



26 Ready to Go Drills





Tactical 9 v 9

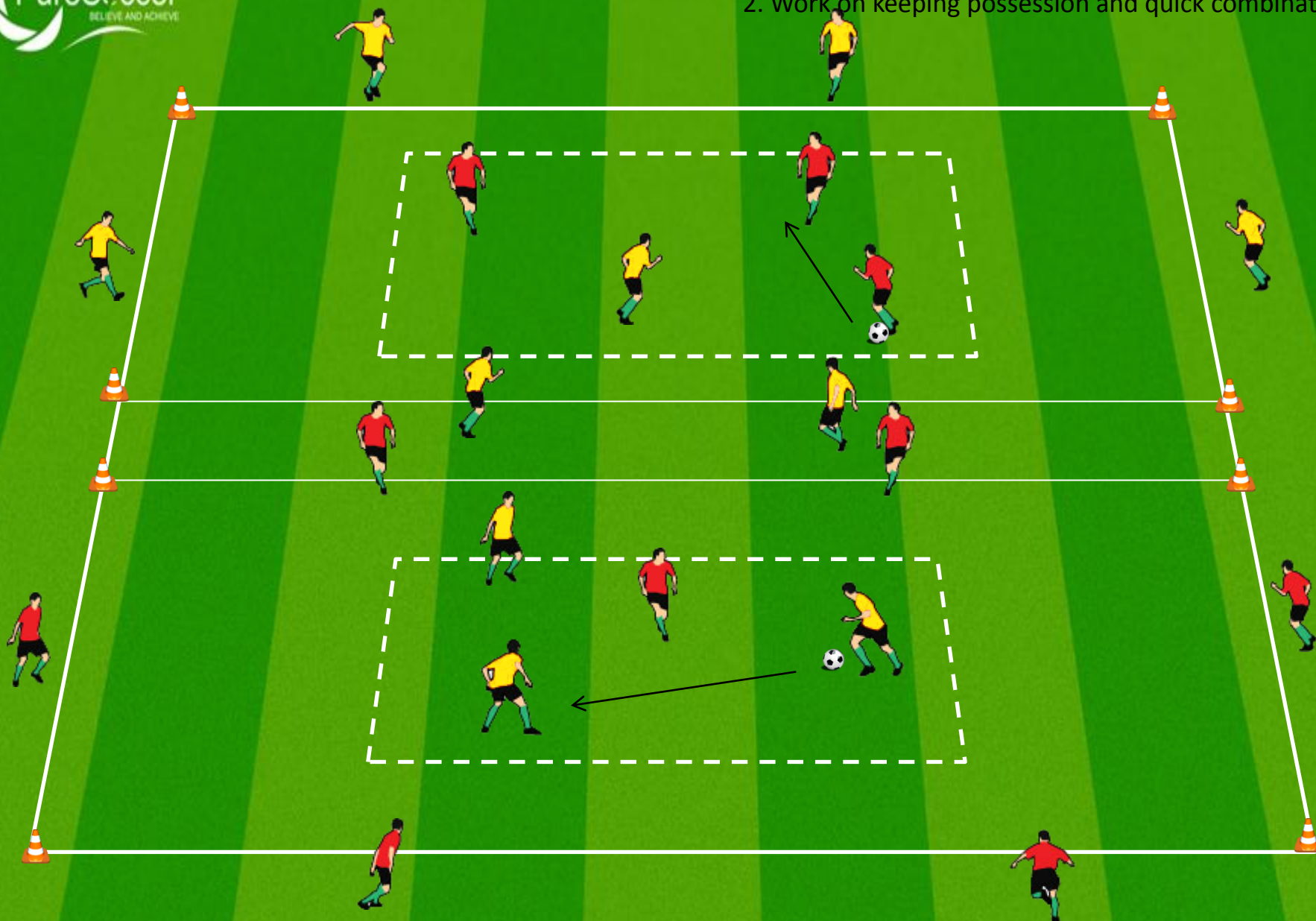
1. Work on team shape
2. Work on combinations play

Session #2

Technical/ Tactical

1.3 v 1 into 7 v 3

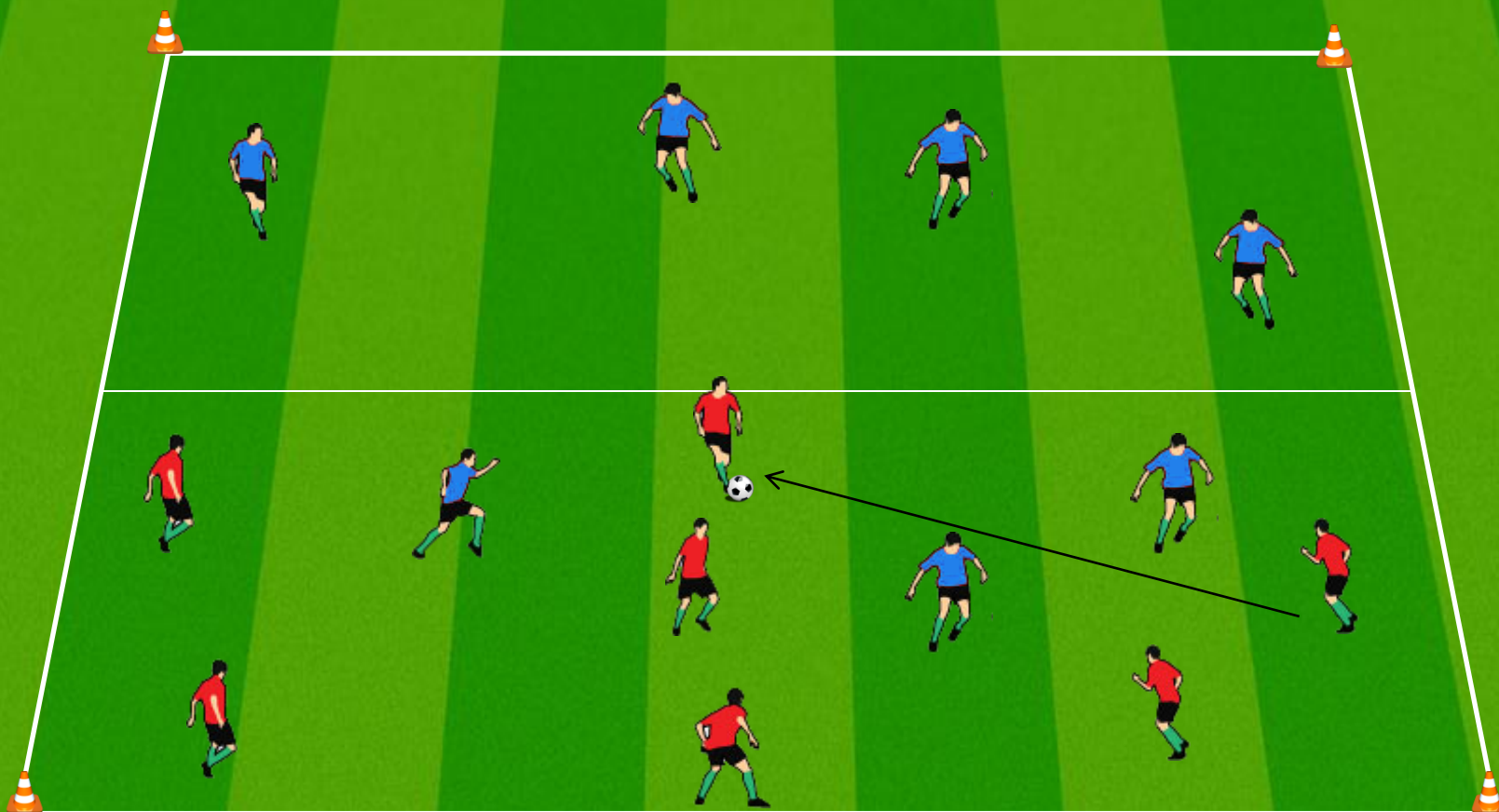
2. Work on keeping possession and quick combinations



Session #3

Possession game 40 x 30 grid

1. 7 v 3 (4) transition game
2. Line up as per game (diamond shape)
3. Quick transitions looking to establish shape early



