

Football/Soccer Session (Moderate): Combination/Shooting (Start Time:

22-May-2013 18:30h)

Profile Summary

Name: Frank Greenawalt
City: Riverside
Country: United States of America
Rank: Elite – 0 points
Membership: Young Member
Sport: Football/Soccer



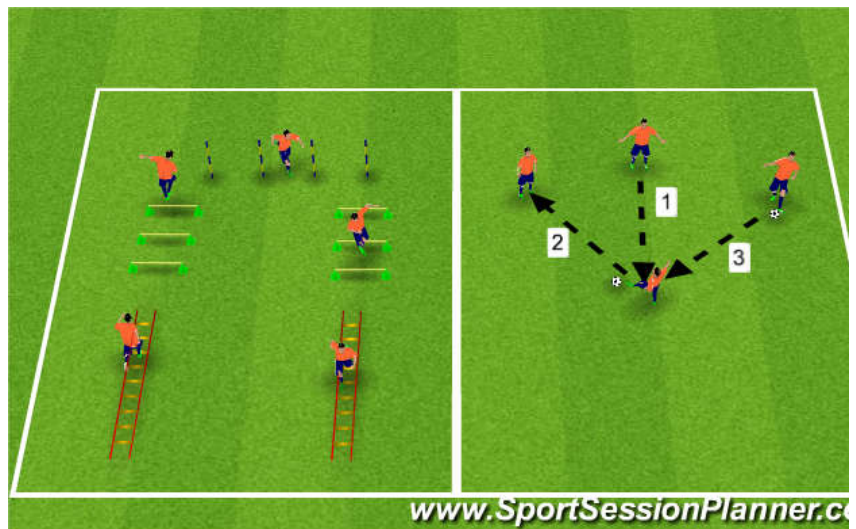
Warm up/fitness (25 mins)

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Juggling (5 min)

Passing Warm Up (10 min)

Speed & Agility (10 min)



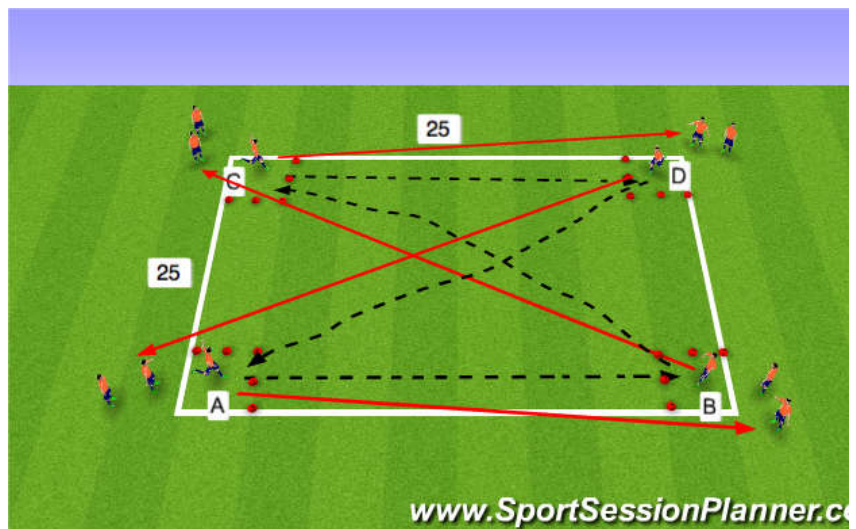
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Switching Activity (15 mins)

Session Objective: Switching play (15 min)

A plays driven ball to B & C plays to D, B plays lofted ball to C & D plays a lofted ball to A, C driven ball to D, D lofted ball to A. Players follow their balls to next station.

Coaching Points: Accuracy, hips open to receive, first touch/control ball to feet quickly, head on a swivel & up to see target



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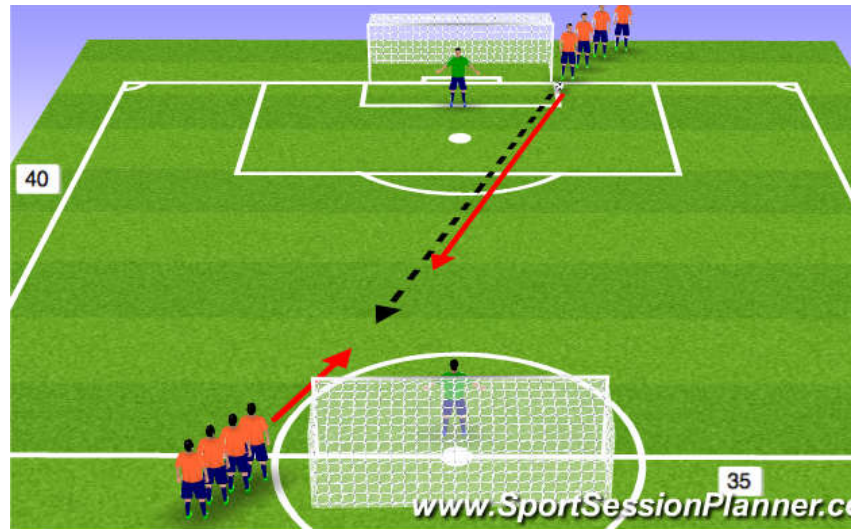
Sm Sided (15 mins)

1 v 1 (15 min)

D plays ball to A and closes down. A creates space to finish. Goal or 30 seconds. 1 point per goal. switch sided ea 3 minutes.

Coaching Points: Positive touch onto shooting foot. Planter foot next to ball w/head down. Foot extended & locked. Extend leg back & land on shooting foot.

Progression: 2 v 2



Expanded Sm Sided Game (15 mins)

6 v 6 Expanded Sm Sided (15 min)

Switch groups ea 2 min or 2 goals

Restrictions: 5 touches before shooting

CP: Create combinations, pass, shape & movement off the ball

Progression to 6 v 6 No Restrictions (15 min)



Shooting Wars (15 mins)

Shooting Wars (5 min)

Players shoot & drop into goal to defend next shot.

Teams keep score. Switch sides each 3 minutes.

Restrictions: Players may not cross middle line. Players may not shoot until shot is taken. Chase your ball.

CP: Get ball on shooting foot. Land on shooting foot. Keep focus on taking shot and immediately transitioning to defend.





Movement



Pass



Custom Pass