



<p>Ball Mastery + SAQ</p> <p>Inside / Outside Cuts Cryuff U Turn</p> <p>Hurdles Ladders Jumping Movement</p>	<p>Panna Battles: 1v1</p>	<p>Technical Skill: <b>Linking Defence &amp; Midfield</b></p>	<p><b>Week 01</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 on hurdles, ladders</li> </ol>	<ol style="list-style-type: none"> <li>1. First to 3 goals</li> <li>2. Bonus for nutmeg</li> <li>3. Bonus for not conceding goals</li> </ol>	<ol style="list-style-type: none"> <li>1. Playing out from the back – Dead Ball and open play.</li> <li>2. Fullback/Winger relationships</li> <li>3. Overlapping Play and Overloads</li> <li>4. Direct Ball to Striker (with midfield Support)</li> </ol>	
<p>Game related: <b>Linking Defence &amp; Midfield</b></p>	<p>Small sided games 4*3 min games</p>	<p>Game</p>	
<ol style="list-style-type: none"> <li>1. Playing out from the back play.</li> <li>2. Fullback/Winger relationships</li> <li>3. Overlapping Play and Overloads</li> </ol>	<p>3v3 2v2</p>		



Ball Mastery + SAQ	Panna Battles: 1v1	Technical Skill: <b>Midfield Combinations</b>	<b>Week 02</b>
Drag V Drag L  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. First to 3 goals</li> <li>2. Bonus for nutmeg</li> <li>3. Bonus for not conceding goals</li> </ol>	<ol style="list-style-type: none"> <li>1. Combination Play</li> <li>2. Movement to create space</li> <li>3. Switch of play</li> </ol>	
Game related: <b>Midfield Combinations</b>	Small sided games 4*3 min games	Game	
<ol style="list-style-type: none"> <li>1. Combination Play</li> <li>2. Movement to create space</li> <li>3. Switch of play</li> </ol>	3v3 2v2		



Ball Mastery + SAQ	Panna Battles: 1v1	Technical Skill: <b>Defending 1v1, 2v1</b>	<b>Week 03</b>
Inside / Outside Cuts Bale Swivel  Hurdles Ladders Jumping Movement			
1. Dribbling in tight areas 2. Changes of direction and Changes of speed 3. Turning with the ball 4. Quick feet	1. First to 3 goals 2. Bonus for nutmeg 3. Bonus for not conceding goals	1. Tackling, low, side on and SPOOK 2. Delay the opponent 3. Defending in pairs	
Game related practice: <b>Defending 1v1, 2v1</b>	Small sided games 4*3 min games	Game	
1. Tackling, low, side on and SPOOK 2. Delay the opponent 3. Defending in pairs	3v3 2v2		

# Cumbernauld Colts 2008s

# Session Plan: Themes



Ball Mastery + SAQ	Panna Battles: 1v1	Technical Skill: <b>Linking Midfield &amp; Attack</b>	<b>Week 04</b>
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. First to 3 goals</li> <li>2. Bonus for nutmeg</li> <li>3. Bonus for not conceding goals</li> </ol>	<ol style="list-style-type: none"> <li>1. Direct ball to striker with Midfield Support</li> <li>2. 3<sup>rd</sup> Man Run (Up, Back, Through)</li> <li>3. Striker Movement</li> </ol>	
Game related practice: <b>Linking Midfield &amp; Attack</b>	Small sided games 4*3 min games	Game	
<ol style="list-style-type: none"> <li>1. Direct ball to striker with Midfield Support</li> <li>2. 3<sup>rd</sup> Man Run (Up, Back, Through)</li> <li>3. Striker Movement</li> </ol>	3v3 2v2		



Ball Mastery + SAQ	Panna Battles: 1v1	Technical Skill: <b>Pressing as a team</b>	<b>Week 05</b>
Twist Off U Turns Cryuff Turns  Hurdles Ladders Jumping Movement			
1. Dribbling in tight areas 2. Changes of direction and Changes of speed 3. Turning with the ball 4. Quick feet	1. First to 3 goals 2. Bonus for nutmeg	1. Press as Group 2. Defend your goal in final 3 <sup>rd</sup> 3. Set traps	
Game related practice: <b>Pressing as a team</b>	Small sided games 4*3 min games	Game	
1. Press as Group 2. Defend your goal in final 3 <sup>rd</sup>	3v3 2v2		