

# TRAVEL TEAM TOPIC GUIDE



## BEGINNER



Footwork - Quick Rolls / V-Turns

First Touch on the Ground

Passing Development two touch receiving across their body.

Two Foot Development  
(Receiving and passing and shooting)

Basic Ball Retention (Using you're body to protect)

## INTERMEDIATE



Footwork In Small Sided Games

First Touch (Air)

Running With The Ball

Body Development (Fitness and correct movement)

Passing Development First time Play

## ADVANCE

Shooting (Distance and Power)

Receiving And Turning To Attack

Finishing And Goal Scoring

Speed Of Play (Players Moving and thinking faster)

Small Sided Games

# DEFENDING TOPIC GUIDE

## BEGINNER

Role Of The First Defender -  
Pressure



Defending As A Team (Pressure  
Cover Balance)

## INTERMEDIATE



Defending in 1v2 Situations (Out  
Numbered)

## ADVANCE

Building From the Back

Defensive Fitness Workout

# MIDFIELD TOPIC GUIDE

**BEGINNER**



Positive Forward Passing



Switching Play

Possession Play and Decision Making



**INTERMEDIATE**



Combination Play (Midfield)

Transition Play - Attack Vs Defense

**ADVANCE**

Support Movement Off The Ball

Creating Attacking Opportunities From Wide Areas



# ATTACKING TOPIC GUIDE

**BEGINNER**

Skill Moves To Beat A Player



**INTERMEDIATE**

Attacking Movement



**ADVANCE**

