



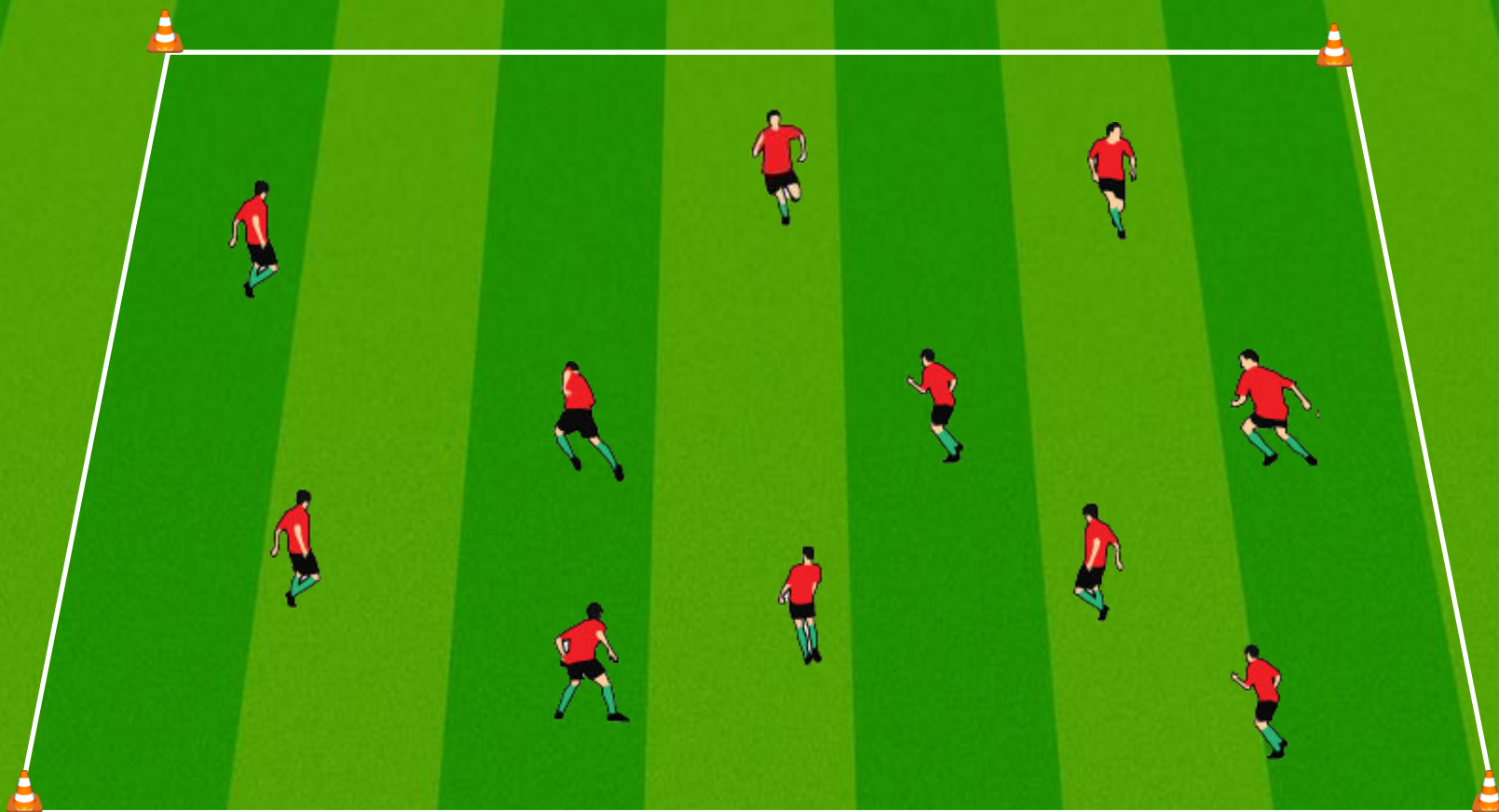
# 30 Ready to Go Drills



## Session #1

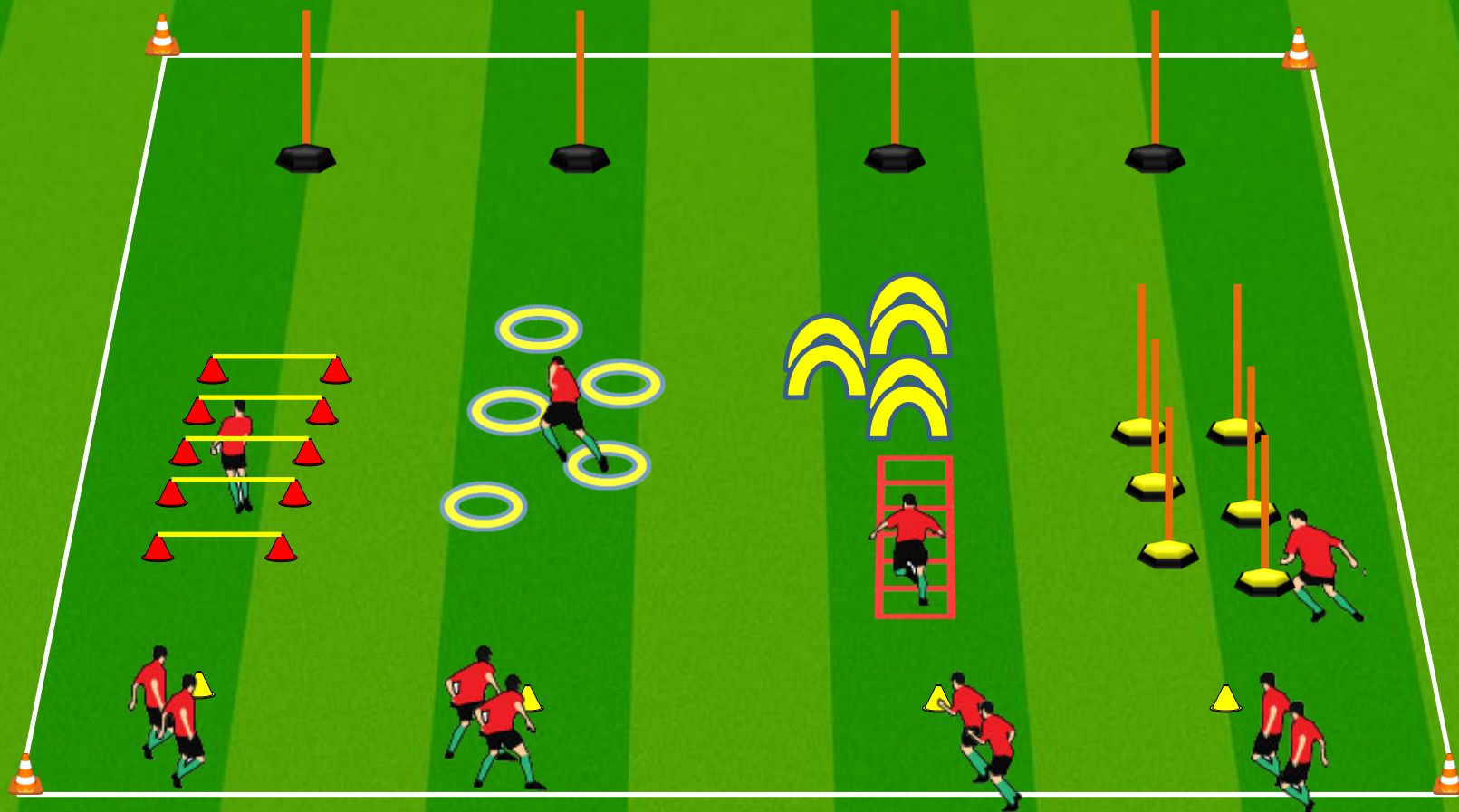
### Session Plan

1. Warm up around grid 5-10mins
2. Quick feet x 4 drills 10-15mins
3. 5 v 2 & 4 v 2 technical drills
4. 6 v 2 transfer drill



