

Session 3 (1 hour)

Not fitness specific Tech session

Start with dynamic warm up with ladders. Get the guys knocking up in pairs emphasising midfielders and forwards turning and arcing, defenders receiving and moving

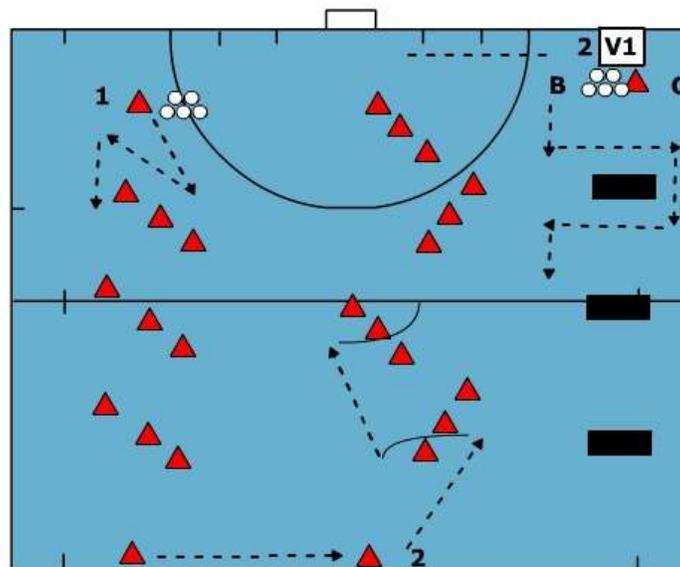
NOT STATIC RECEIVING. Back 4 guys can just move the ball without arcing before distributing.

BACK 4 PASSING SKILLS: Hitting normally (low hitting technique), Hitting off right leg front stick, passing off both feet reverse, slap, push and areal on move

MIDFIELD/FORWARD RECEIVING SKILLS: Strong turning and arcing with right leg facing forward to make arc easier. Strong tuck, hook shape leads both sides.

15 mins

Skills Circuit 1 (15 mins Continuous)

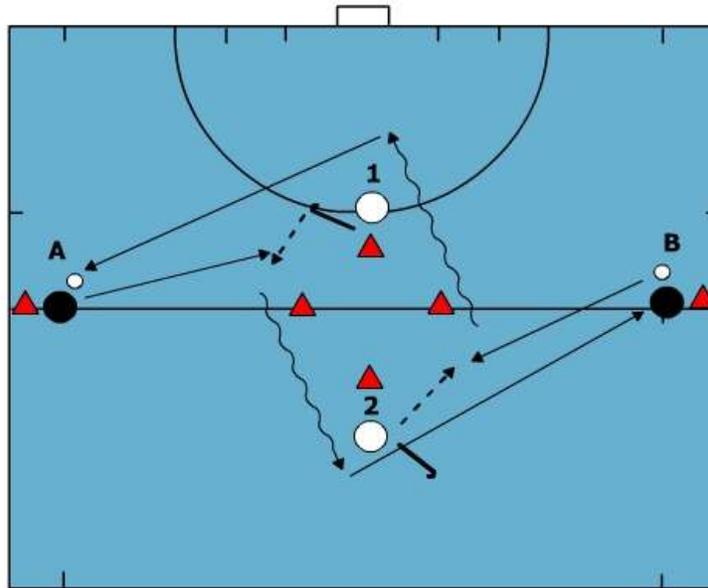


Players start at 1 with balls. Strong pulls at 45 degree angle or areal options over. Move from 1 to 2. Run at an angle towards right. Squeeze skill inside. Run at angle to left. Areal flip to right hand side using shovel or reverse flip. Continue to end. Move to last station 2V1.

Players wait for partner. They must make a square 2v1 pass before the cones and then immediately after. 2 passes per line of cones. Once at the end players walk back as recovery.

Receiving Skills 2 (6x1 minute timed, each pair, 15 mins)

NOTE EXTRA RECEIVING SKILLS



Working in groups of 4.

Two players receiving in the middle. They must both do the same receiving skill then arc and pass to opposite side.

A passes to 1 who turns and does a strong arc and passes to B. B does exactly the same, at the same time to 2. Once 2 players are ready same is repeated. Although seems repetitive. We need to create habit forming receiving skills.

Timed 1 min pairs x 6 each (Alternate)

Repeat each receive skill twice per pair= 12 mins total active time

Set 1= Strong arc

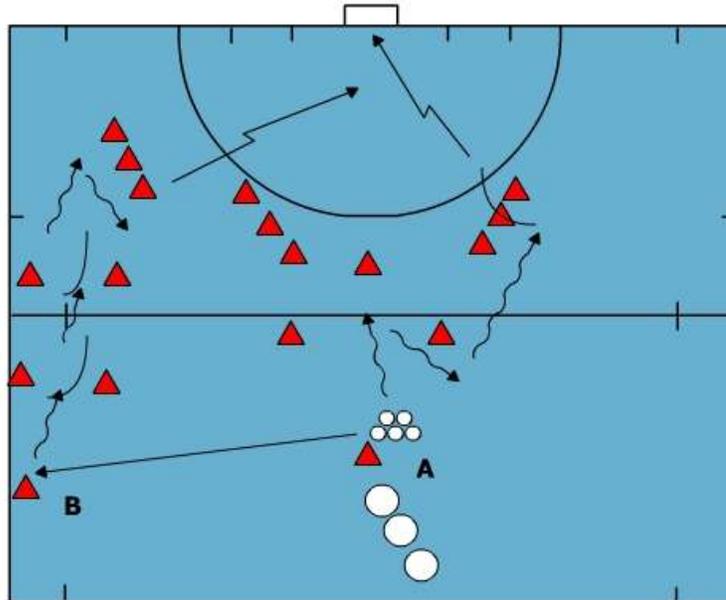
Set 2= Strong tuck

Set3=Hook shaped lead to left receive open reverse

PAGE DOWN

Drill 3 Passing, Individual areal skills, finishing

DOUBLE BALL DRILL (20 mins repetition)



HALF GROUP AT A AND HALF AT B.CHANGE SIDES ONCE DONE EACH ONE.A passes the ball to B. As soon as the pass is made, player A takes a ball and uses areal elimination skills to evade first V.Player must go all the way around V or use areal options over cones. Next player A must use an areal skill to cut back inside to cut off defender. He must then finish

As soon as player B receives the ball form A he must accelerate forward and use areal flip skills at pace over the first 2 stations. He must then cut back inside the defender with a flip skill or 90 degree pull back. Once player B has done that he must pass the ball to A for a deflection who has just has a shot. BOTH PLAYERS DO THE SKILLS AT THE SAME TIME.Dont let second group go to quickly or they will clash, but try time it so intensity is still high.

Squeeze skills and strong flips being key attacking skills.

SKILLS EXPLANATION

Attackers must keep their eyes up as much as possible while moving with the ball. Simple areal elimination. No unnecessary ground skills to compromise vision. For deflections have low body position.Align yourself about 3 metres ahead of the right post. Not to close or keepers will intercept your deflection passes

End off with warm down 1 hour