Session #4

Transition Possession game 40 x 30 grid

1. 6 v 6 + 6

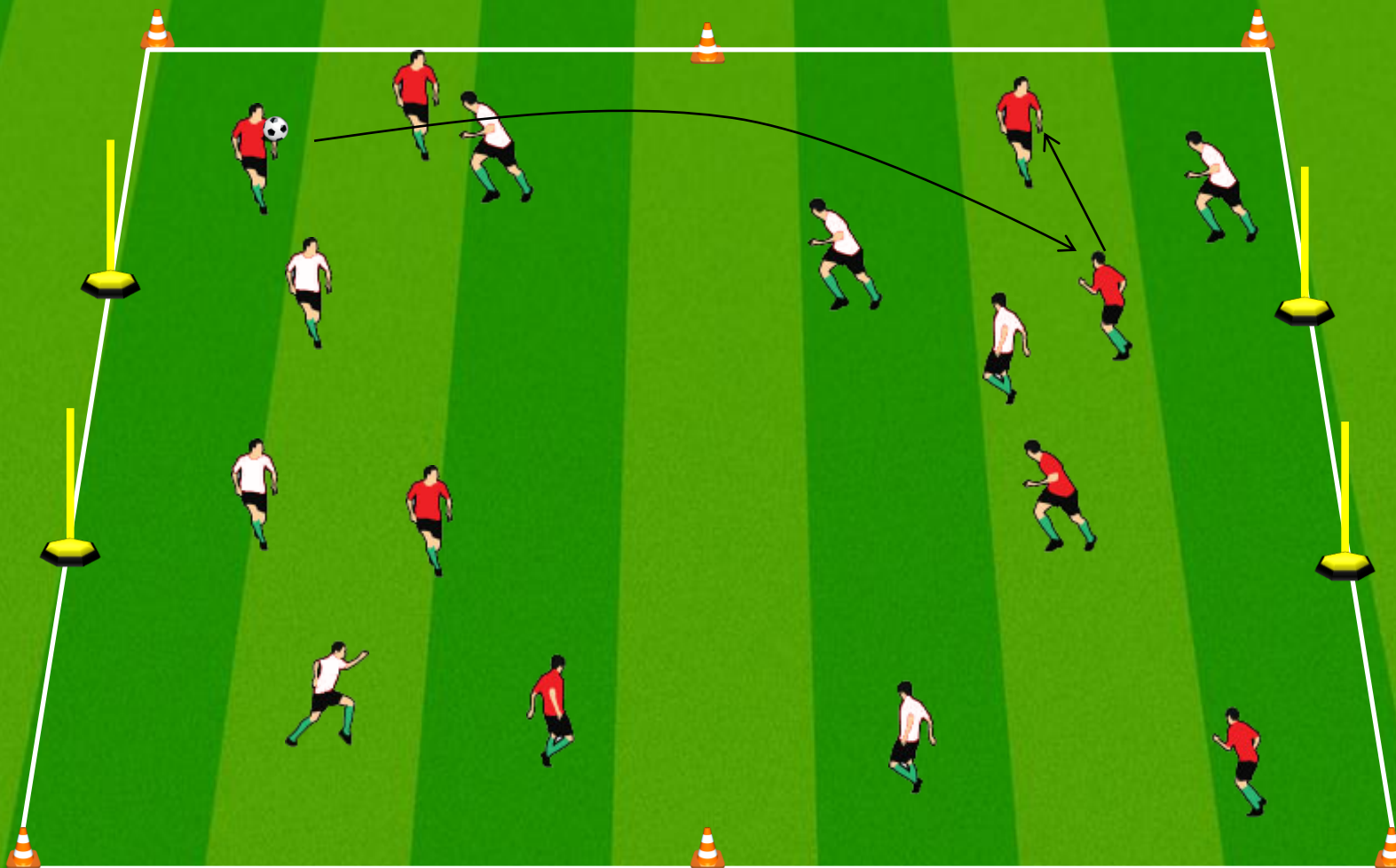


Session #5

8 v 8 heading game 30 x 20 grid

1. Throw head catch

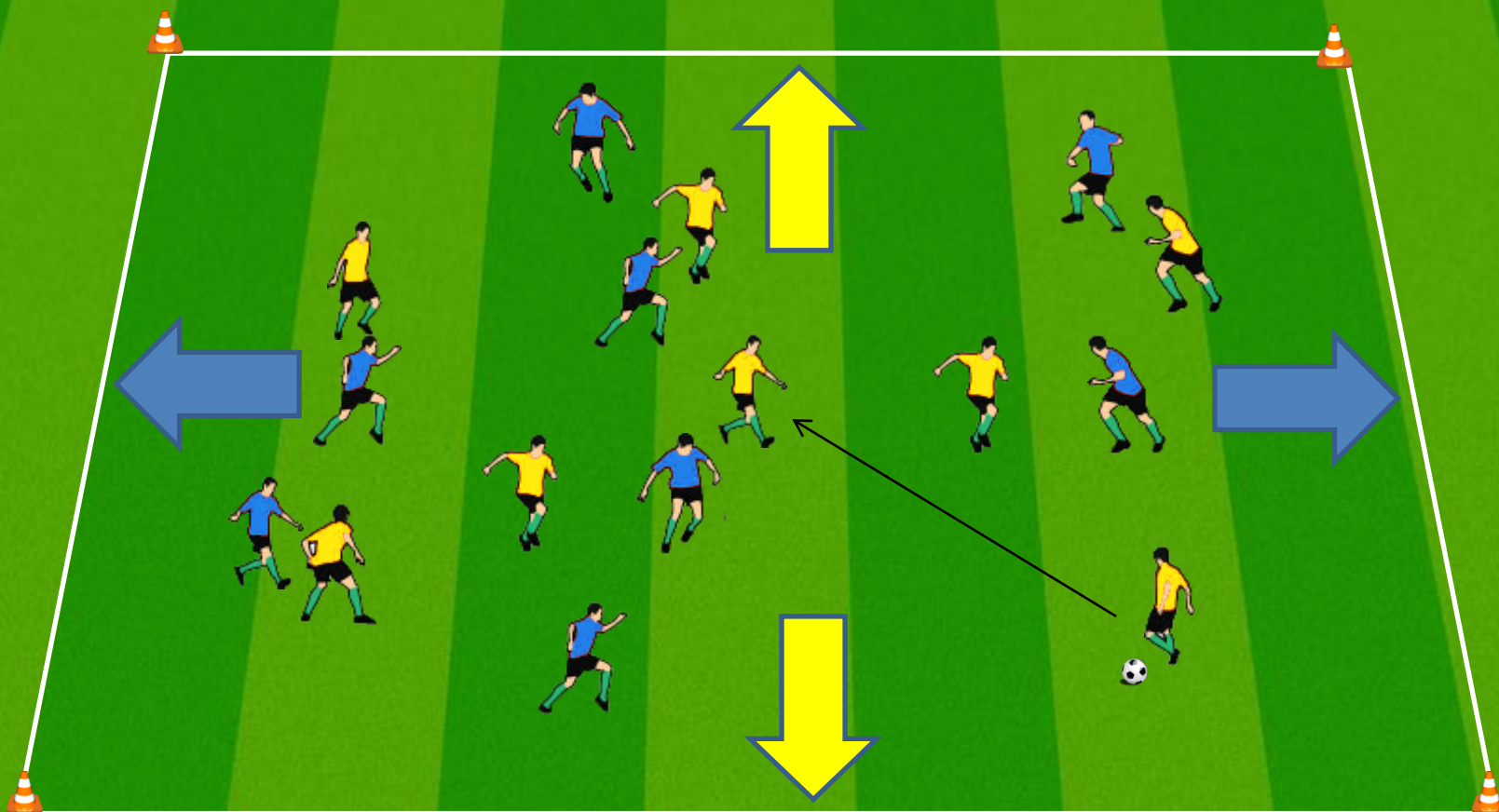
2. Throw or volley head catch