# Session #1

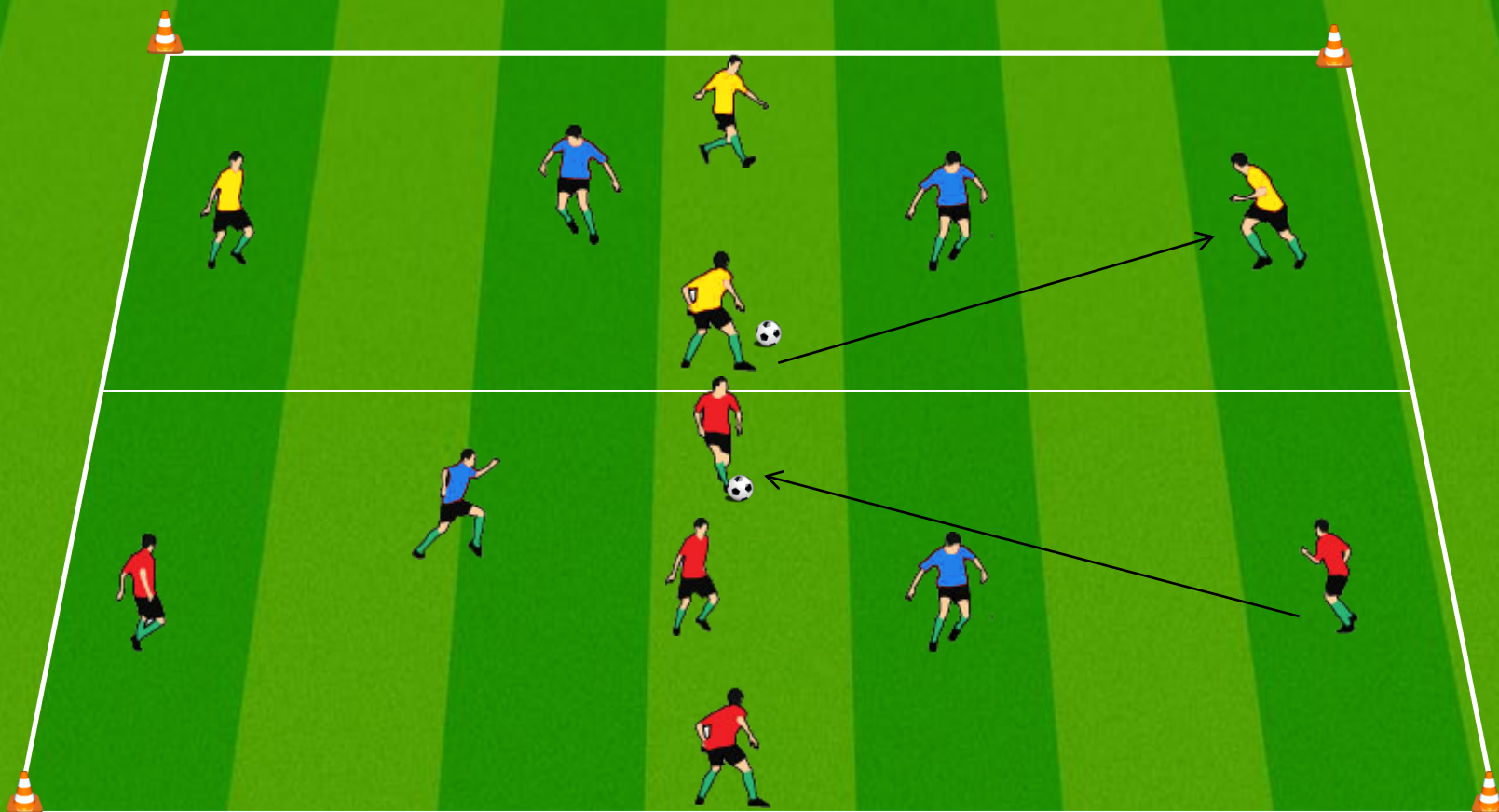
Quick feet x 4 drill 10 – 15 mins

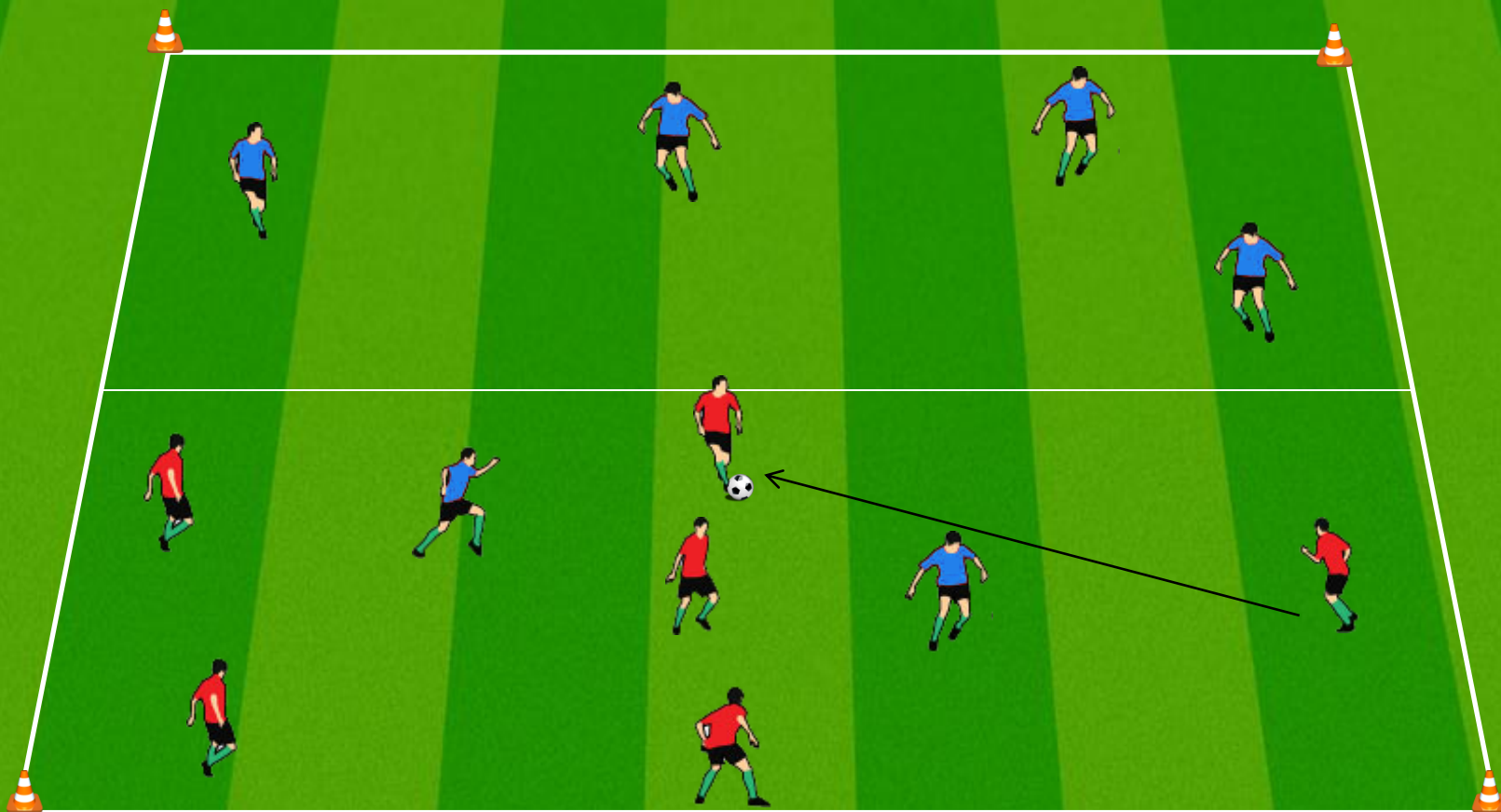


## Session #1

### Possession game 40 x 30 grid

1. 5 v 2 & 4 v 2
2. Line up as per game (diamond shape)

