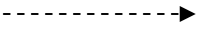

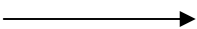


TOPIC:

Key:

Running without the ball 

Running with the ball 

Pass 

<u>Technical Warm-up</u>	<u>Organization</u>	<u>Key Coaching Points</u>
<u>Small Sided Activity</u>		
<u>Expanded Small Sided Activity</u>		
<u>Game</u>		