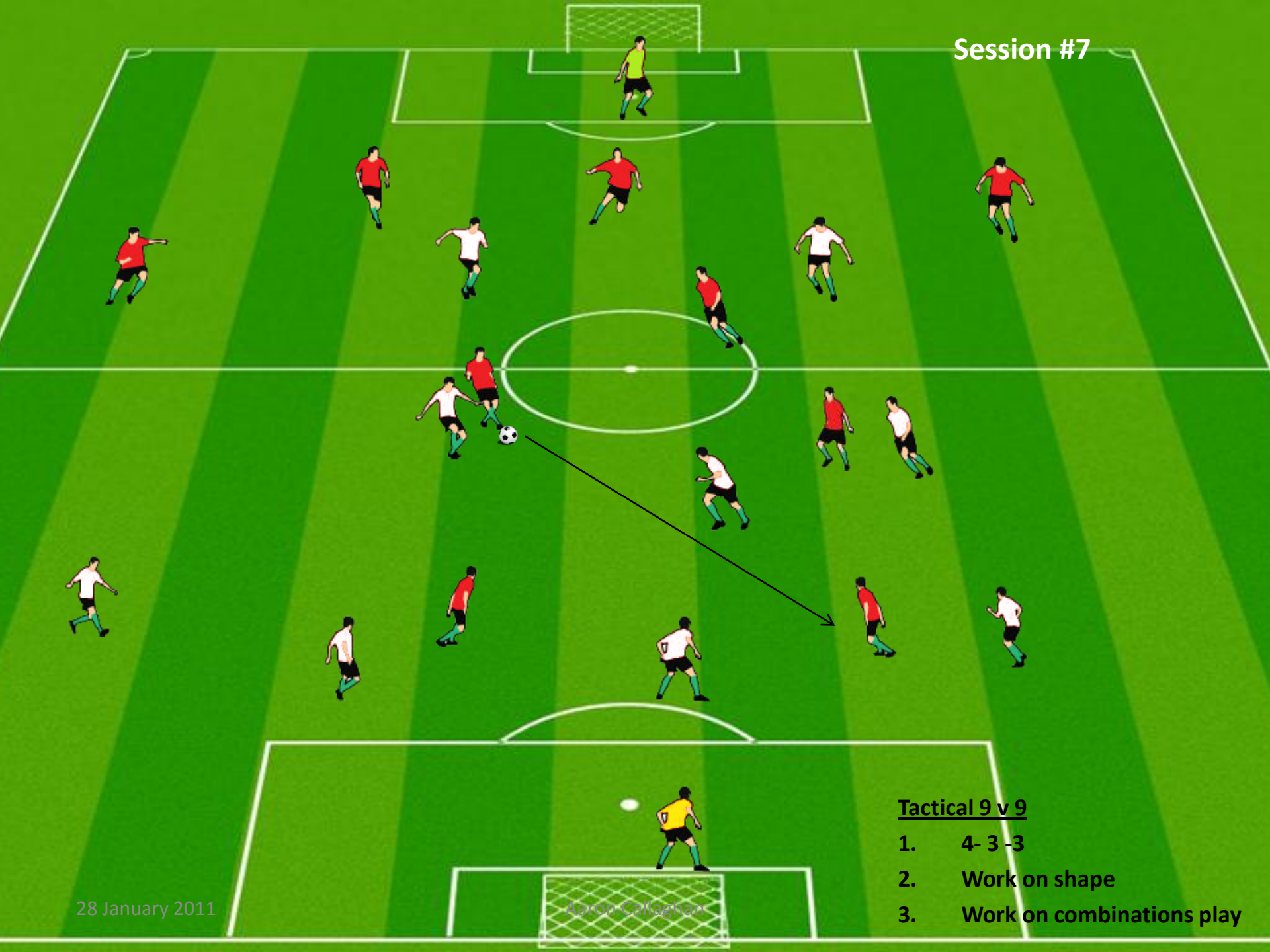


Session #6

Possession game 40 x 30 grid

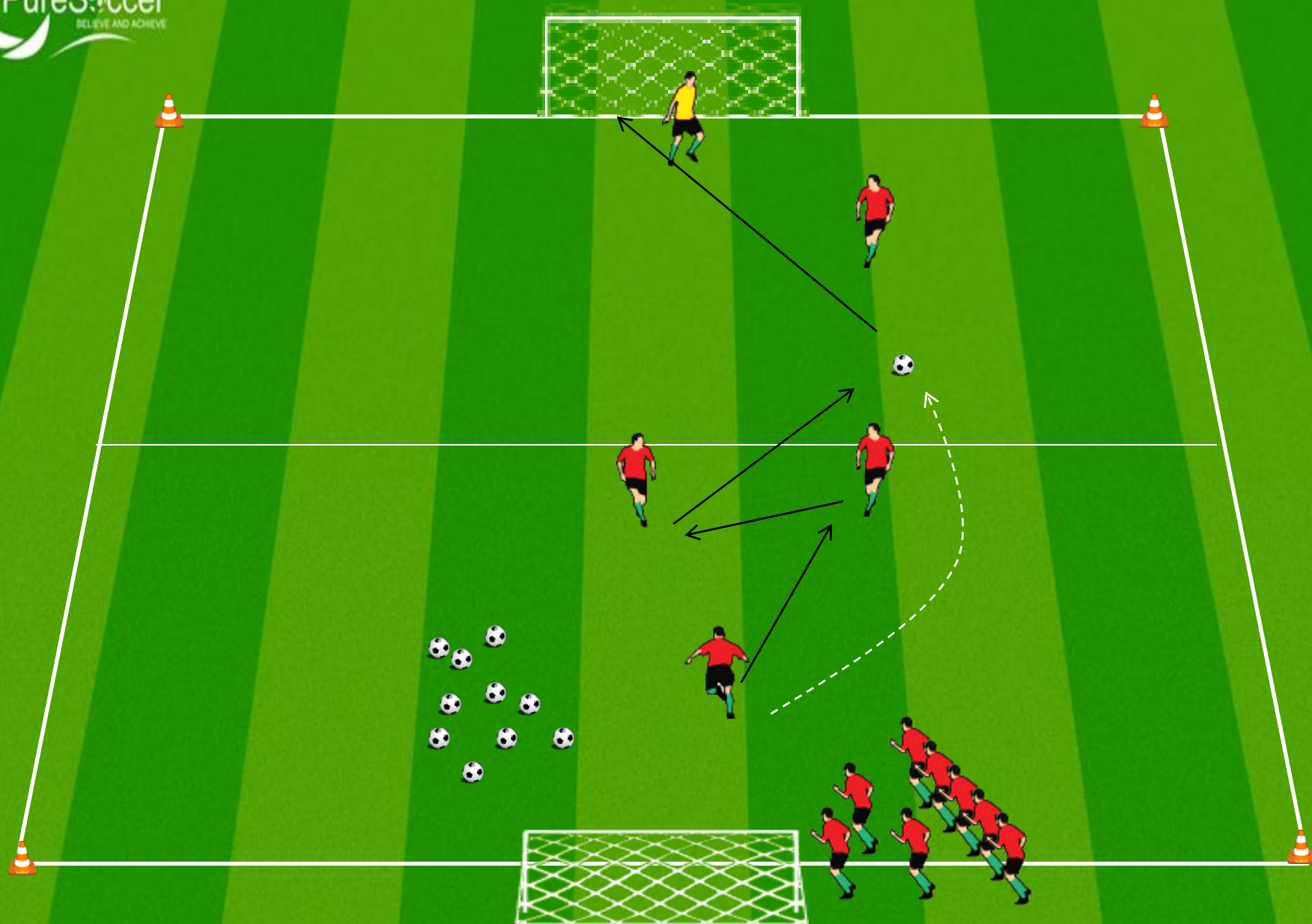
1. 8 v 8
2. Each team runs over lines indicated
3. Stop the ball over the line
4. Pass the ball over the line