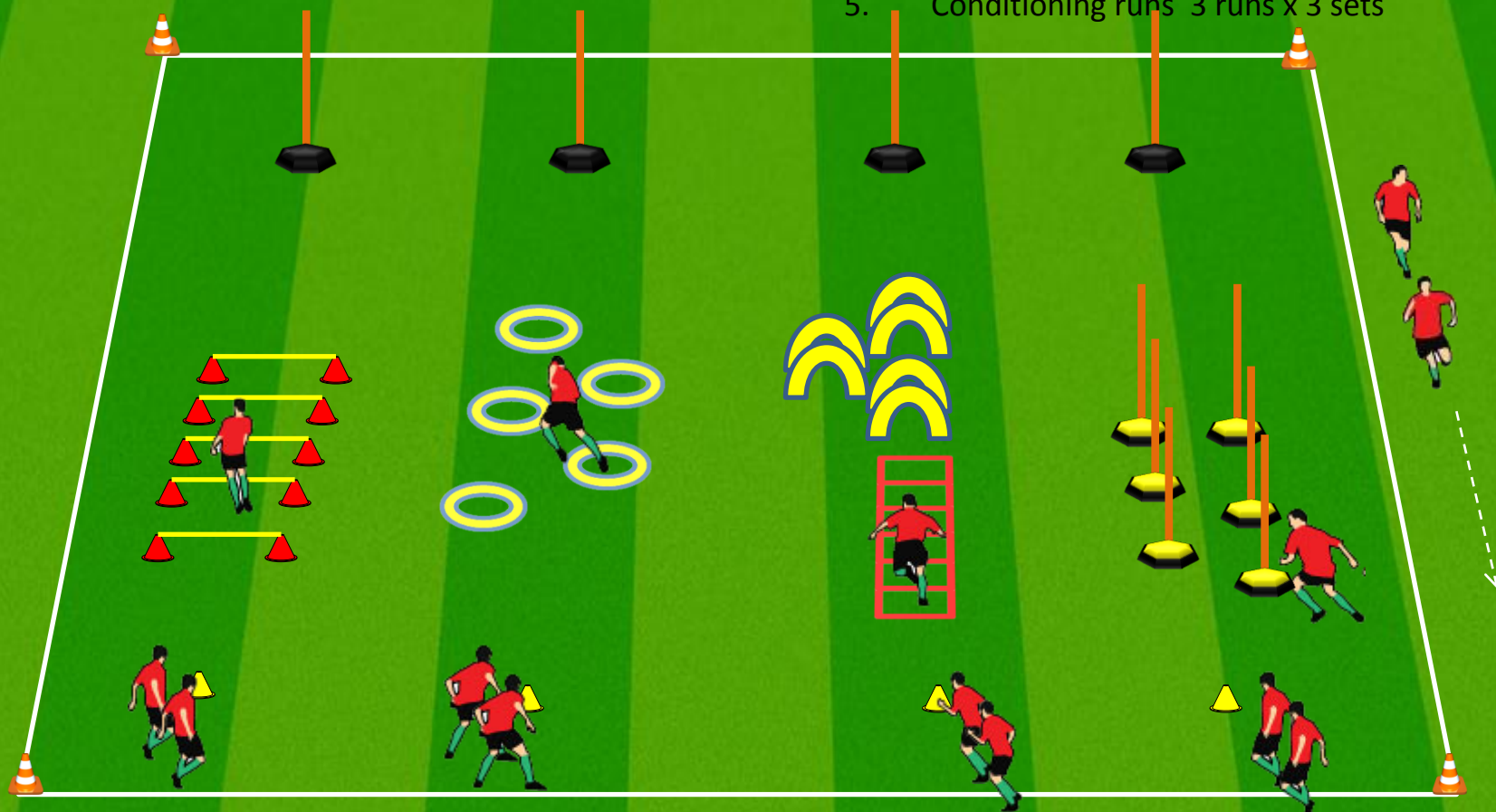




## Session #2

### Session Plan

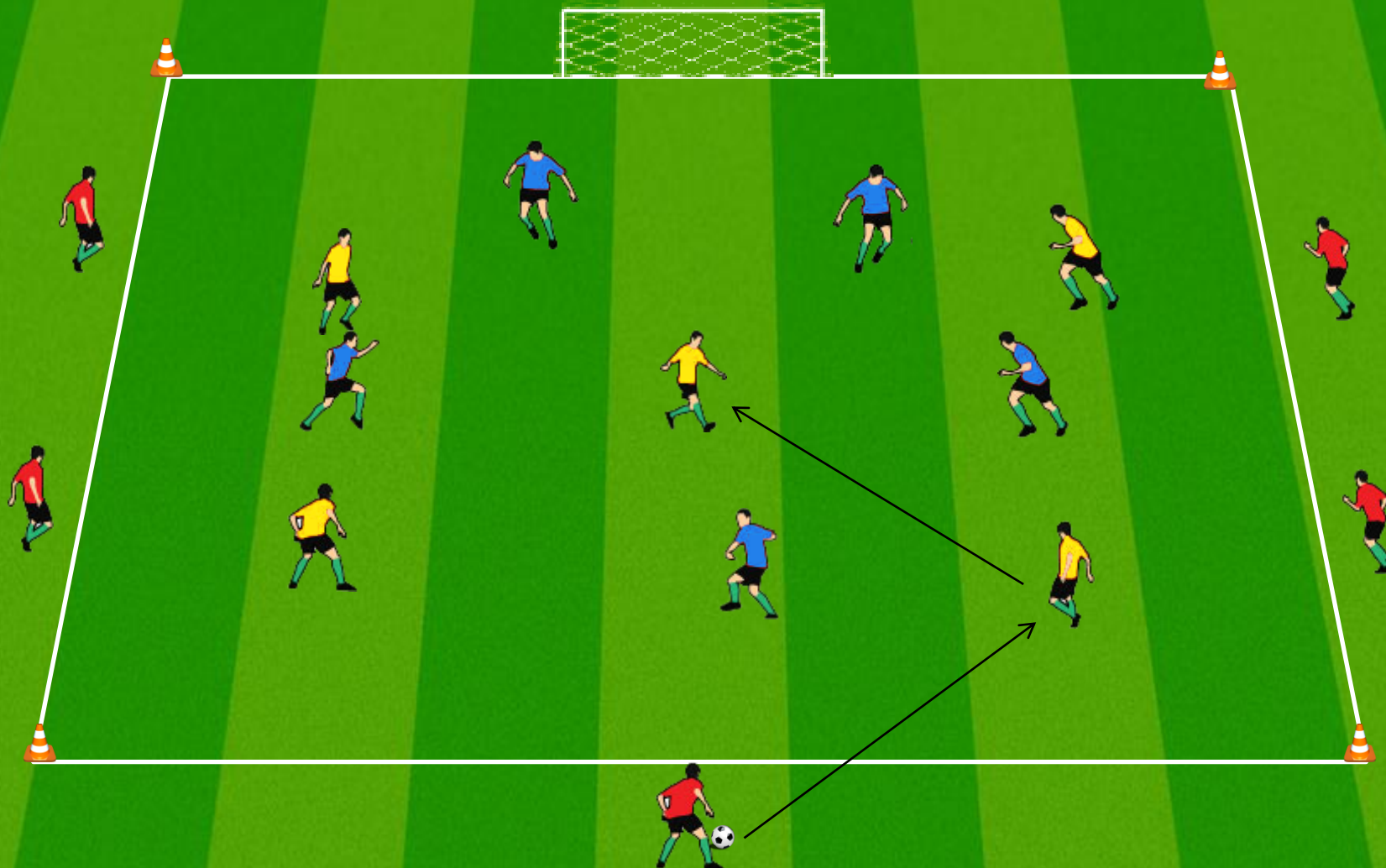
1. Warm up around grid 5-10mins
2. Quick feet x 4 drills 10-15mins
3. 5 v 5 + 5 transition games
4. 3 v 3 conditioning games
5. Conditioning runs 3 runs x 3 sets



## Session #2

### Transition Possession game 40 x 30 grid

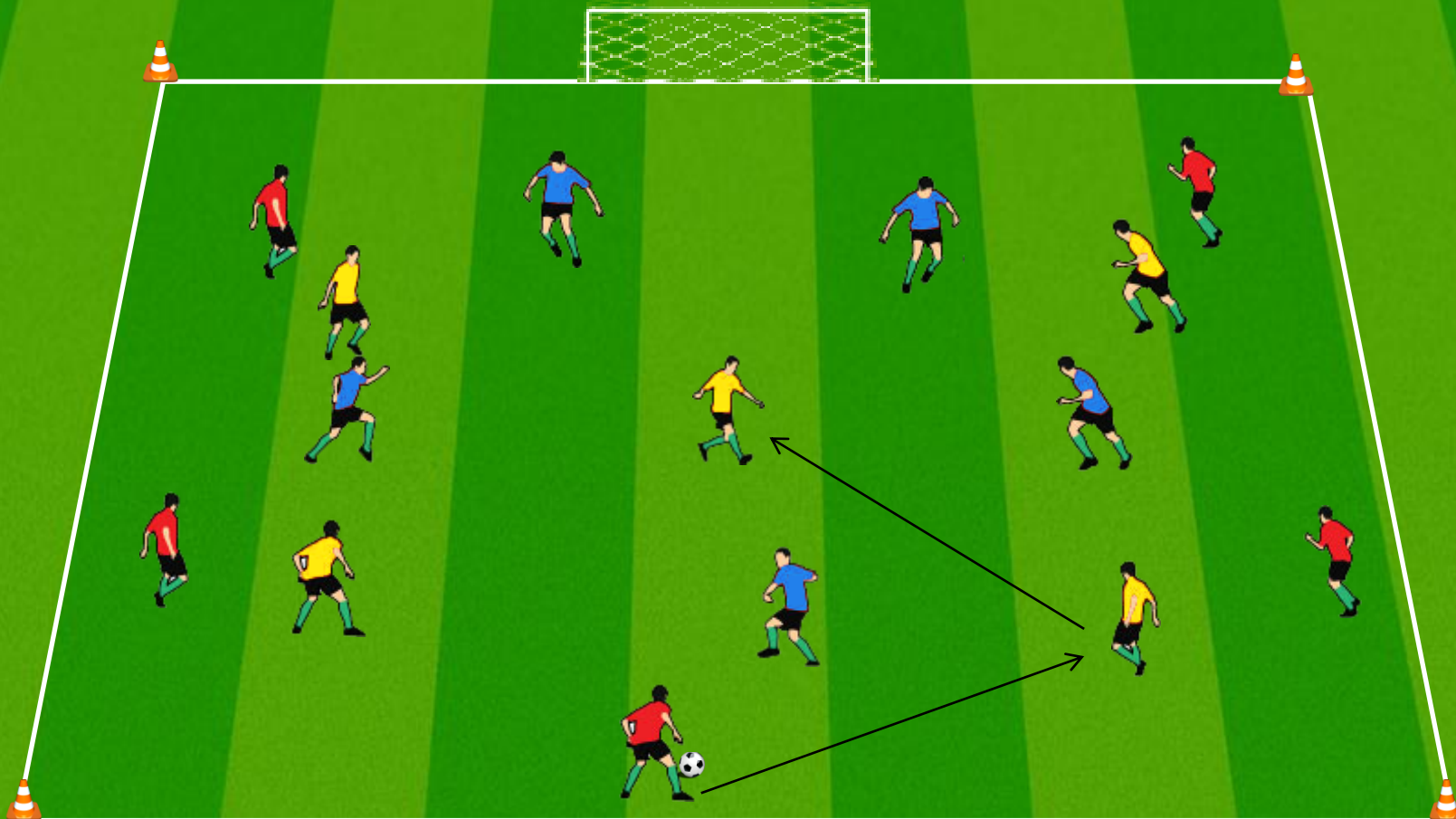
1. 5 v 5 + 5
2. Reds & Yellows play possession football, Blues try to win the ball and score on the goal.



