



Ball Mastery + SAQ	Technical Skill: Rondo	Technical Skill: <b>Control/Receiving the ball</b>	Week 01
Inside / Outside Cuts Cryuff U Turn  Hurdles Ladders Jumping Movement			
<ol style="list-style-type: none"> <li>1. Dribbling in tight areas</li> <li>2. Changes of direction and Changes of speed</li> <li>3. Turning with the ball</li> <li>4. Quick feet</li> </ol>	<ol style="list-style-type: none"> <li>1. Scan and Plan</li> <li>2. First touch/Receiving, use both feet</li> <li>3. Pass and Move</li> </ol>	<ol style="list-style-type: none"> <li>1. First touch/Receiving, use both feet</li> <li>2. Inside/Outside of both feet,</li> <li>3. Front foot/Back foot receiving</li> <li>4. Receiving on Thigh, Chest and Head</li> </ol>	
Game related practice: <b>Control/Receiving the ball</b>	Small sided games 4*3 min games	Game	
<ol style="list-style-type: none"> <li>1. First touch/Receiving, use both feet</li> <li>2. Inside/Outside of both feet,</li> <li>3. Front foot/Back foot receiving</li> </ol>	4* 3 min games 3v3 2v2		



<p>Ball Mastery + SAQ</p> <p>Drag V Drag L</p> <p>Hurdles Ladders Jumping Movement</p>	<p>Technical Skill: Rondo</p>	<p>Technical Skill: <b>Finishing</b></p>	<p><b>Week 02</b></p>
<ol style="list-style-type: none"> <li>1. Dribbling in tight areas</li> <li>2. Changes of direction and Changes of speed</li> <li>3. Turning with the ball</li> <li>4. Quick feet</li> </ol>	<ol style="list-style-type: none"> <li>1. Scan and Plan</li> <li>2. First touch/Receiving, use both feet</li> <li>3. Pass and Move</li> </ol>	<ol style="list-style-type: none"> <li>1. Striking at goal,</li> <li>2. Passing the ball into the net,</li> <li>3. Volleying,</li> <li>4. Turning and Shooting,</li> <li>5. Scoring from inside the box and outside the box</li> </ol>	
<p>Game related practice: <b>Finishing</b></p>	<p>Small sided games 4*3 min games</p>	<p>Game</p>	
<ol style="list-style-type: none"> <li>1. Striking at goal,</li> <li>2. Passing the ball into the net,</li> <li>3. Turning and Shooting,</li> <li>4. Scoring from inside the box and outside the box</li> </ol>	<p>3v3 2v2</p>		



Ball Mastery + SAQ	Technical Skill: Rondo	Technical Skill: <b>Passing</b>	Week 03
Inside / Outside Cuts Bale Swivel  Hurdles Ladders Jumping Movement			
<ol style="list-style-type: none"> <li>1. Dribbling in tight areas</li> <li>2. Changes of direction and Changes of speed</li> <li>3. Turning with the ball</li> <li>4. Quick feet</li> </ol>	<ol style="list-style-type: none"> <li>1. Scan and Plan</li> <li>2. First touch/Receiving, use both feet</li> <li>3. Pass and Move</li> </ol>	<ol style="list-style-type: none"> <li>1. Roll into feet and Safe Side – Protect,</li> <li>2. Weight and Angle of Pass,</li> <li>3. 1&amp;2 touch passing,</li> <li>4. Medium to long driven pass/chipped pass</li> <li>5. Volleying pass</li> </ol>	
Game related practice: <b>Passing</b>	Small sided games 4*3 min games	Game	
<ol style="list-style-type: none"> <li>1. Roll into feet and Safe Side - Protect,</li> <li>2. Weight and Angle of Pass,</li> <li>3. 1&amp;2 touch passing</li> </ol>	3v3 2v2		



Ball Mastery + SAQ	Technical Skill: Rondo	Technical Skill: <b>Moving with the ball</b>	Week 04
Roll and Step U Turns Maradona  Hurdles Ladders Jumping Movement			
<ol style="list-style-type: none"> <li>1. Dribbling in tight areas</li> <li>2. Changes of direction and Changes of speed</li> <li>3. Turning with the ball</li> <li>4. Quick feet</li> </ol>	<ol style="list-style-type: none"> <li>1. Scan and Plan</li> <li>2. First touch/Receiving, use both feet</li> <li>3. Pass and Move</li> </ol>	<ol style="list-style-type: none"> <li>1. Dribbling in tight areas</li> <li>2. Moves to beat an opponent</li> <li>3. Running at speed with the ball</li> <li>4. Protection of the ball</li> </ol>	
<b>Game related practice: Moving with the ball</b>	Small sided games 4*3 min games	Game	
<ol style="list-style-type: none"> <li>1. Dribbling in tight areas</li> <li>2. Running at speed with the ball</li> <li>3. One-two's</li> </ol>	3v3 2v2		



Ball Mastery + SAQ	Technical Skill: Rondo	Technical Skill: <b>Changes of Direction</b>	Week 05
Twist Off U Turns Cryuff Turns  Hurdles Ladders Jumping Movement			
<ol style="list-style-type: none"> <li>1. Dribbling in tight areas</li> <li>2. Changes of direction and Changes of speed</li> <li>3. Turning with the ball</li> <li>4. Quick feet</li> </ol>	<ol style="list-style-type: none"> <li>1. Scan and Plan</li> <li>2. First touch/Receiving, use both feet</li> <li>3. Pass and Move</li> </ol>	<ol style="list-style-type: none"> <li>1. Body position</li> <li>2. How to perform Turn</li> <li>3. Accelerate away</li> </ol>	
<b>Game related practice: Changes of Direction</b>	Small sided games 4*3 min games	Game	
<ol style="list-style-type: none"> <li>1. Body position/protect the ball</li> <li>2. How to perform Turn under pressure</li> <li>3. Accelerate away to keep ball or get a pass/shot</li> </ol>	3v3 2v2		