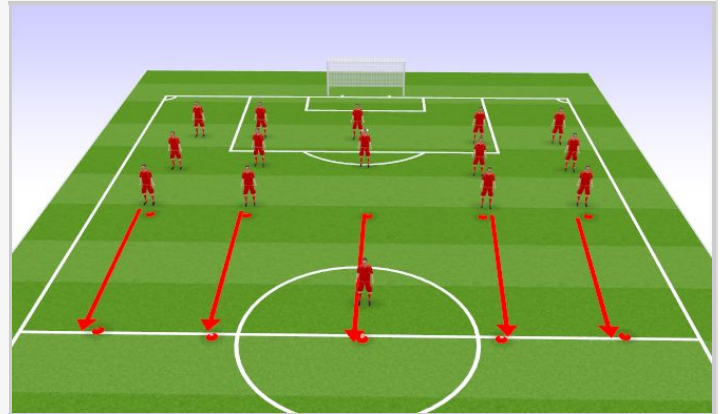




## Screen 1

### Core Skill - Warm Up

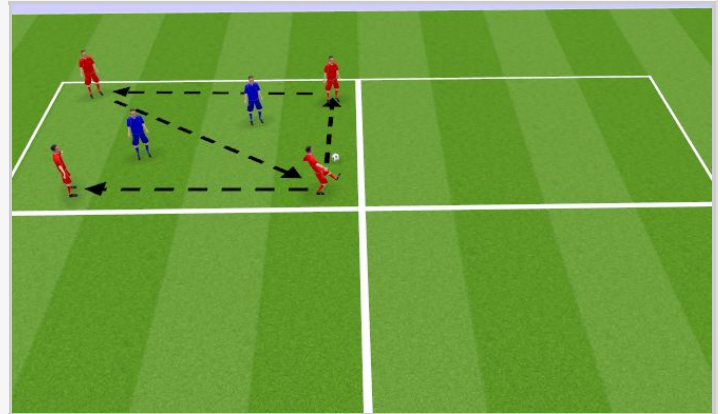
**Explanation - conduct FIFA 11 warm up of dynamic stretching & movements, followed by static stretches. This is after prehab & activation work has been conducted.**



## Screen 2 (15 mins)

### Rondo Skill - 1st touch, striking the ball

**Explanation - 4 v 2 - 2 touch max, 5 passes = goal, defenders to put foot on ball = goal. Multiple groups performing at once.**



## Screen 3

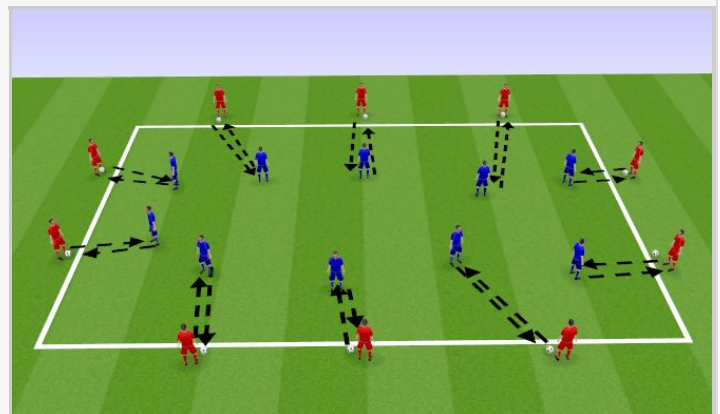
### Skill - First Touch

**Key principle / Session Topic - deny opponents time and space**

**Explanation - Red bouncers play ball into blue who must take two touch to return to the same bouncer. Blue then moves off to receive a ball from a different red bouncer and play two touch return. Keep going for 1 minute then change and repeat for reds for 1 minute.**

**Rest - dynamic stretch for 20 seconds**

**Progression - same procedure only 1 touch return pass for 1 minute, alternate colours.**

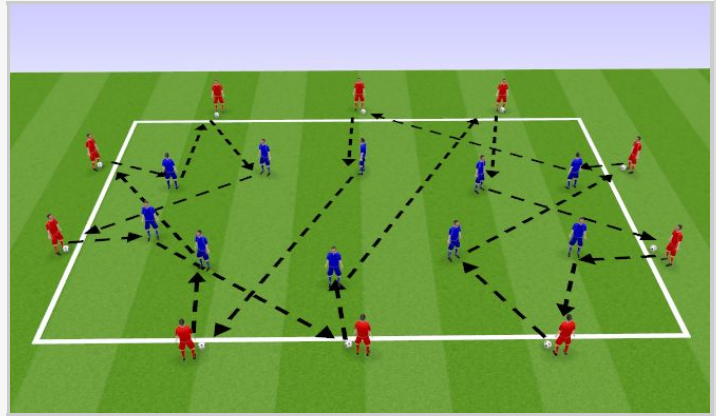


## Screen 4

### Skill - First Touch

**Explanation** - Red bouncers play ball into blue who now have unlimited touches to play a pass out to a different bouncer who does not have a ball. Blue then moves off to receive a ball from a different red bouncer and play quickly but unlimited to a different bouncer, who does not have a ball. Keep going for 1 minute then change and repeat for yellows for 1 minute.

Rest - dynamic stretch for 20 seconds



## Screen 5 (30 mins)

**Explanation** - 7v7 small sided games - to allow players touches on the ball and to reaffirm team principles

**Progression** - 1 touch finish, 2 touches only in oppositions half