## Session #2

### Transition Possession game 2 -40 x 30 grid

1. 5 v 5 + 5
2. Two teams play against one, with constant turnovers (team who gives the ball away become the defending team)



## Session #2

### Transition Possession game 3, 30 x 20 grid

1. 3 v 3 with added players outside grid
2. Possession and movement to keep the ball



## Session #2

Physical conditioning 3 runs x 3 sets

150 m run approx 23-26 secs

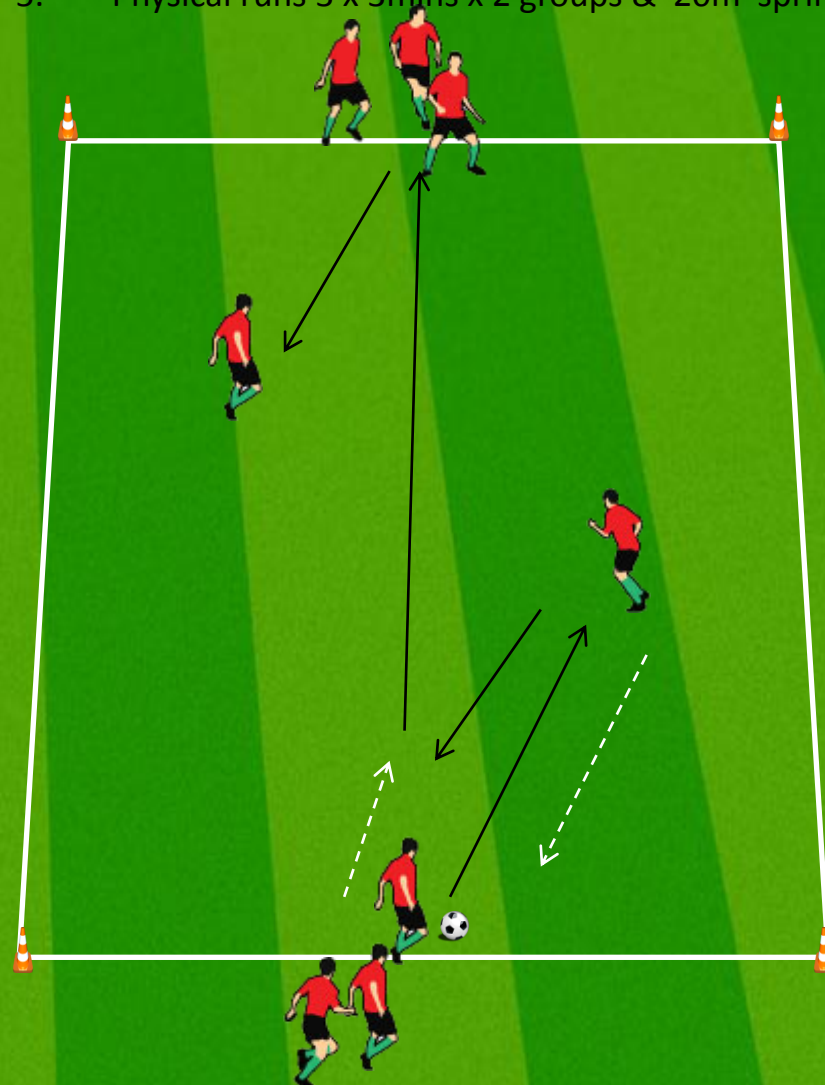
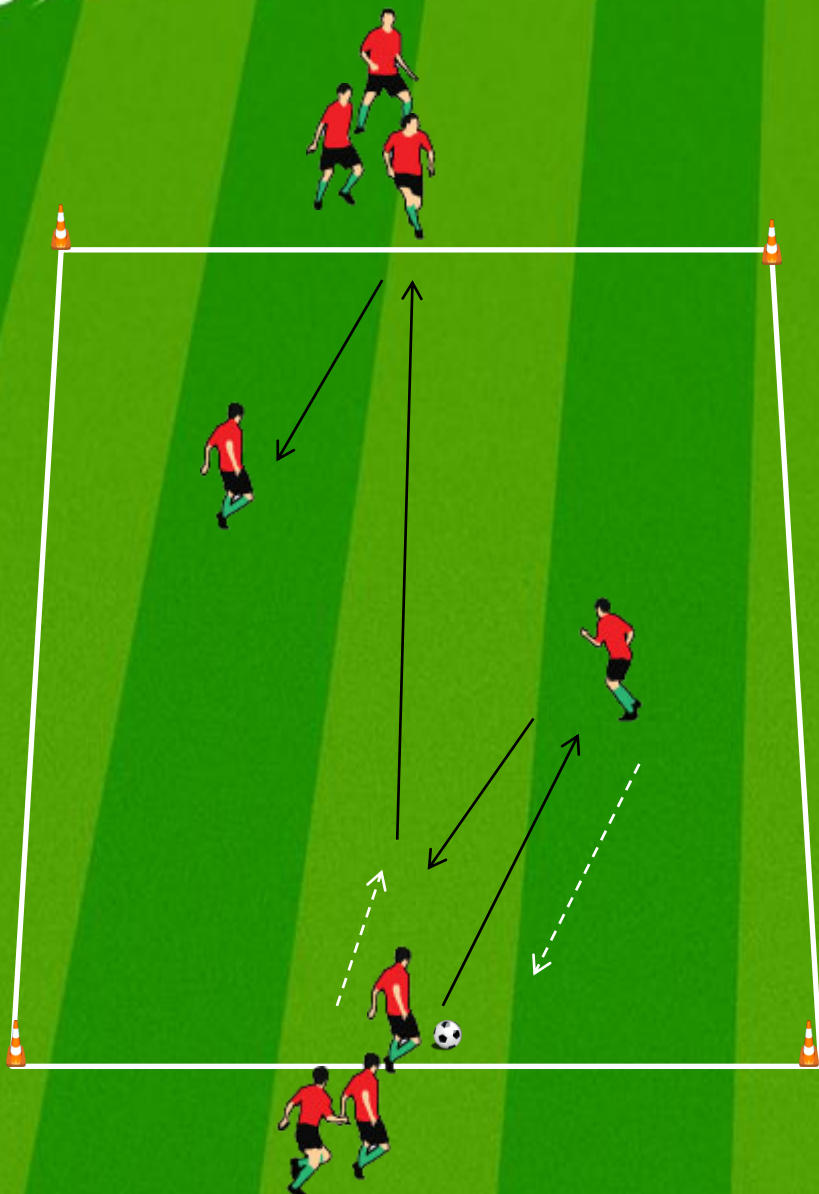
A and B swap after each run



