



<p>Ball Mastery 10 mins</p> <p>Inside / Outside Cuts U Turn Movement exercises</p>	<p>Technical Skill: Panna Battles 10 mins</p> <p>Defender:</p> <ol style="list-style-type: none"> 1. Out fast, slow down, 2. go low, side on, and Delay the opponent 3. SPOOK and Tackle <p>Attacker:</p> <p>use a trick and/or speed to get by defender</p>	<p>Technical Skill: Control/Receiving the ball 10 mins</p>	<p>Week 01</p>
<ol style="list-style-type: none"> 1. Dribbling in tight areas 2. Changes of direction and Changes of speed 3. Turning with the ball 4. Quick feet 	<ol style="list-style-type: none"> 1. 1v1 2. 1st to 3 goals or a nutmeg 3. Use cones/gates and goals 	<ol style="list-style-type: none"> 1. First touch/Receiving, use both feet 2. Inside/Outside of both feet, 3. Front foot/Back foot receiving 4. Receiving on Thigh, Chest and Head 	
<p>Game related practice: Control/Receiving 10 mins</p>	<p>Small sided games 3*3 min games 10 mins</p>	<p>Game 10 mins</p>	
<ol style="list-style-type: none"> 1. First touch/Receiving, use both feet 2. Inside/Outside of both feet, 3. Front foot/Back foot receiving 	<p>3* 3 min games e.g. 3v3 2v2, 2v3 etc Use cones/gates and goals</p>		



<p>Ball Mastery 10 mins</p> <p>Pull-Push and Scissors / Double Scissors Movement exercises</p>	<p>Technical Skill: Panna Battles 10 mins</p> <p>Defender:</p> <ol style="list-style-type: none"> Out fast, slow down, go low, side on, and Delay the opponent SPOOK and Tackle <p>Attacker:</p> <p>use a trick and/or speed to get by defender</p>	<p>Technical Skill: Finishing 10 mins</p>	Week 02
<ol style="list-style-type: none"> Dribbling in tight areas Changes of direction and Changes of speed Turning with the ball Quick feet 	<ol style="list-style-type: none"> 1v1 1st to 3 goals or a nutmeg Use cones/gates and goals 	<ol style="list-style-type: none"> Striking at goal, Passing the ball into the net, Volleying, Turning and Shooting, Scoring from inside the box and outside the box 	
<p>Game related practice: Finishing 10 mins</p>	<p>Small sided games 3*3 min games 10 mins</p>	<p>Game 10 mins</p>	
<ol style="list-style-type: none"> Striking at goal, Passing the ball into the net, Turning and Shooting, Scoring from inside the box and outside the box 	<p>3* 3 min games e.g. 3v3 2v2, 2v3 etc Use cones/gates and goals</p>		



<p>Ball Mastery 10 mins</p> <p>Inside / Outside Cuts and Scissors / Double Scissors</p> <p>Movement exercises</p>	<p>Technical Skill: Panna Battles 10 mins</p> <p>Defender:</p> <ol style="list-style-type: none"> 4. Out fast, slow down, 5. go low, side on, and Delay the opponent 6. SPOOK and Tackle <p>Attacker:</p> <p>use a trick and/or speed to get by defender</p>	<p>Technical Skill: Short Passing 10 mins</p>	<p>Week 03</p>
<ol style="list-style-type: none"> 1. Dribbling in tight areas 2. Changes of direction and Changes of speed 3. Turning with the ball 4. Quick feet 	<ol style="list-style-type: none"> 1. 1v1 2. 1st to 3 goals or a nutmeg 3. Use cones/gates and goals 	<ol style="list-style-type: none"> 1. Roll into feet and Safe Side – Protect, 2. Weight and Angle of Pass, 	
<p>Game related practice: Short Passing 10 mins</p>	<p>Small sided games 3*3 min games 10 mins</p>	<p>Game 10 mins</p>	
<ol style="list-style-type: none"> 1. Roll into feet and Safe Side - Protect, 2. Weight and Angle of Pass, 	<p>3* 3 min games</p> <p>e.g. 3v3 2v2, 2v3 etc</p> <p>Use cones/gates and goals</p>		



<p>Ball Mastery 10 mins</p> <p>U Turn and Pull-Push Movement exercises</p>	<p>Technical Skill: Panna Battles 10 mins</p> <p>Defender:</p> <ol style="list-style-type: none"> 1. Out fast, slow down, 2. go low, side on, and Delay the opponent 3. SPOOK and Tackle <p>Attacker:</p> <p>use a trick and/or speed to get by defender</p>	<p>Technical Skill: Moving with the ball 10 mins</p>	<p>Week 04</p>
<ol style="list-style-type: none"> 1. Dribbling in tight areas 2. Changes of direction and Changes of speed 3. Turning with the ball 4. Quick feet 	<ol style="list-style-type: none"> 1. 1v1 2. 1st to 3 goals or a nutmeg 3. Use cones/gates and goals 	<ol style="list-style-type: none"> 1. Dribbling in tight areas 2. Moves to beat an opponent 3. Running at speed with the ball 4. Protection of the ball 	
<p>Game related practice: Moving with the ball 10 mins</p>	<p>Small sided games 3*3 min games 10 mins</p>	<p>Game 10 mins</p>	
<ol style="list-style-type: none"> 1. Dribbling in tight areas 2. Running at speed with the ball 3. One-two's 	<p>3* 3 min games e.g. 3v3 2v2, 2v3 etc Use cones/gates and goals</p>		



<p>Ball Mastery 10 mins</p> <p>Ronaldo Chops and Cryuff turns Movement exercises</p>	<p>Technical Skill: Panna Battles 10 mins</p> <p>Defender:</p> <ol style="list-style-type: none"> 1. Out fast, slow down, 2. go low, side on, and Delay the opponent 3. SPOOK and Tackle <p>Attacker:</p> <p>use a trick and/or speed to get by defender</p>	<p>Technical Skill: Changes of direction</p>	<p>Week 05</p>
<ol style="list-style-type: none"> 1. Dribbling in tight areas 2. Changes of direction and Changes of speed 3. Turning with the ball 4. Quick feet 	<ol style="list-style-type: none"> 1. 1v1 2. 1st to 3 goals or a nutmeg 3. Use cones/gates and goals 	<ol style="list-style-type: none"> 1. Body position 2. How to perform Turn 3. Accelerate away 	
<p>Game related: Changes of Direction 10 mins</p>	<p>Small sided games 4*3 min games 10 mins</p>	<p>Game 10 mins</p>	
<ol style="list-style-type: none"> 1. Body position 2. How to perform Turn 3. Accelerate away 	<p>3* 3 min games e.g. 3v3 2v2, 2v3 etc Use cones/gates and goals</p>		