emphasize the transition of quickly getting back and defending from when the attacking team loses the ball. Shape/Position, reaction from Offense to Defense are key components of this session.

Games 10 mins 2 mins active recovery x 2/3.