



Technical Line of development

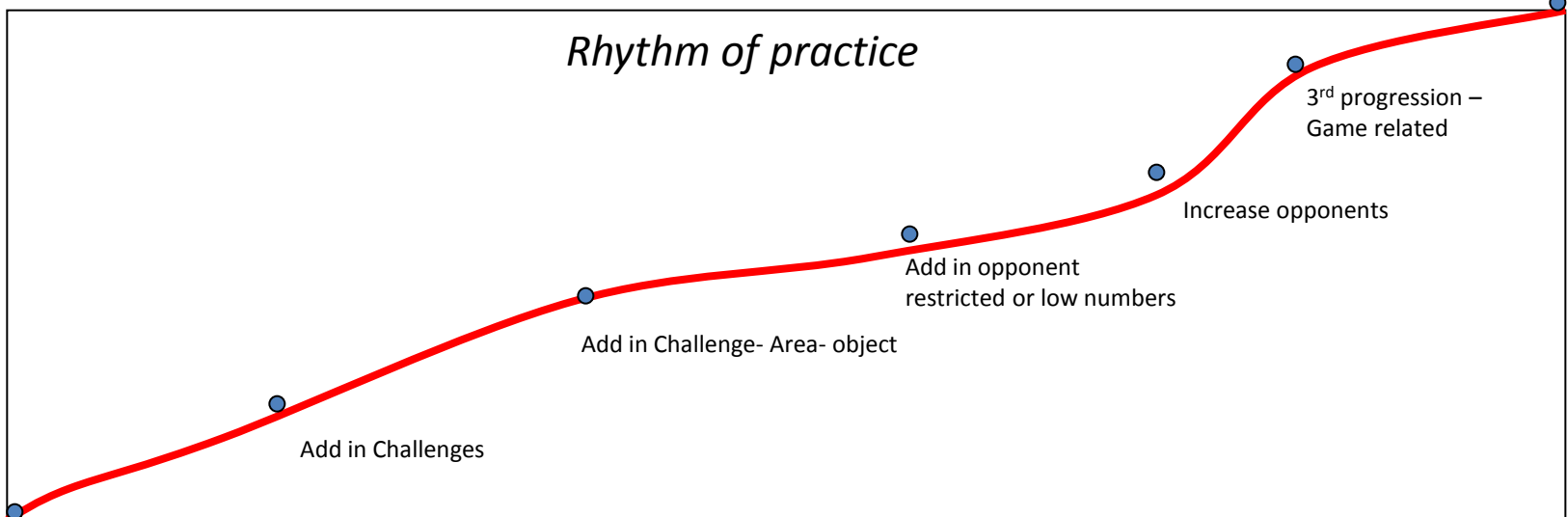
- Can the player do it
- Can the player do it consistently
- Can the player do it with pace
- Can the player do it with pressure
- Can the player do it in a game
- Can the player do it consistently in a game

Session organization

1. Set up the final game 1st and work backwards
2. Observe the correct size of area and adapt based on success/ failure
3. If coaching technique make sure that repetition is high
4. Make sure that you are painting the correct pictures
5. Explain the exercise and coach the failings- don't give the players the answers
6. Coach in the final game

Match Conditioned

Rhythm of practice



Warm up- Fundamental
High repetition low demands