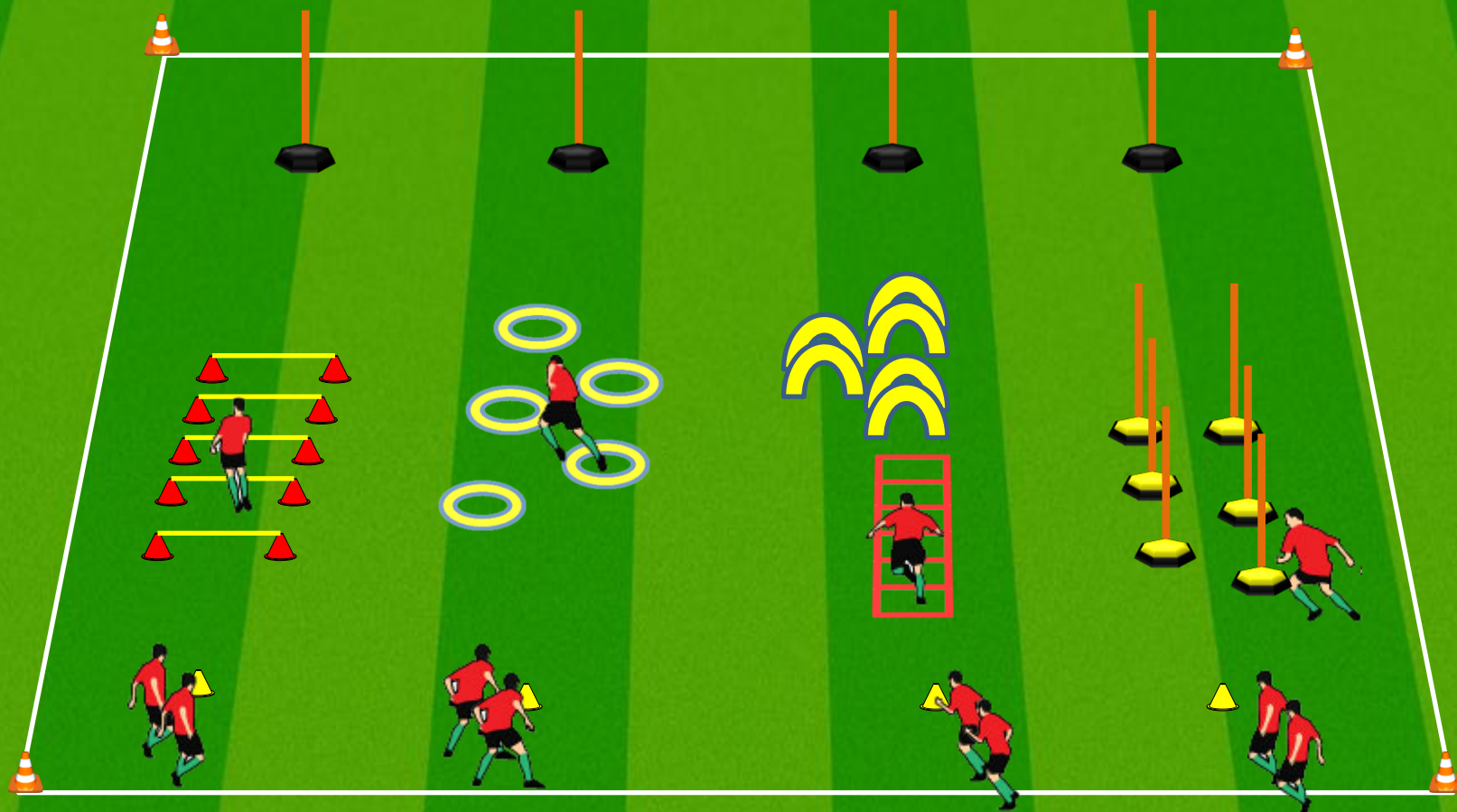




Tactical 9 v 9

1. 4-3-3
2. Work on shape
3. Work on combinations play

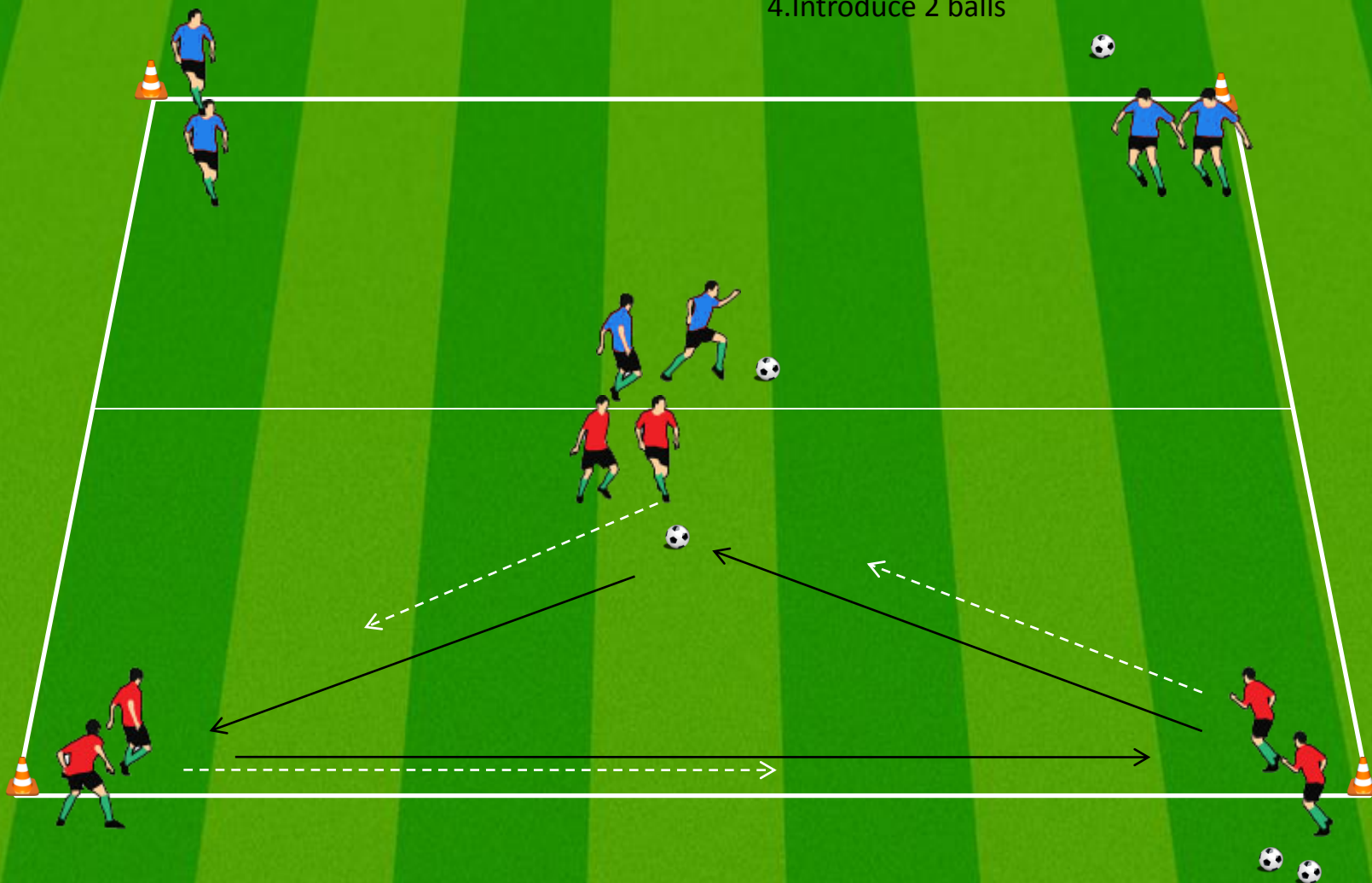




Session #10

Technical session x 2

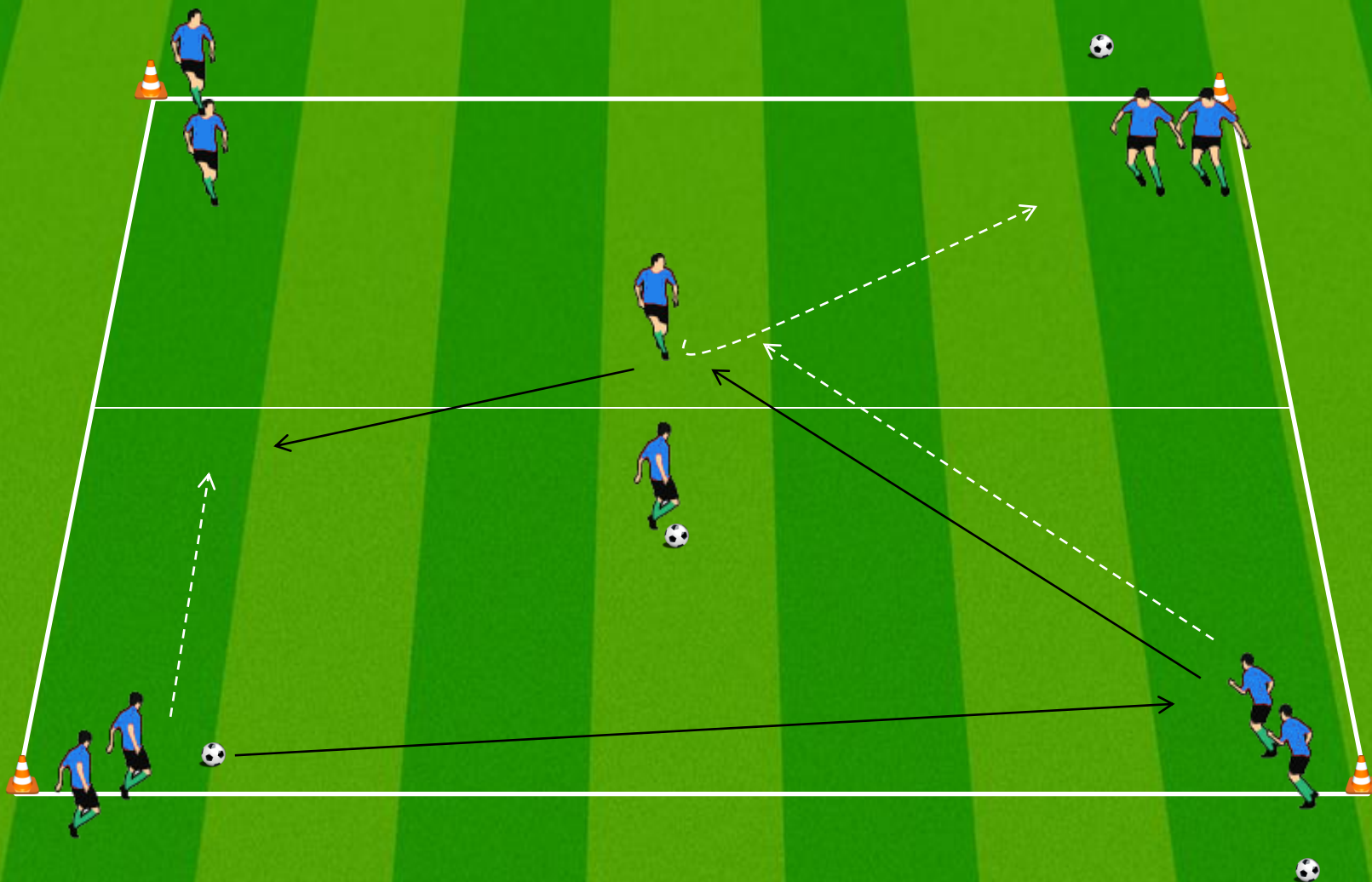
1. Pass and move
2. Pass and overlap
3. Pass and set up
4. Introduce 2 balls



Session #11

Technical session x 2

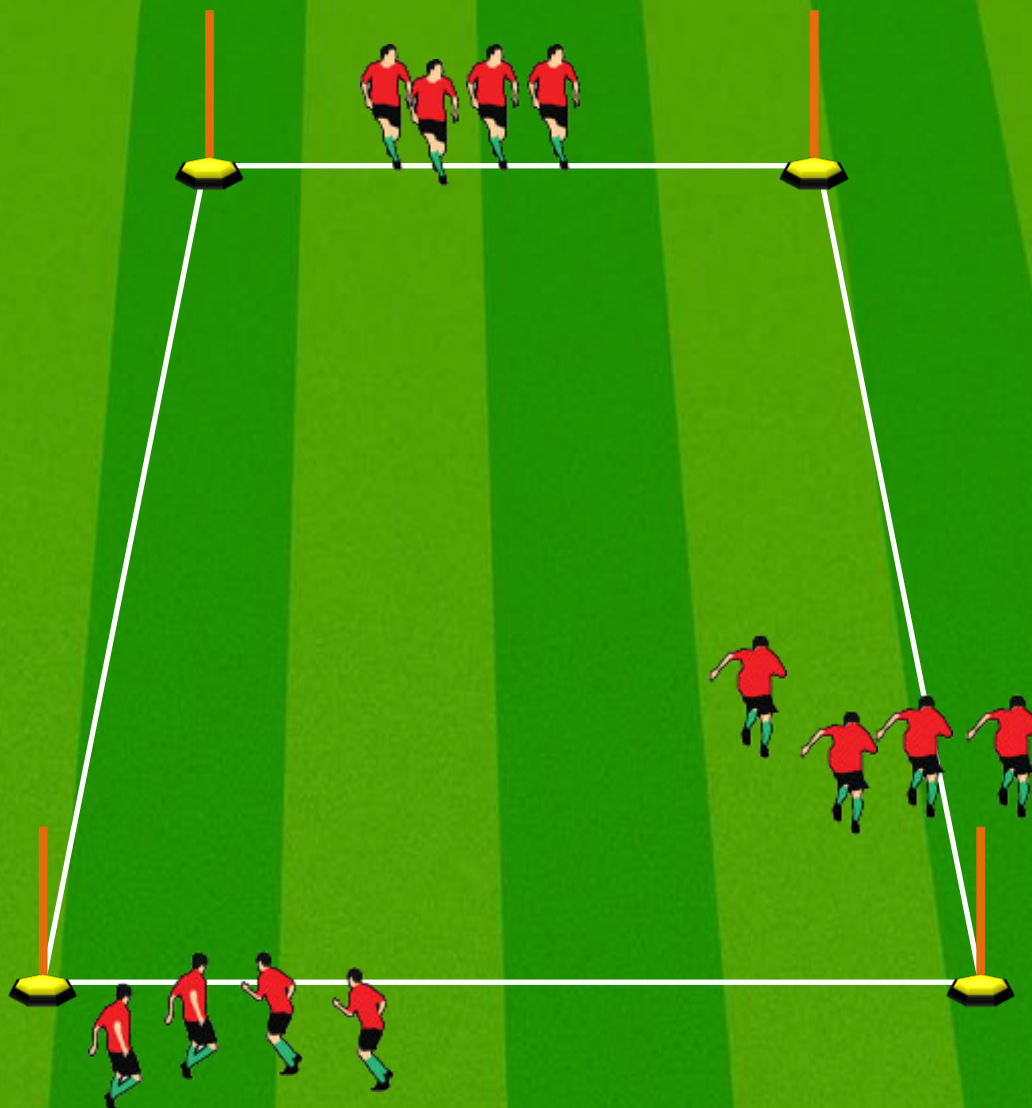
1. Pass and follow + set up from middle man
2. Repeat the other side



