



Date	Session Objective
	1. Ball Control Warm Up
Session Focus Ball Skill & Game Play	2. Develop the ability to Pass while under pressure and on the move.
	3. Develop 1v1 Skills and the confidence to take players on

Warm up		Players will be partnered up with a ball between them.
		Players will dribble to the end of the line using a variety of dribbling techniques. Once they get to the end they will pass the ball back to their partner for their turn.
		FOCUS - Keep the ball close and under control using lots of little touches.
		Dribbles - Any foot, Right Foot Only, Left Foot Only, Inside Feet Only, Outside Feet Only

Activity 1		Activity 2	

Passing Under Pressure Activity	1v1 Activity
Players will be put into groups of 2 with 1 ball between both of them. Players will look to dribble around and pass to one another through the gates.	Players will be split up into 2 lines. The Players on the left are scoring on the net to their right and vice versa.
Progressions	On the coach's cue, a ball will be played forward. The first player to the ball will try to score on the opponent's net. If the defender steals the ball, they are trying to score on their opponents net.
1. Who can get the most gates in 60 seconds (2 rounds)	Play is done when the ball leaves the playing area.
2. Put into groups of 3, 60 seconds (2 rounds)	
3. Groups of 3, 60 seconds, add in 1 team to be defenders.	

Game Play		6v6 Game Play
		Option 1 - Play against the team you are sharing with
		Option 2 - Split your team in half, play half field vs the team you are sharing the field with
		Option 3 - Split your team in half and just play on your half of the field.