

SESSION DETAILS

Foot skills

Loads of ball control

Left and rights / volleys and heading

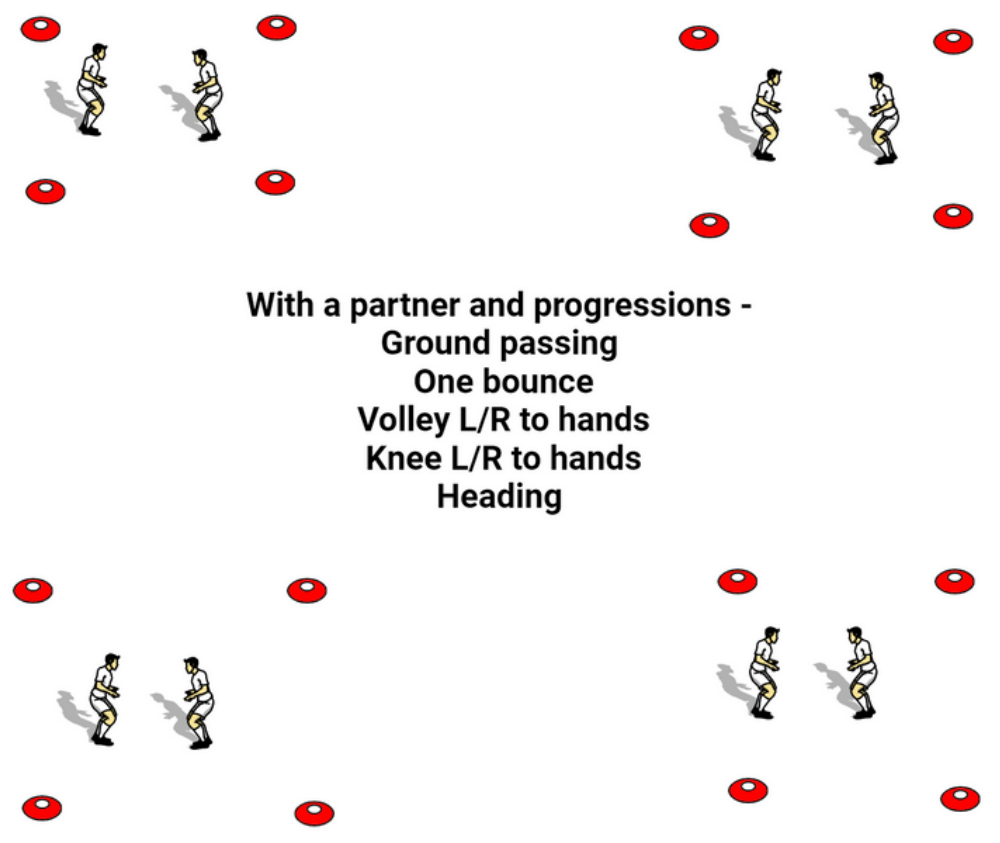
Knees

COACHING POINTS

Use laces and insides for different control

Use left and right foot for both

Keep the ball close to you



With a partner and progressions -

- Ground passing
- One bounce
- Volley L/R to hands
- Knee L/R to hands
- Heading

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WEEK 1 - DECEMBER

30 MINUTE GAME

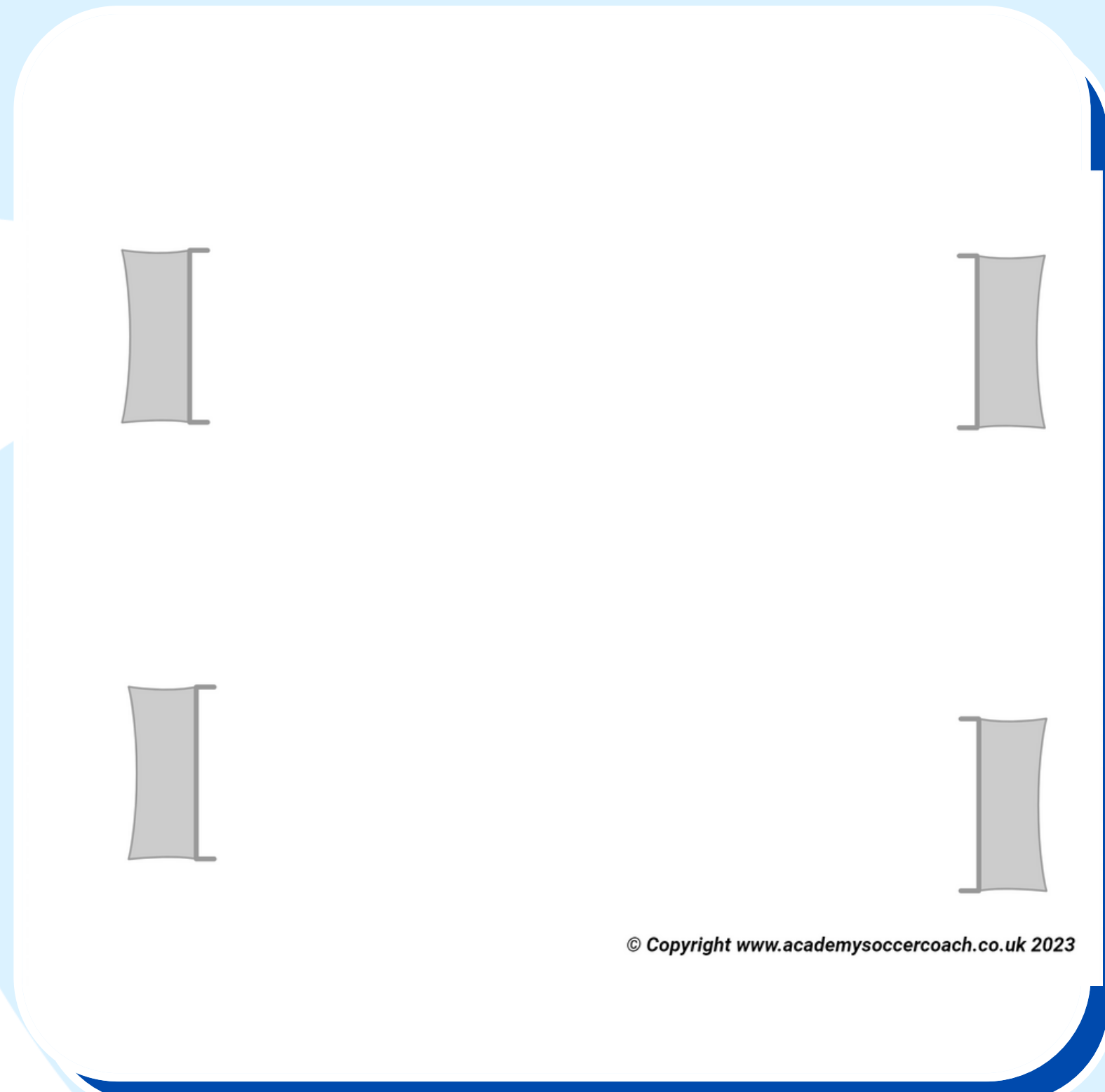
Wide and 4 goals swapping every goal - use lights to determine - Transition in scoring in every goal so have to keep possession and watch for the lights

HOW IT PLAYS

30 minute game - get water whenever

COACHING POINTS

- Quick touches on the ball
- Finishing ability
- Using turns and moves in the game



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