Session #12

Physical conditioning

1.3 sets of 4 x 100 m runs with 2 mins rest

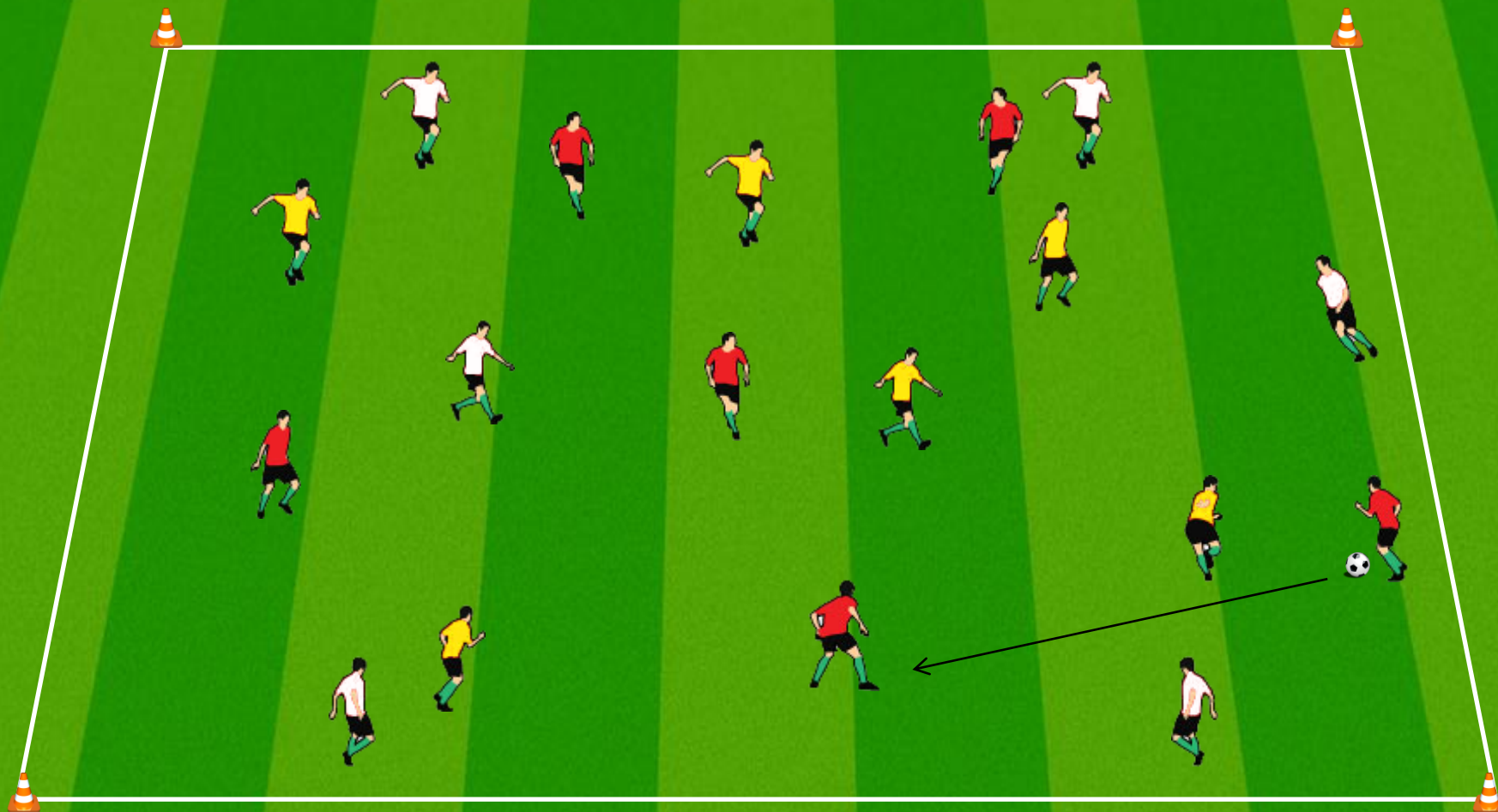


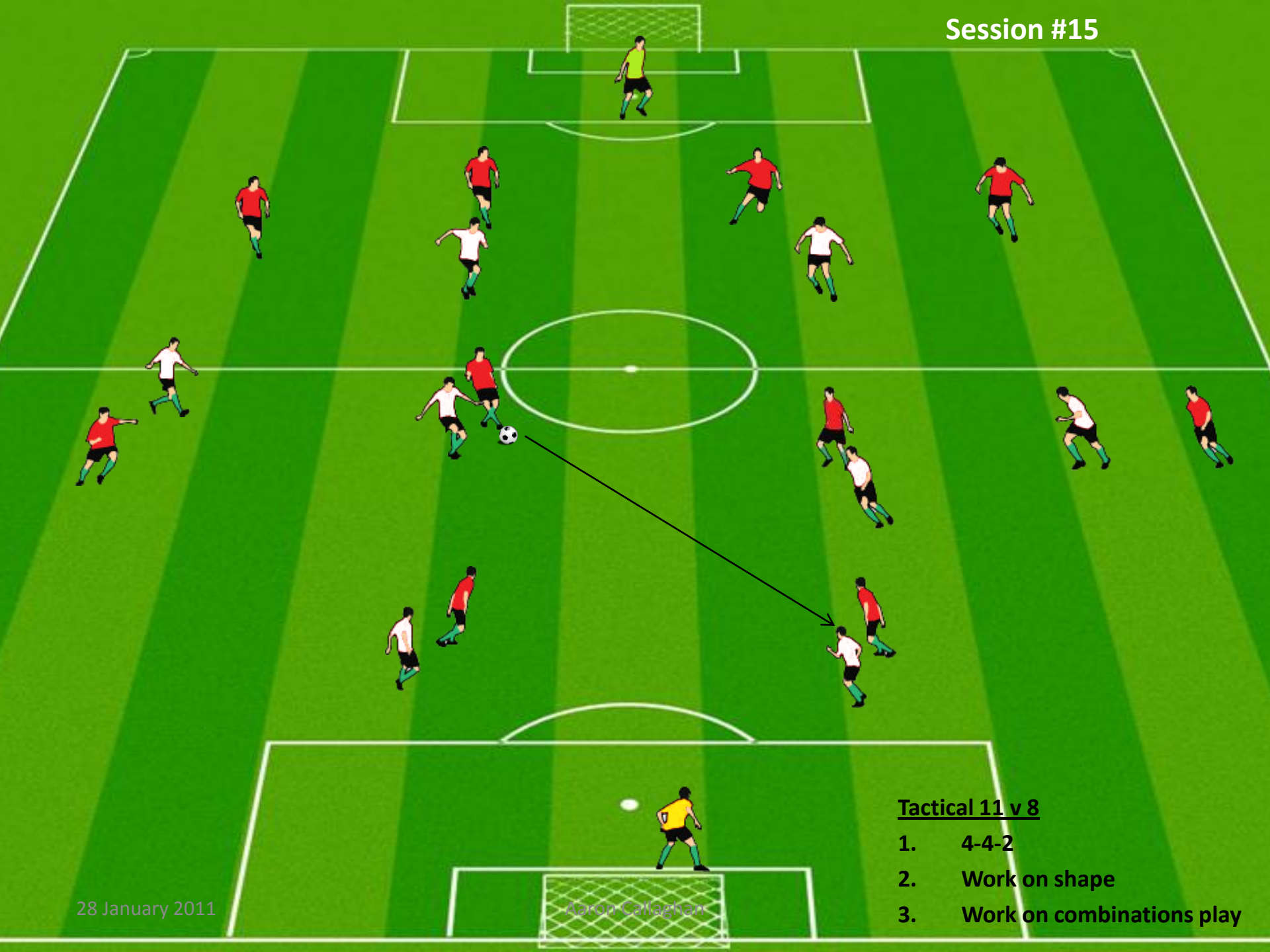


Session #14

Technical/ Tactical with goals

1. 6 v 6 + 6 transition
2. Defenders to get ball back quickly





28 January 2011

Aaron Callaghan

Tactical 11 v 8

1. 4-4-2
2. Work on shape
3. Work on combinations play