## Session #3

### Session Plan

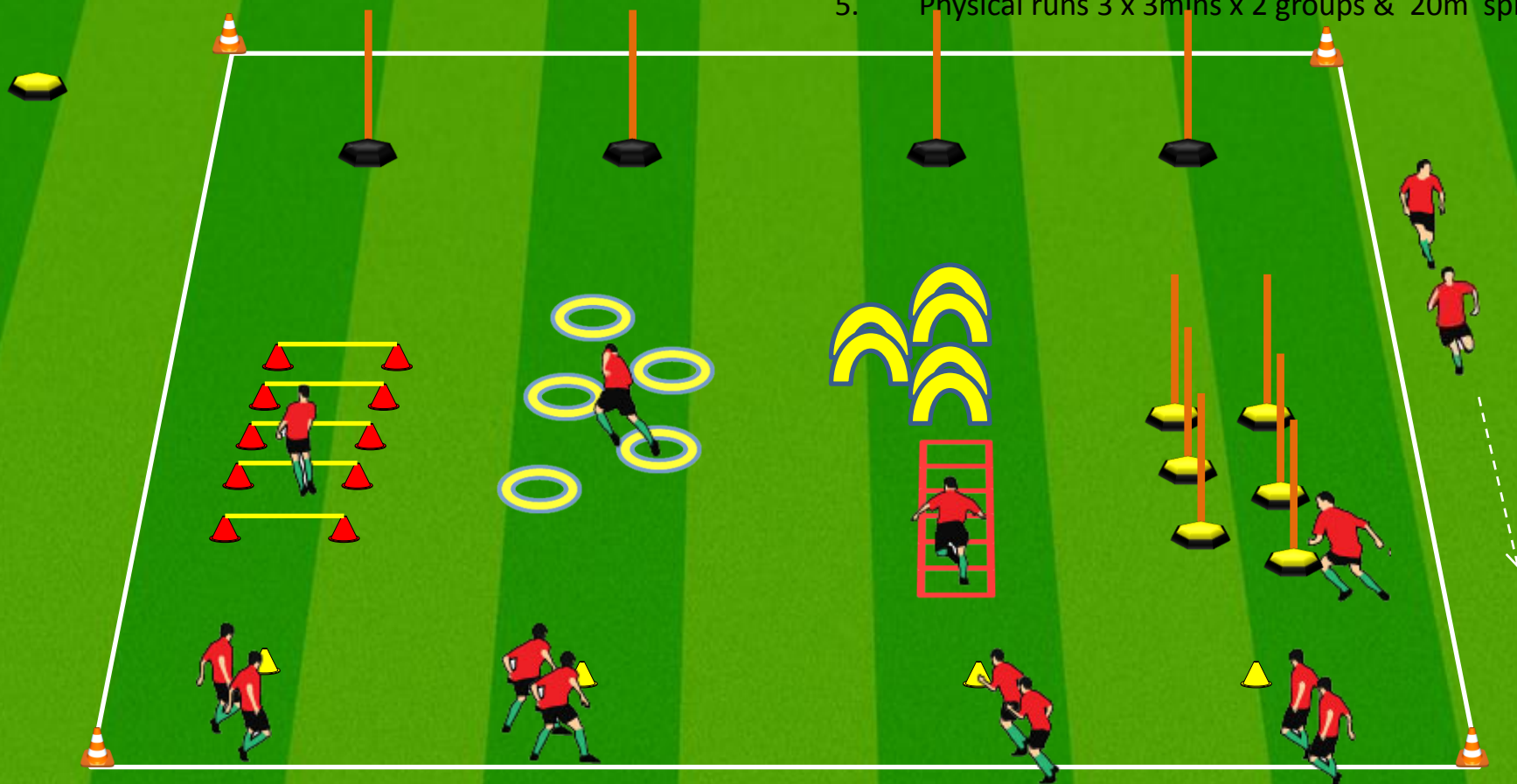
1. Warm up around grid 5-10mins
2. Dynamic Quick feet x 4 drills 10-15mins
3. Technical sessions x 2
4. Core work
5. Physical runs 3 x 3mins x 2 groups & 20m sprints



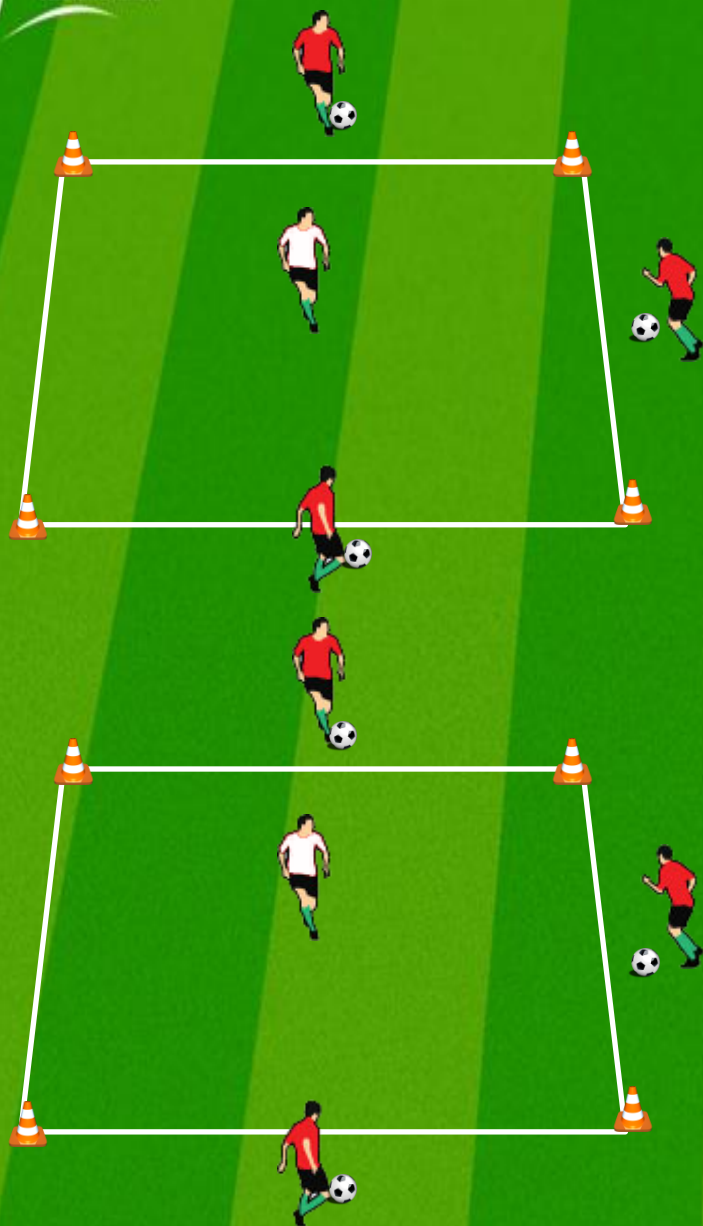
## Session #3

### Session Plan

1. Warm up around grid 5-10mins
2. Dynamic Quick feet x 4 drills 10-15mins
3. Technical sessions x 2
4. Core work
5. Physical runs 3 x 3mins x 2 groups & 20m sprints

