

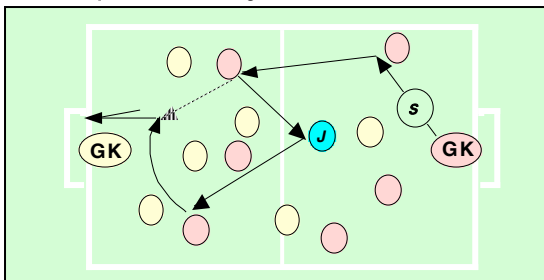
1. INTRODUCTORY PART OF THE COACHING SESSION

- 1.1 Ball dribbling and feinting across the pitch and then static exercises for flexibility - 10 minutes
- 1.2 Active exercises for flexibility - 6 minutes
- 1.3 Juggling the ball - 3 minutes
- 1.4 Individual corrective technical-tactical training - 4 minutes

**Set Up**  
 Everything in place 10 minutes before the start.  
 - 23 minutes

2. MAIN PART OF THE COACHING SESSION

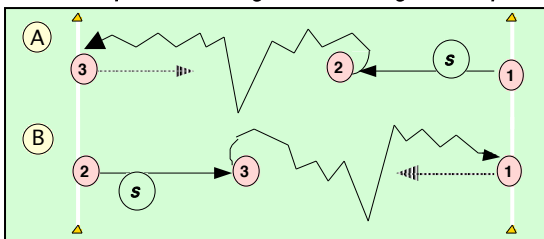
2.1 Helpful tactical game element:



**One touch - head to score** - 10 minutes

**Grid Set Up:** 20 metres x 15 metres  
 In this introductory helpful tactical game two equal teams play a 1 touch small pitch game with or without goalkeepers. In this game a goal can only be scored by using the head.  
 If playing 1 touch is difficult for the players then increase the touches the players have to two touches on the ball.  
 Also a "joker" can be included to play for both teams.  
 The "joker" plays for the attacking team only, the team in possession, increasing the number of players in possession.

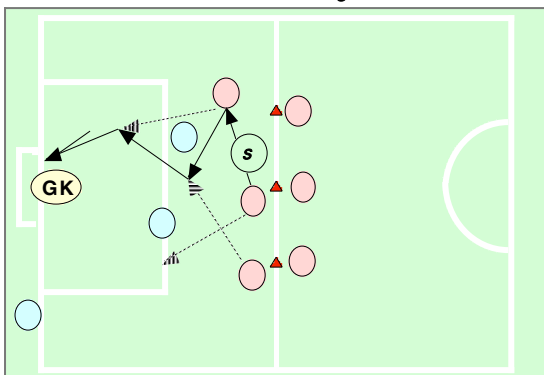
2.2 Deceptive dribbling and feinting technique:



**Run over left and right before dribbling off to the side using the outside of the instep** - (reinforce level 5) - 5 minutes

**Grid Set Up:** Markers are placed 15 metres apart  
 (A) This dribbling and feinting exercise starts with player 1 passing to player 2. Player 2 moves to receive the ball but feints to one side, turns and dribbles towards player 3.  
 Player 3 moves towards player 2 to apply token pressure.  
 Player 2 executes the run over movement left and right before dribbling off to the side using the outside of the instep around player and to the line behind player 3.  
 (B) Exercises continues with player 2 passing the ball to player 3.