Session #16

Circuit – match specific working in 2s

1. Cones



2. Agility



8. Over & Under hurdle



3. Medicine ball
squat & throw



7. Diagonal shuttle



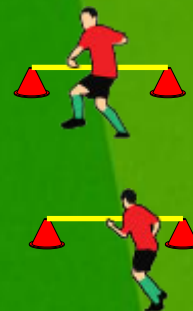
5. Sprint 30m



4. Press up
spiderman



6. Hurdle jumps

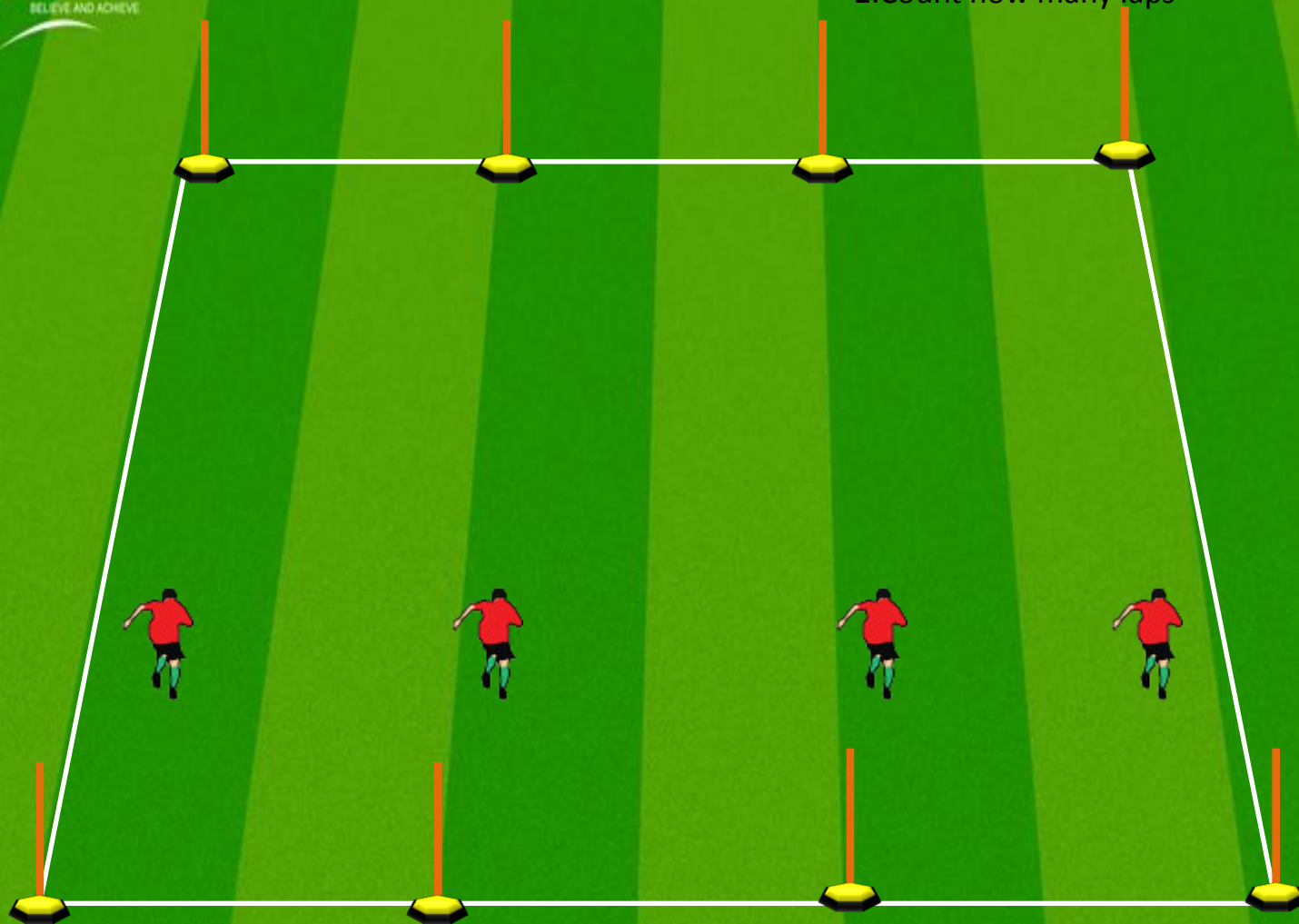


Session #17

Physical conditioning

1.30 metres x 3 mins