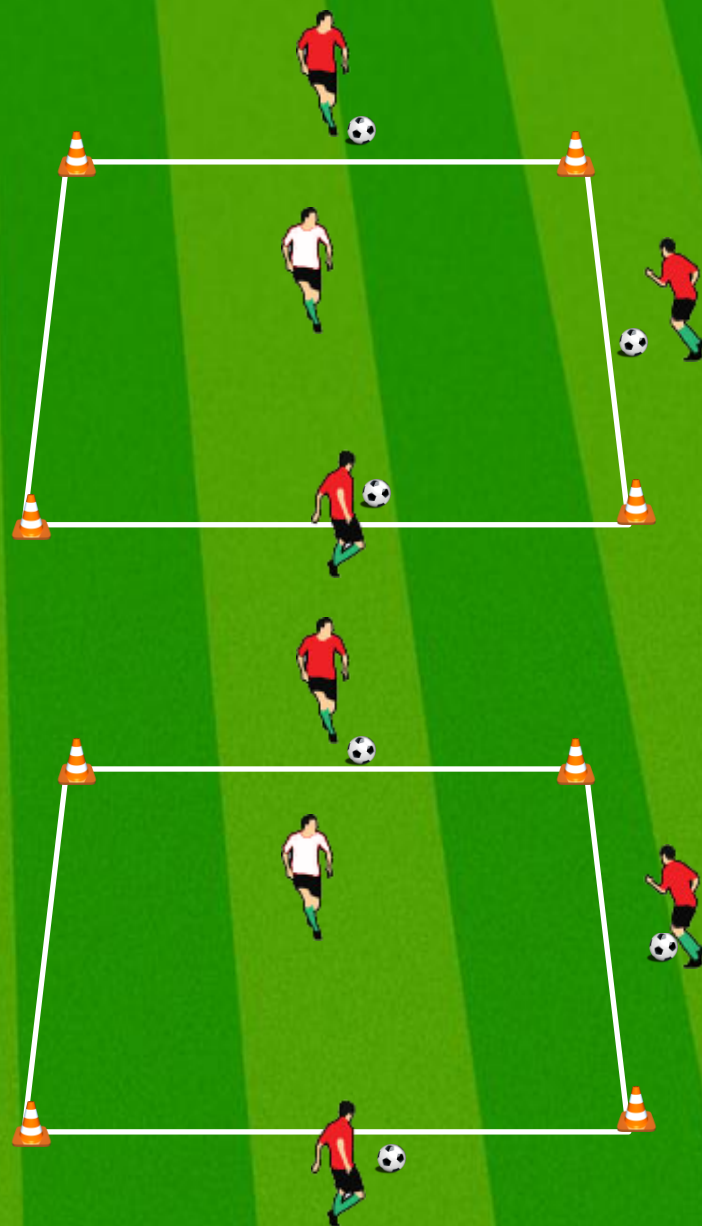


## Session #3



### Technical rotation drill 10 x 10 grid

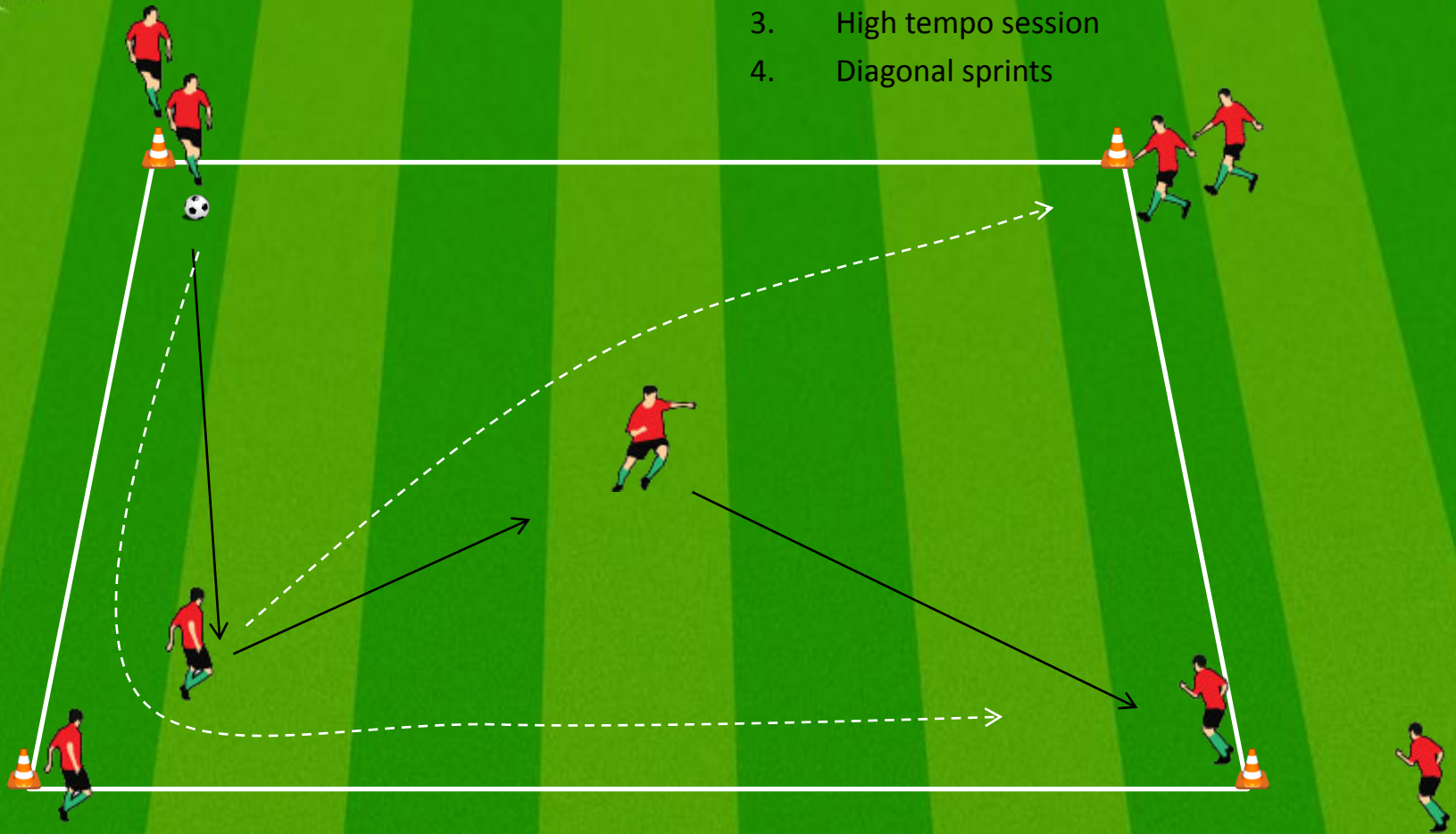
1. Groups of 4 x 30 seconds
2. Headers, volleys, lace, chest, Pass



## Session #3

### Technical rotation drill 30 x 20 grid

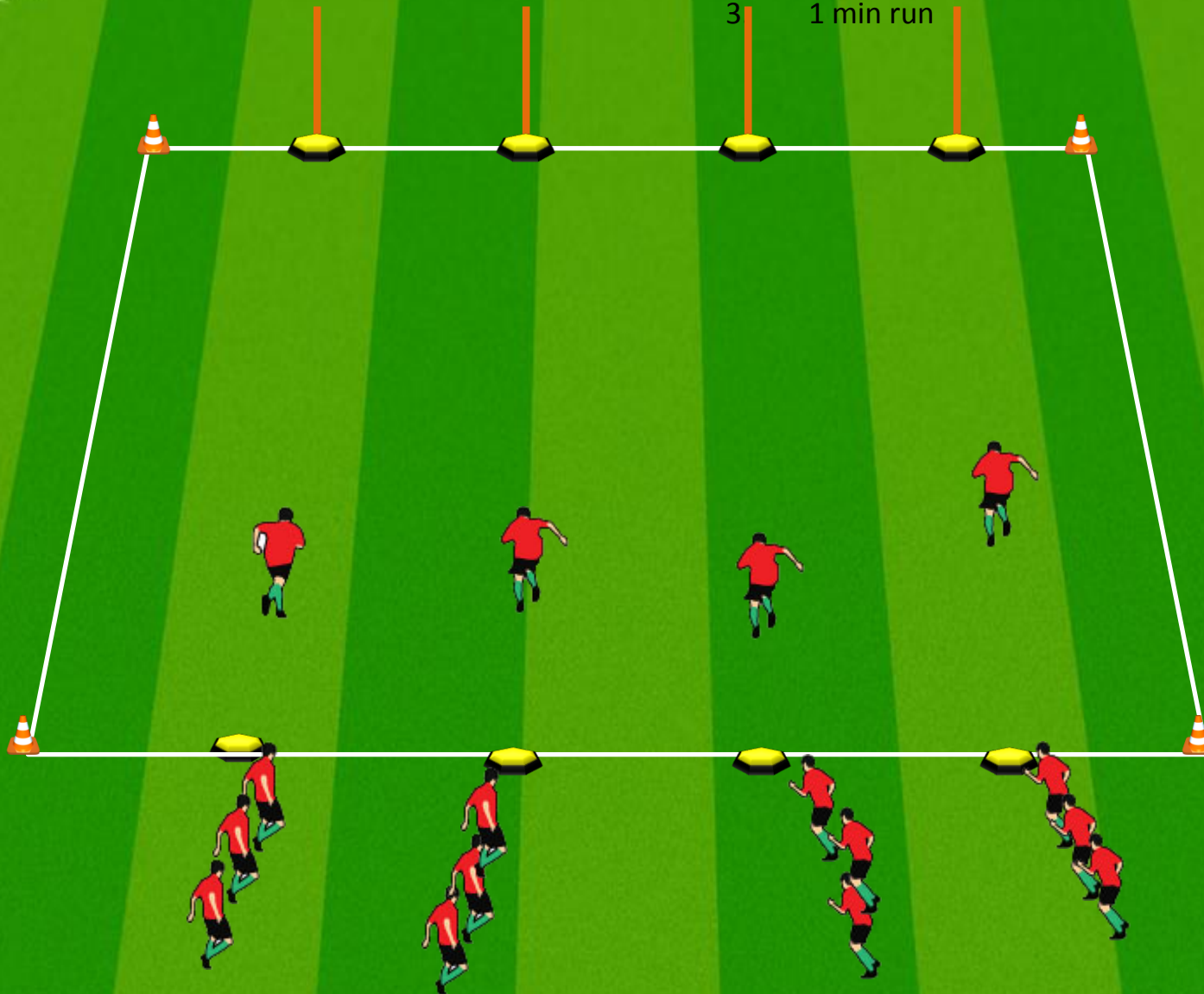
1. 2 Groups x 8 players
2. Accurate passing and quick sprints
3. High tempo session
4. Diagonal sprints