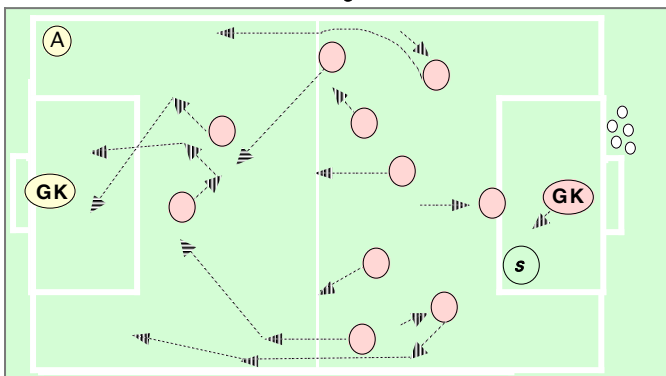
2.3 Technical-tactical shooting element:



**Shooting element No 3** - 15 minutes

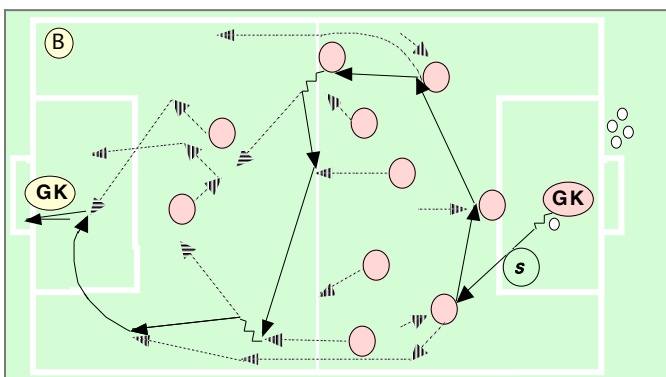
**Shooting Set Up:** A quarter of a full pitch for this level of development.  
 In this exercise 3 players attack one goal while 2 players defend.  
 The third defender goes behind the goals. There is one goalkeeper.  
 The exercise starts with the ball being passed to the middle attacking player by the goalkeeper. The three attacking players must now pass and interchange in the field of play, trying to create a situation ending with a shot at goal.  
 The exercise is complete within 10 seconds, with a shot at goal or loss of possession.  
 If a goal is scored the attacking team returns to the 1/4 line while the defending players remain in defence.  
 If a goal is not scored two of the attacking players now become defenders with the third player going behind goals.  
 It is recommended to have more than one shooting group. This prevents the players standing around too long before starting their exercise.  
 Exercise continues.

2.4 Technical-tactical attacking element:

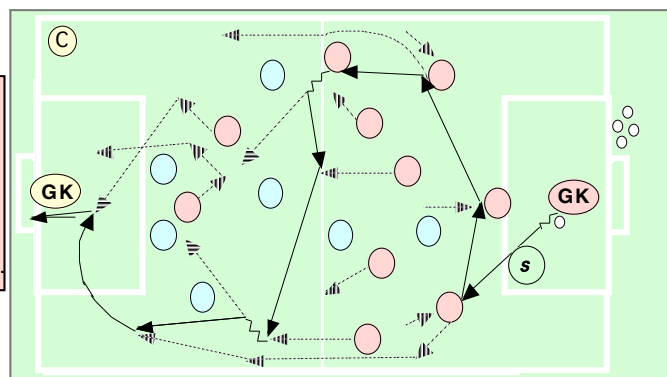


**Technical tactical pattern in attack** - (reinforce level 5) - 55 minutes

**Game Set Up:** A full pitch for this level of development.  
**Switch of play**  
 Switch of play is the ability to draw defenders out of position and exploit space on the opposite side.  
 The gradual progression in coaching playing patterns is as follows:  
 1. Explain the pattern you are going to introduce and its role in the game.  
 2. (A) Players exercise their movement in the playing pattern without any pressure and without a ball.  
 3. (B) A ball is now included in the playing pattern where players exercise the same movement with ball dribbling and ball passing without any pressure.  
 4. (C) Players execute the playing pattern in a 11:7 situation with token pressure.  
 5. Players execute the switch of play pattern in a 11:7 situation with full pressure, progressing to 11:9 and then 11:11 from the right of left side.



When satisfied with player and ball movement, end the session with a small sided game with no conditions - free expression.



3. CONCLUDING PART OF THE COACHING SESSION

- 3.1 Summary of the coaching session (2 minutes) followed by individual warm down. - 2 minutes