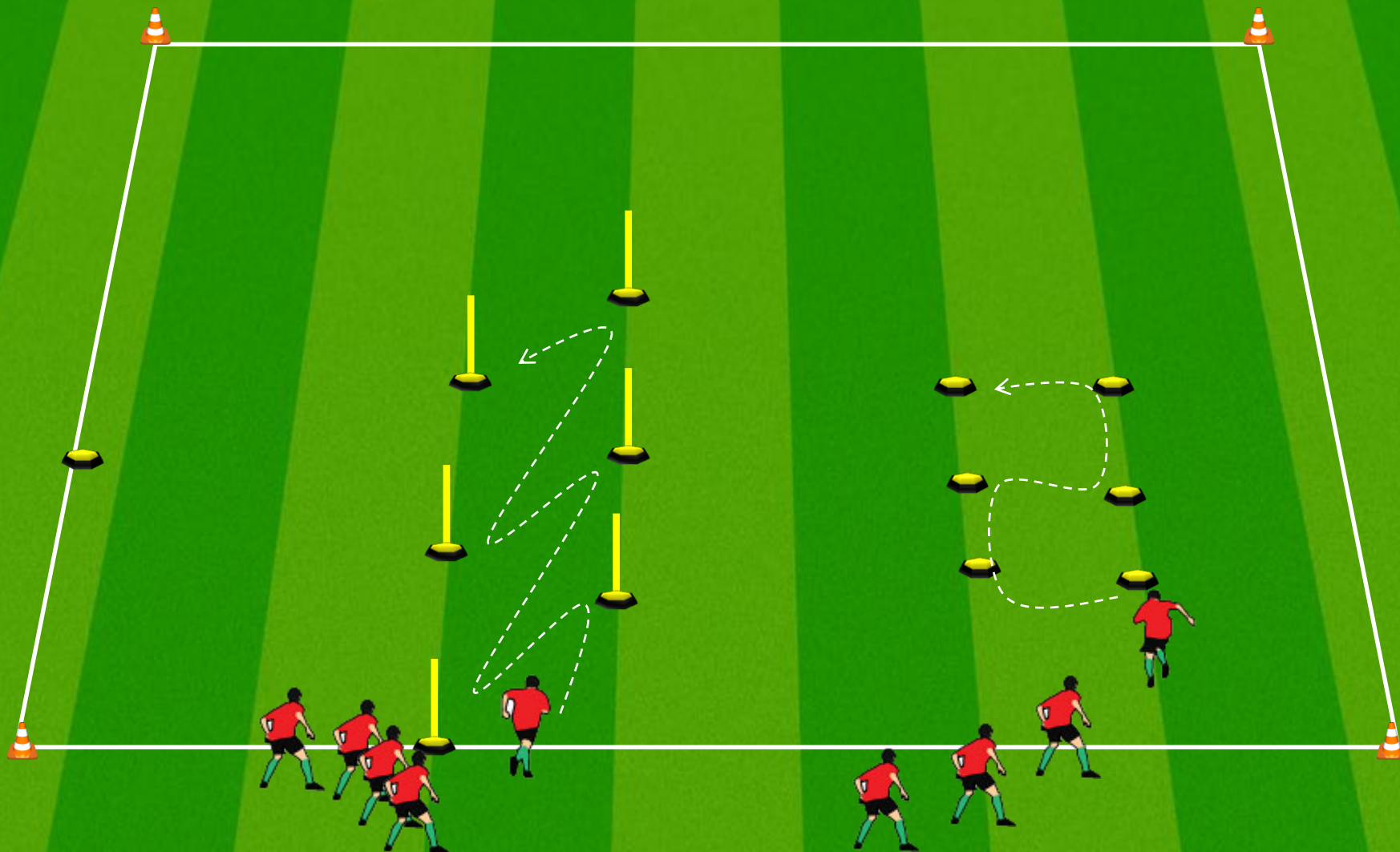
2.Count how many laps

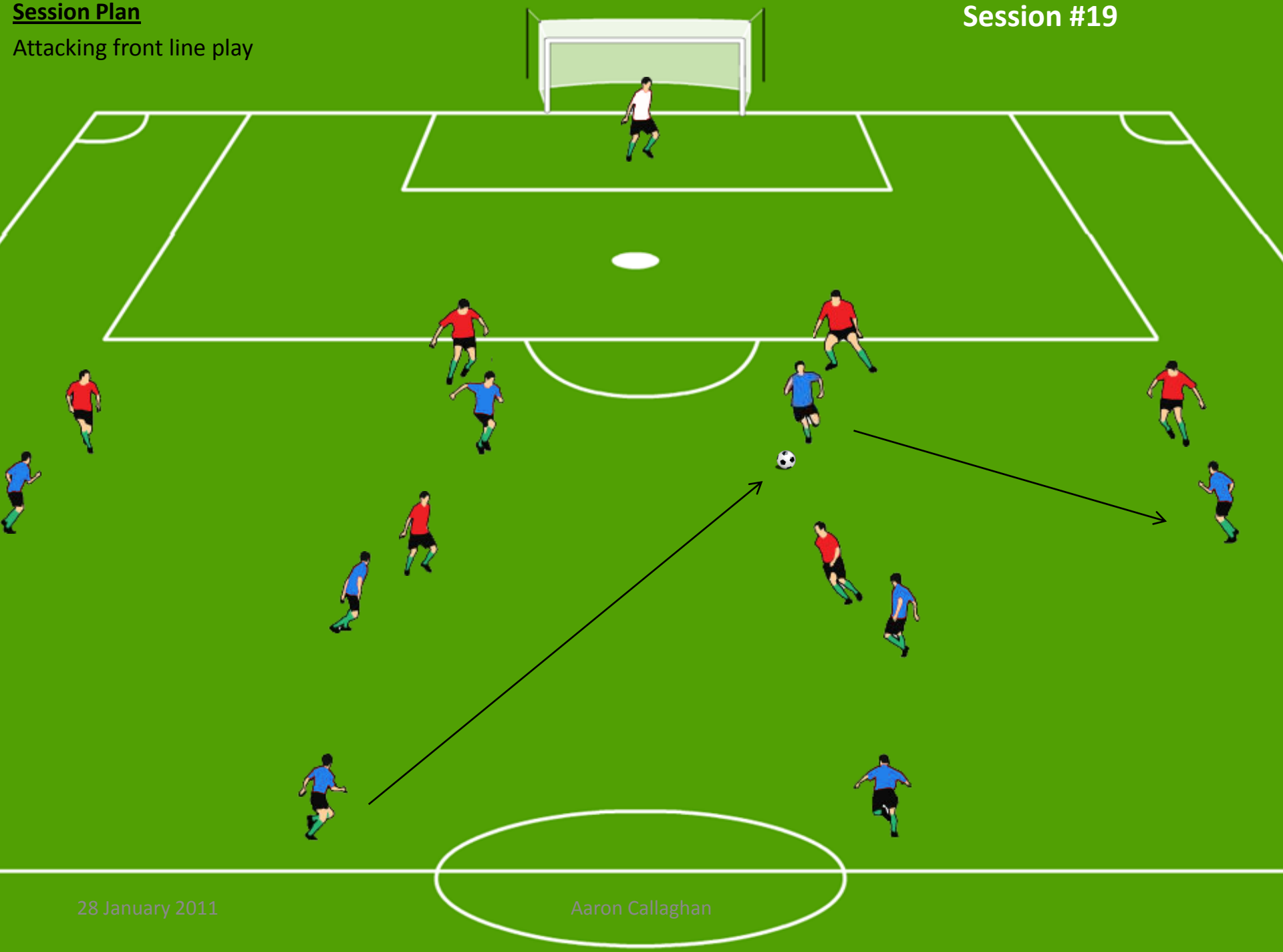


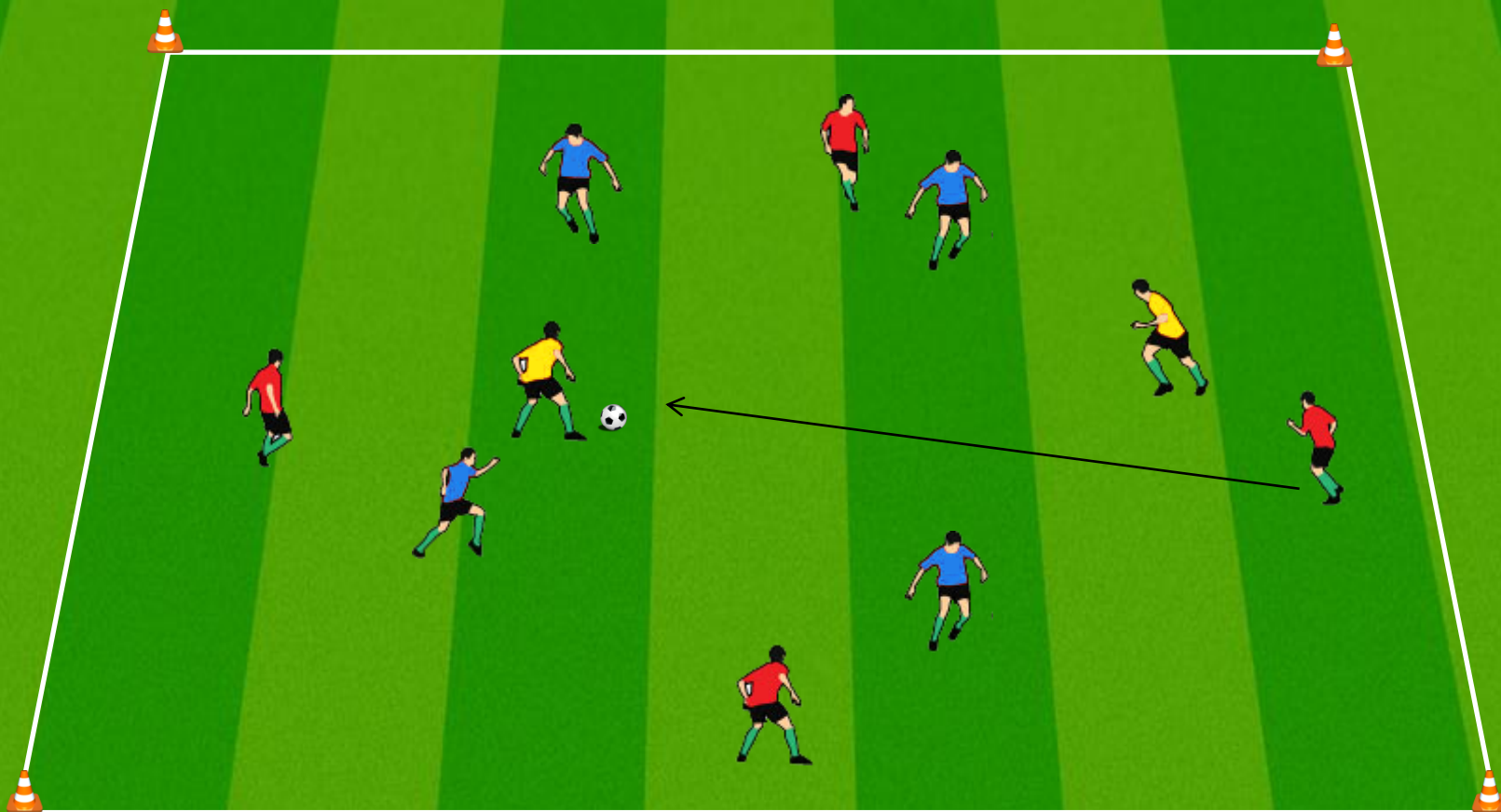
Session #18

Physical

1. Quick feet sprint forward then backwards
2. Side to side low quick feet



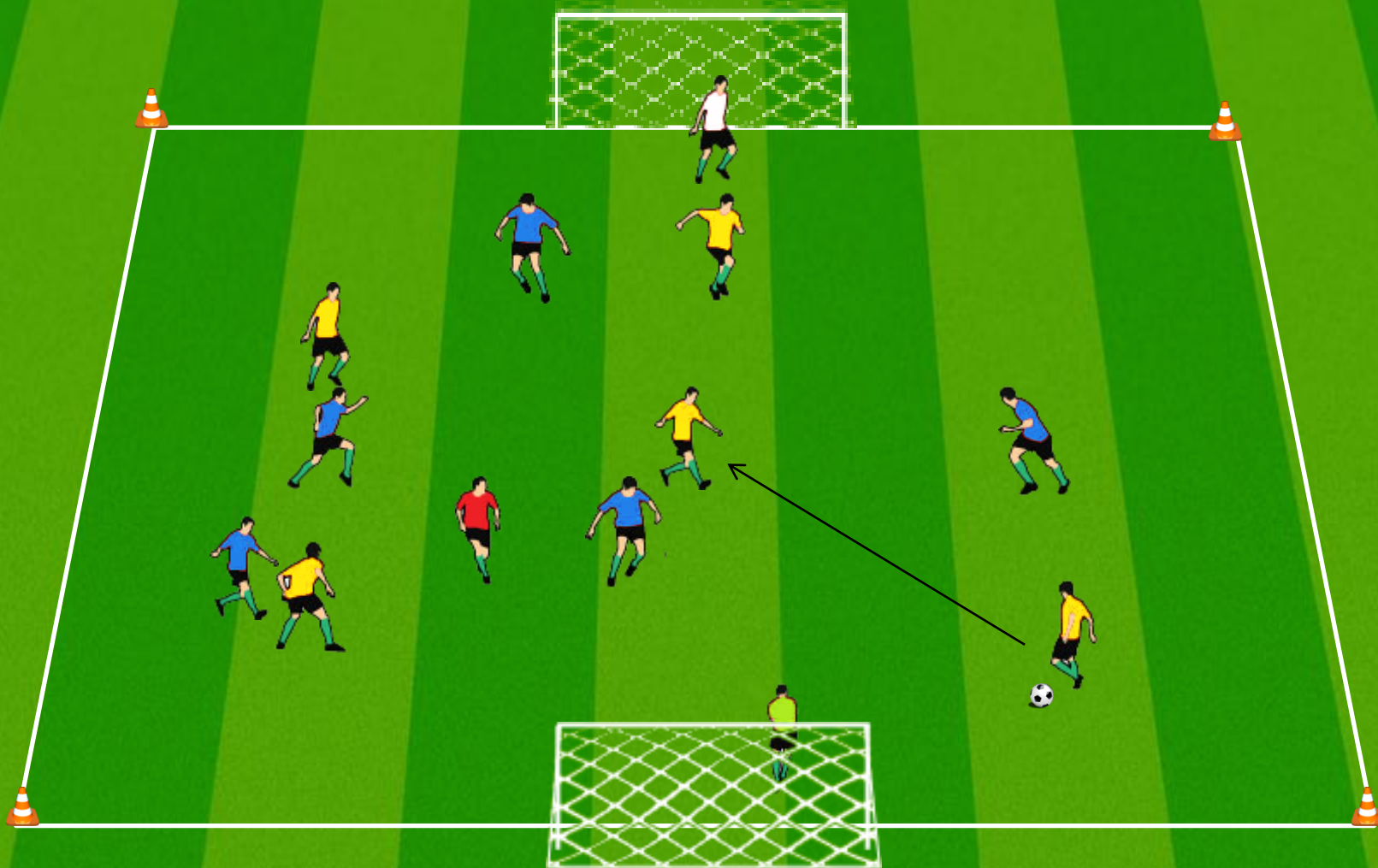




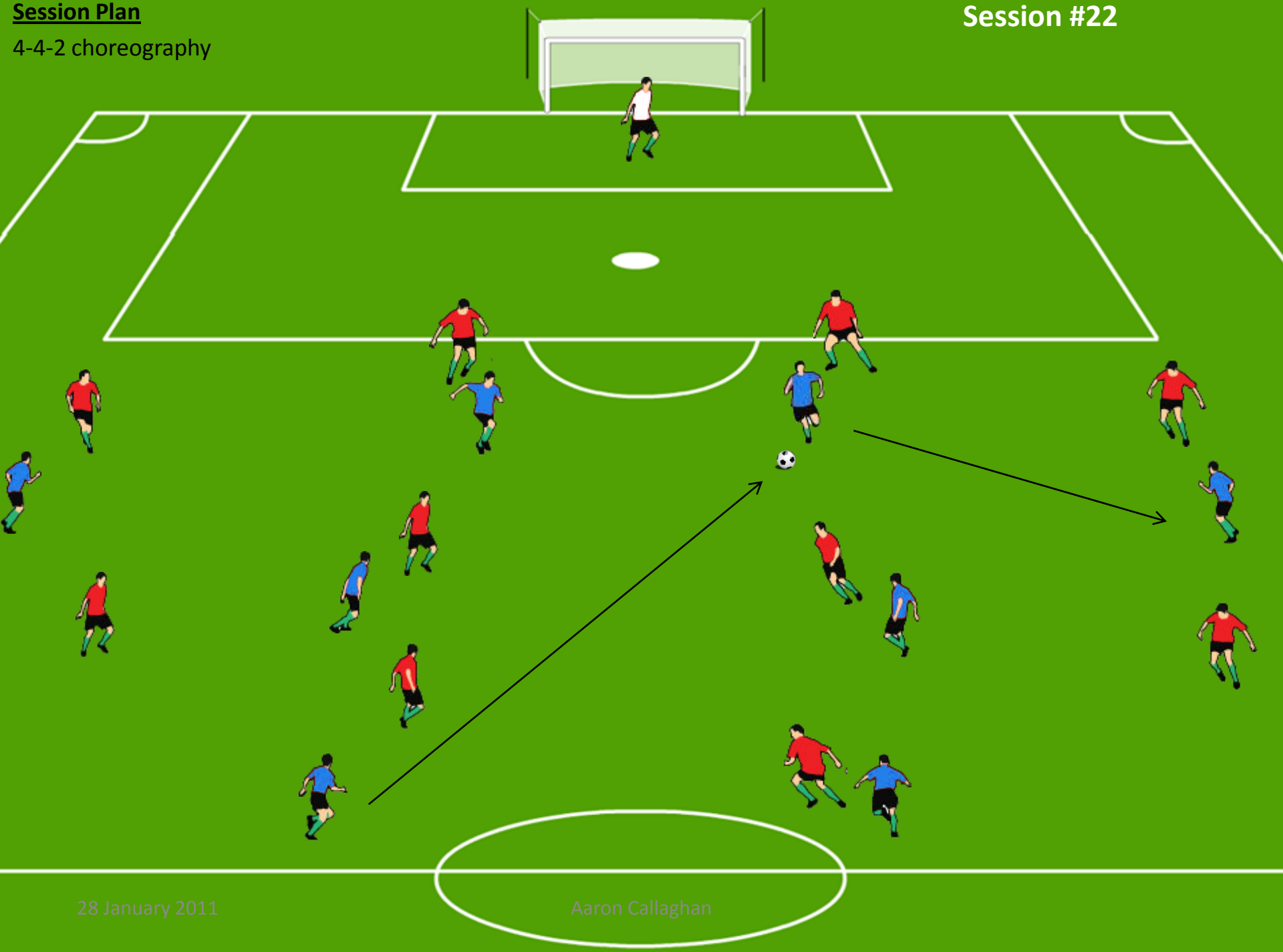
Session #21

Transition shooting game 40 x 30 grid