## Session #3

### Physical 30m sprints

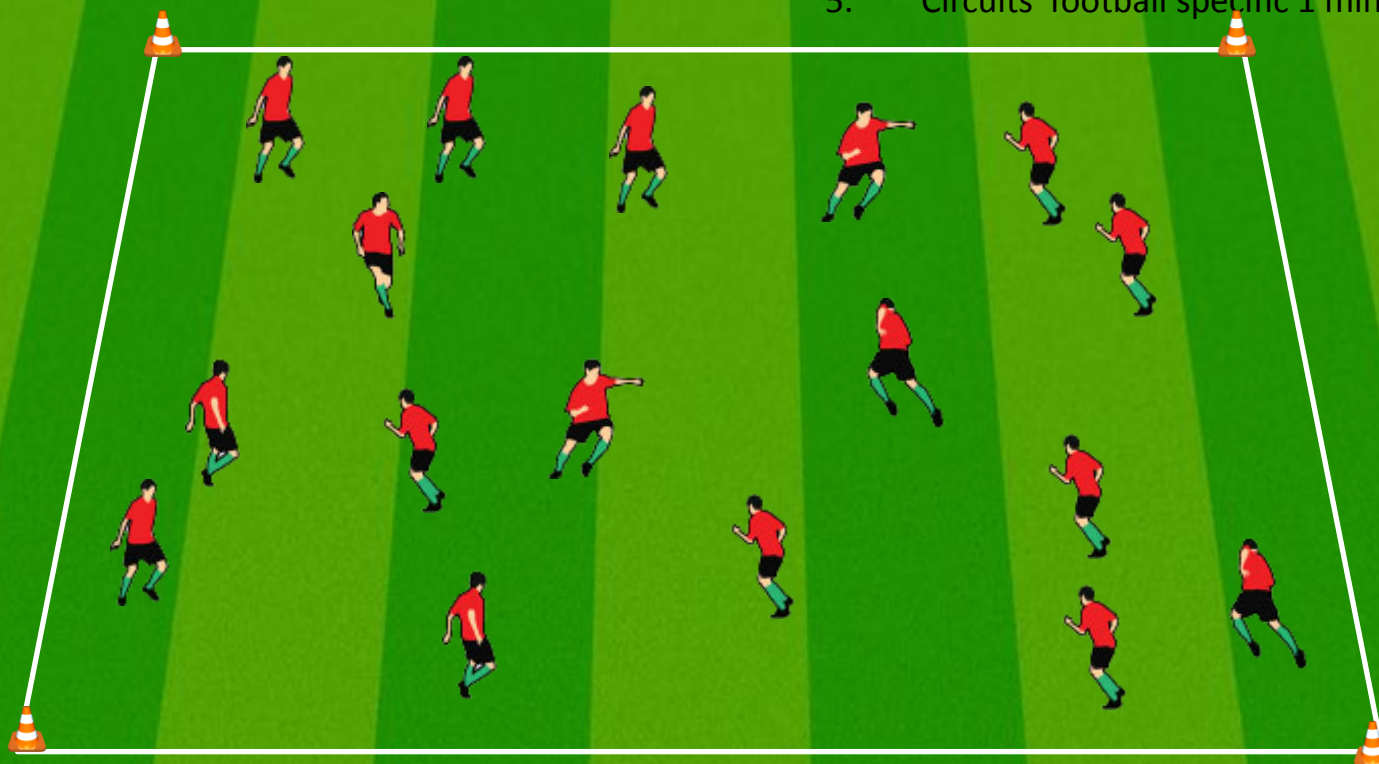
1. 3 min run
2. 2 min run
3. 1 min run



## Session #4

### Session Plan

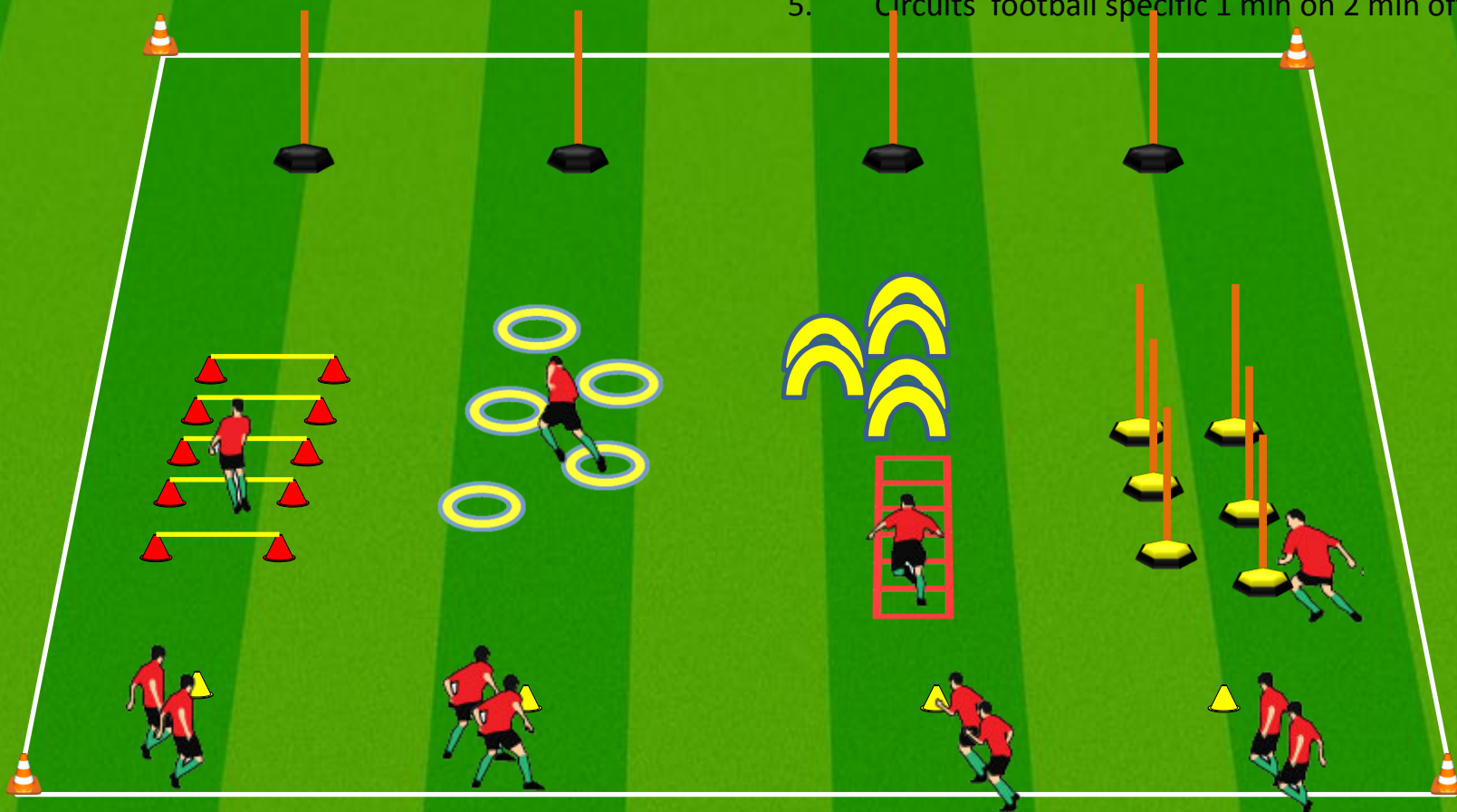
1. Warm up 5-10mins – chase game
2. Dynamic Quick feet x 4 drills 10-15mins
3. Technical sessions x 2
4. Circuits -Jumps, sprints, shuttles 30 sec on/off
5. Circuits football specific 1 min on 2 min off



