

I. WARM UP / BALL FAMILIARITY AND MANIPULATION

A. 20x20 GRID, ALL W/ BALL \Rightarrow TOUCHES / TURNS / DYNAMIC

1. CRUYFF TURN
2. PUSKAS : "V"
3. TORRES MOVE : "INSIDE/HOP/OUTSIDE" \rightarrow ONE FLUID MOVEMENT
4. RONALDO FEINT : SOLE OVER TO INSIDE, STEPOVER W/ OTHER FOOT

II. PASSING - GROUPS OF 3 IF POSSIBLE

A. LARGE GRID (1/4 OF PITCH)

1. SIMPLE PASS AND MOVE
2. MORE MOVEMENT \Rightarrow SHORT, SHORT, LONG
 $<15 \quad <15 \quad >20$

* TECHNIQUE OVER ALL ELSE!
* NO TURNING BACK, SHUFFLE/SIDEWAYS ON INTENTIONAL ANGLES
* 1ST TOUCH

III. SSG - 2 FIELDS W/ SMALL GOALS

— PLAYERS SPLIT FOR 2 EVEN GAMES

- A. 3 FORWARD PASSES BEFORE GOAL
- B. ALL PLAYERS CONTROLLED BALL BEFORE GOAL
- C. 2 DEFENDERS SPLIT VIA PASS TO TEAMMATE BEFORE GOAL

IV. SSG - 1 FIELD (LARGE) W/ LARGE GOALS

— MID SIZED CREASE (NO-GO) FOR GOALS. ONE DEFENDER ALLOWED AS GK

- A. 1-NIL : CANNOT BE AHEAD BY MORE THAN 1 GOAL AT ANY TIME
- B. FREE PLAY

IF NEEDED : ONCE DEFENDER LEAVES GK CREASE, MAY NOT BE NEXT GK. MUST BE DIFFERENT PLAYER.

V. COOLDOWN

* DISCUSS NUTRITION & HYDRATION