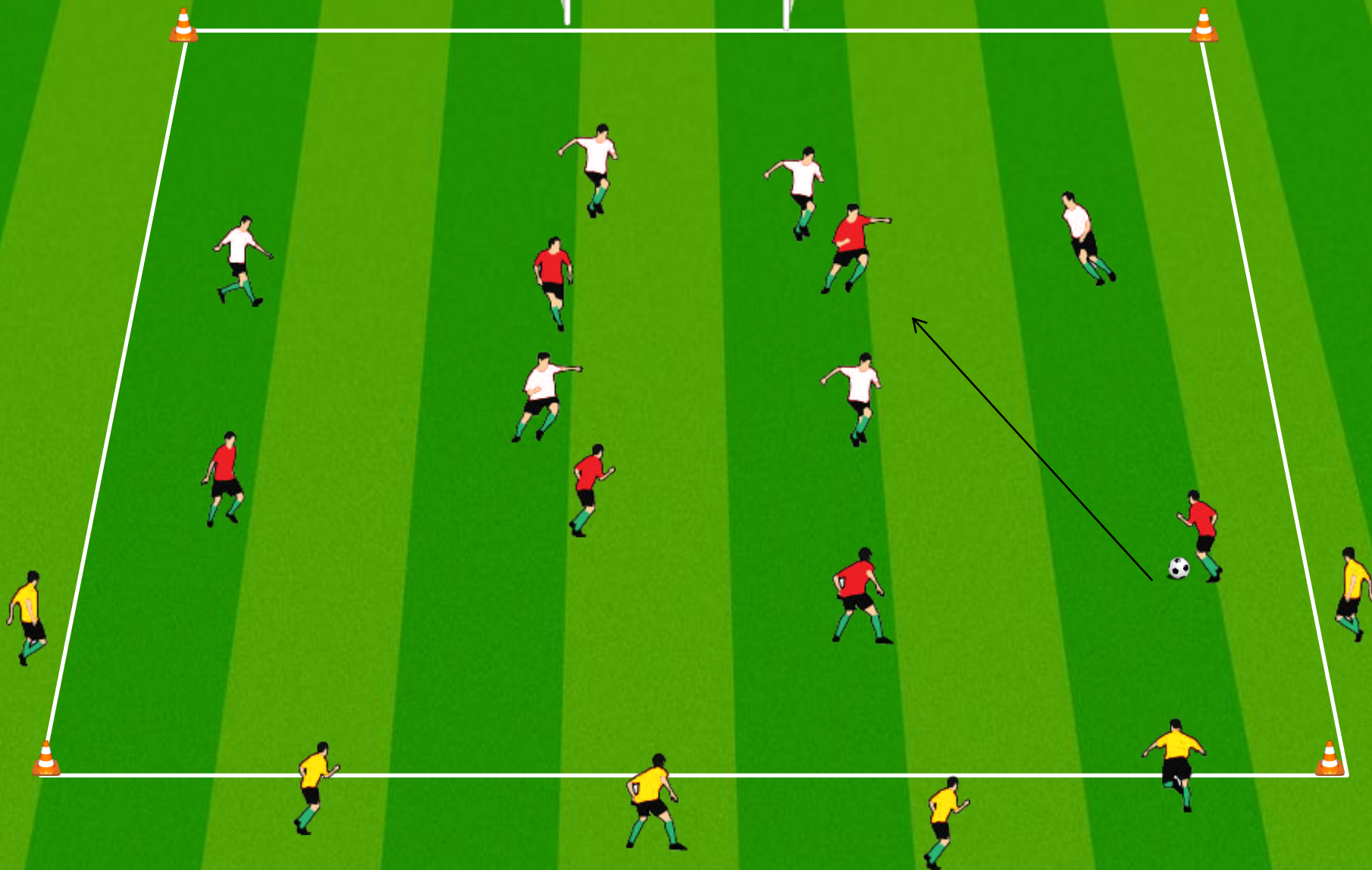
1. 5 v 5 + 1 floater
2. Core session



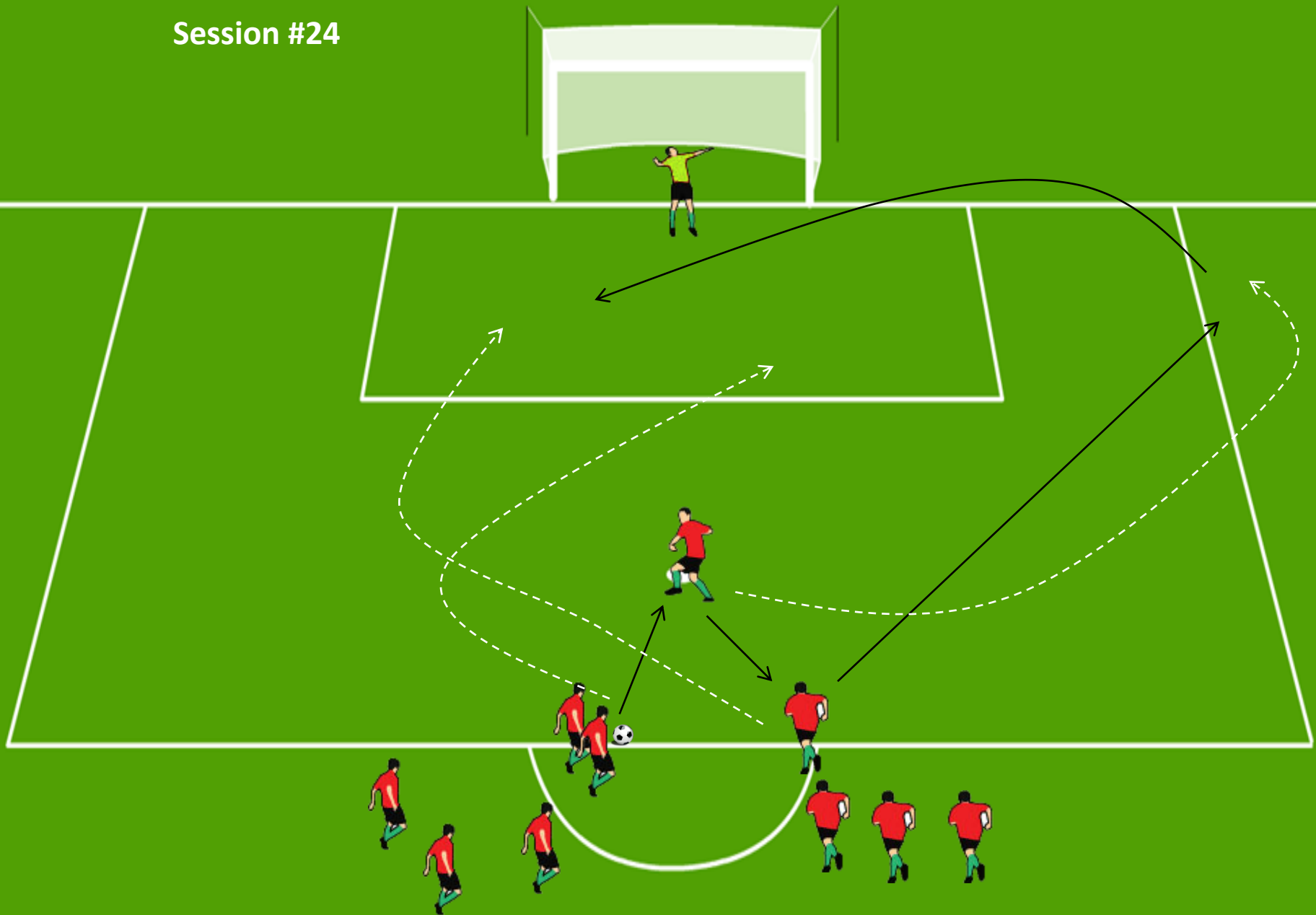
4-4-2 choreography



1. 6 v 6 defending
2. Red attack white and then yellow attack red



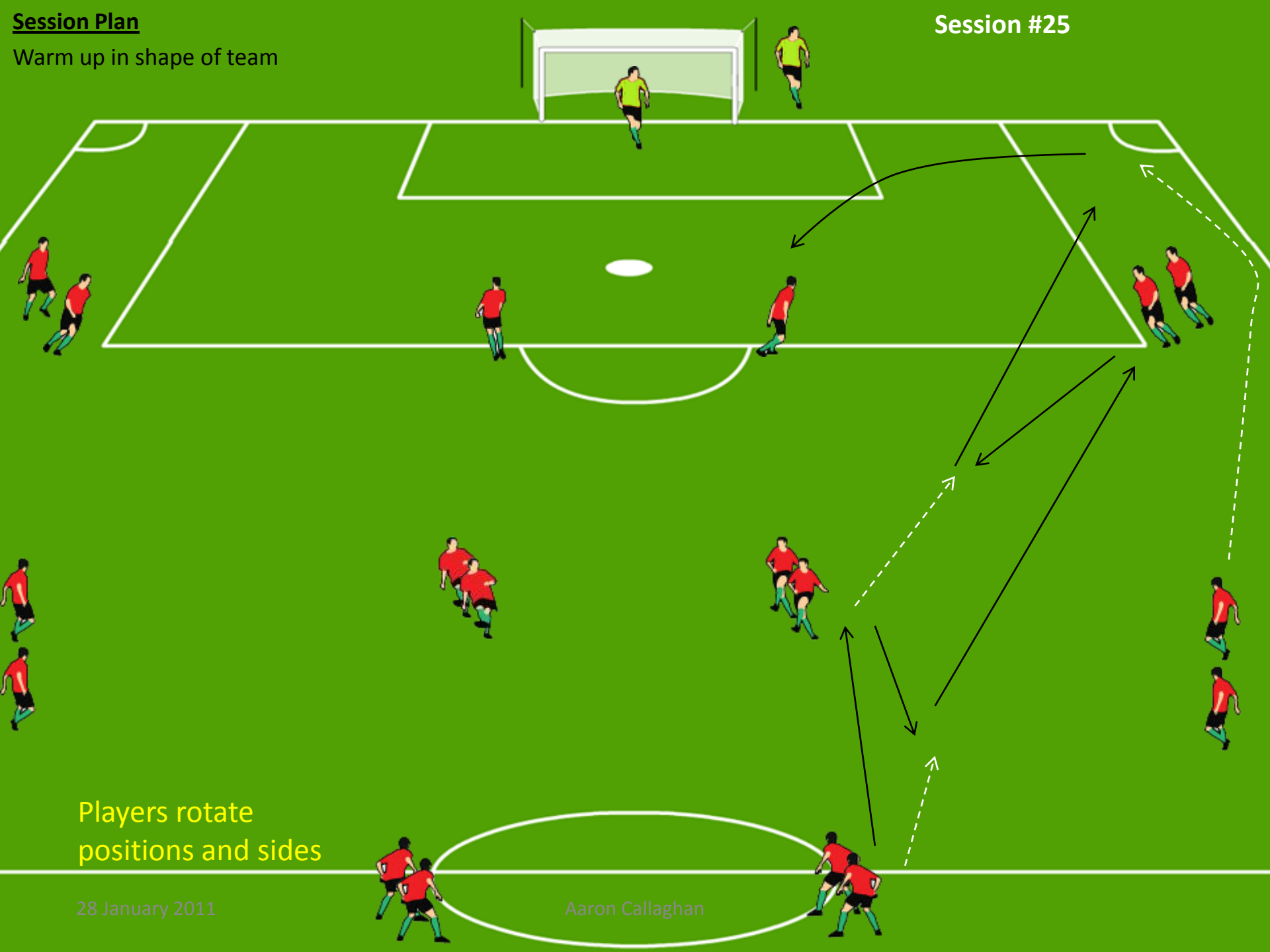
Session #24



Session Plan

Warm up in shape of team

Session #25



Players rotate
positions and sides

28 January 2011

Aaron Callaghan