## Session #4

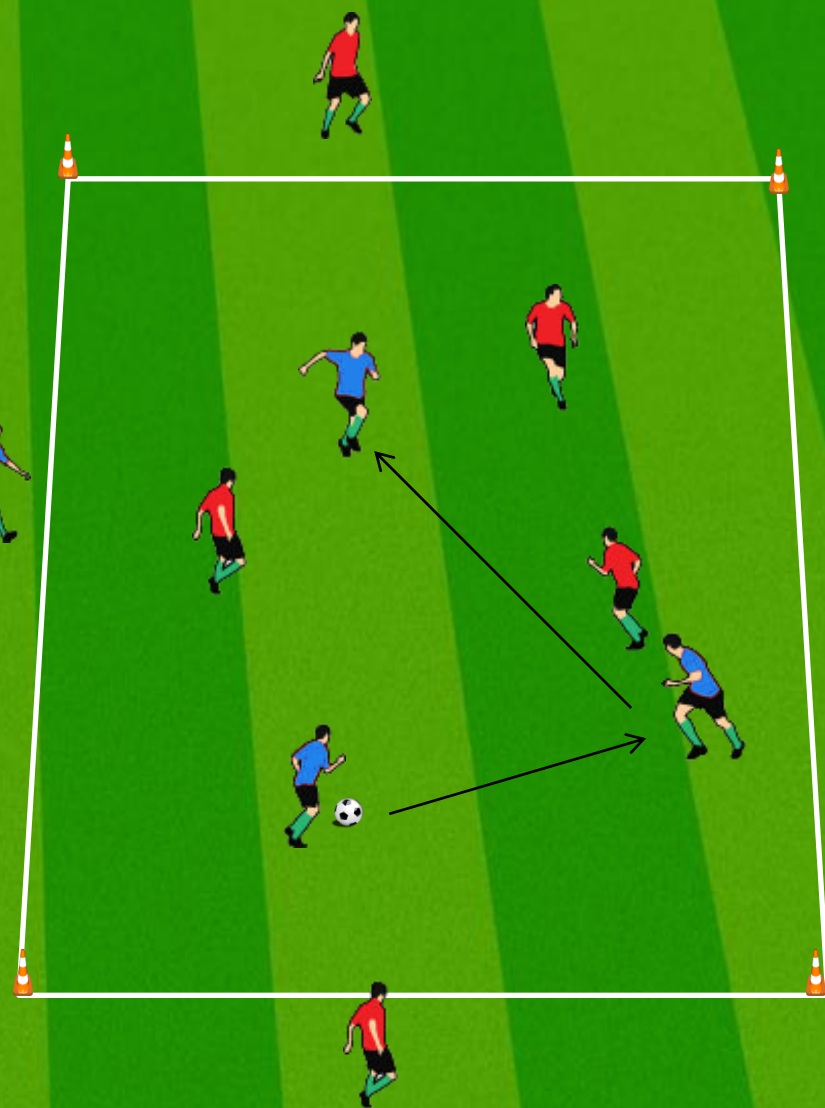
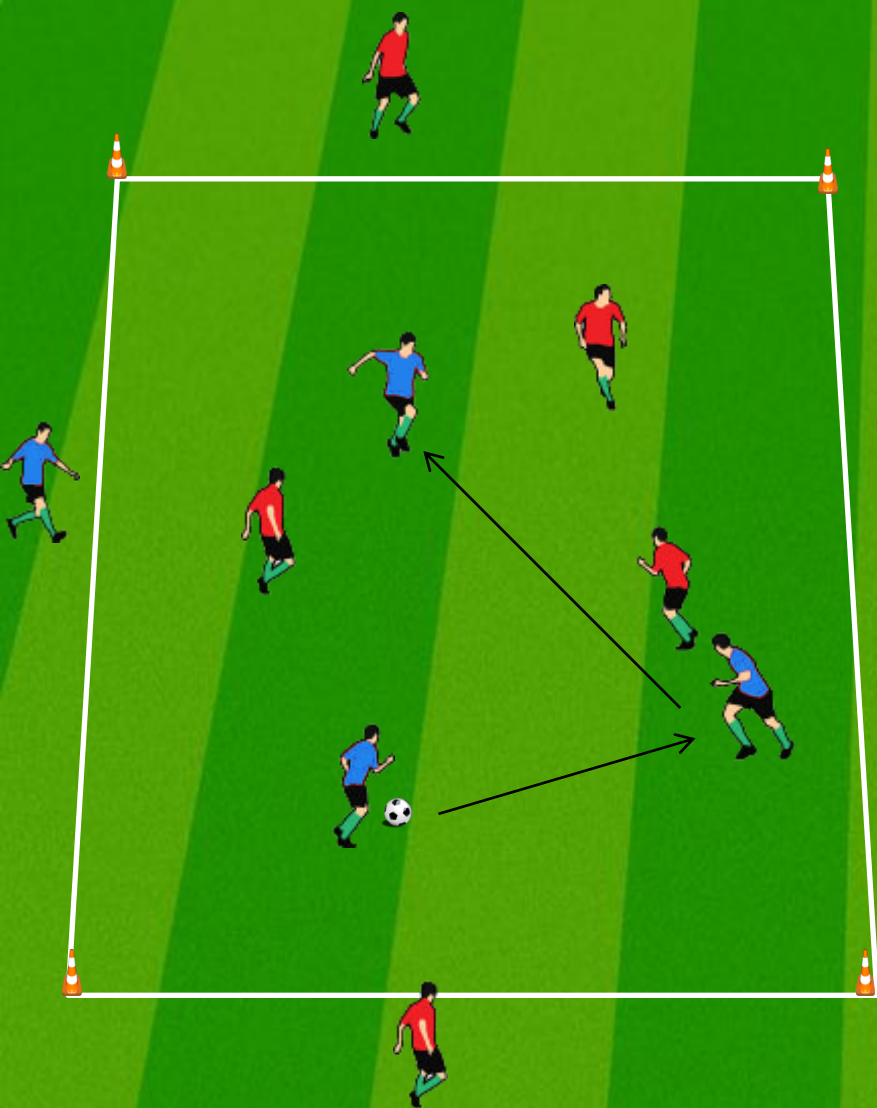
### Session Plan

1. Warm up 5-10mins
2. Dynamic Quick feet x 4 drills 10-15mins
3. Technical sessions x 2
4. Circuits -Jumps, sprints, shuttles 30 sec on/off
5. Circuits football specific 1 min on 2 min off



## Session #4

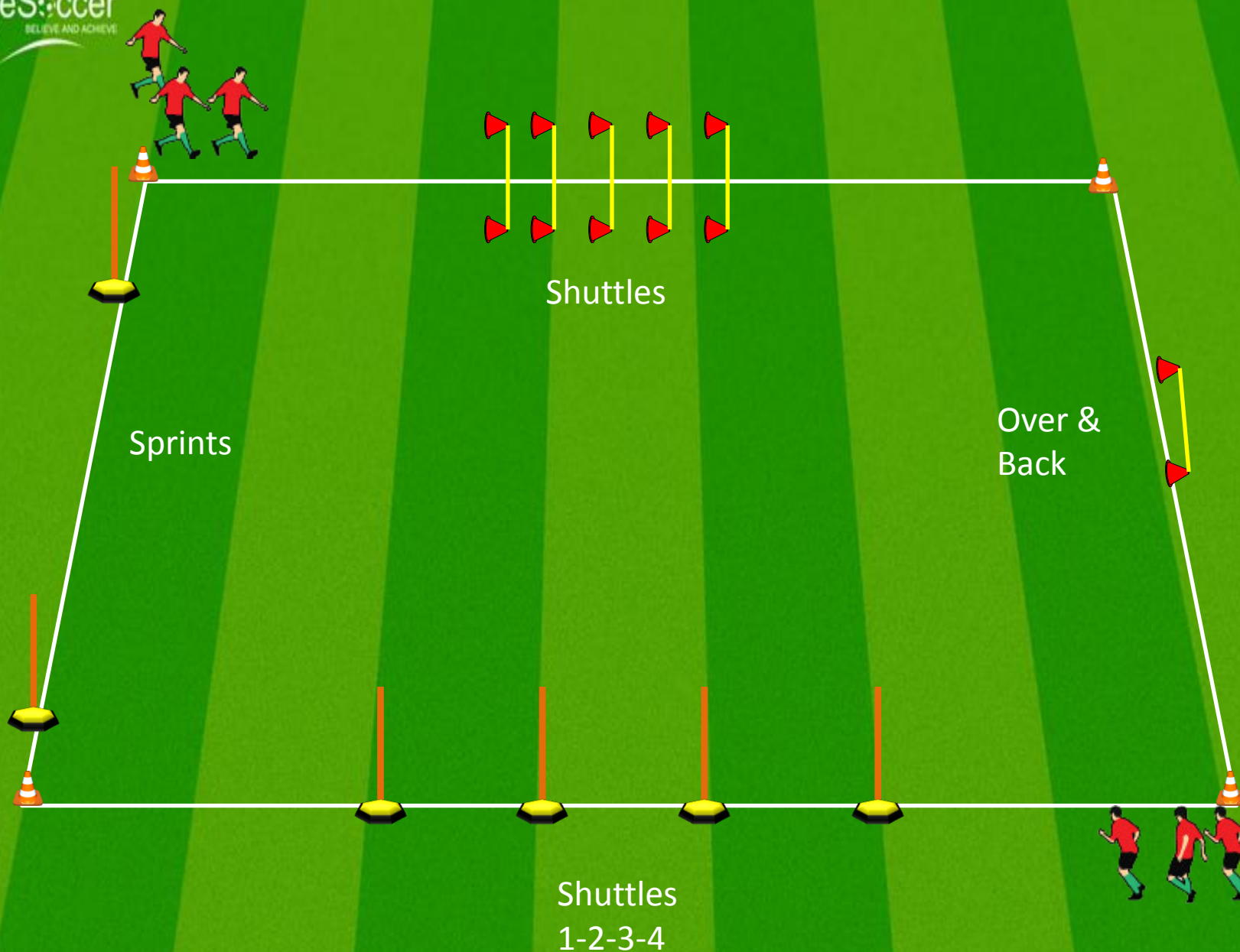
3 v 3 + 2 technical and physical x 2 groups



## Session #4

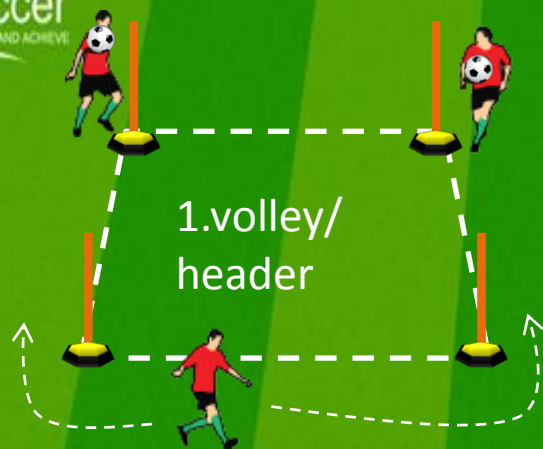
Circuit – jumps, sprints, shuttles

30 sec x 30 rest



## Session #4

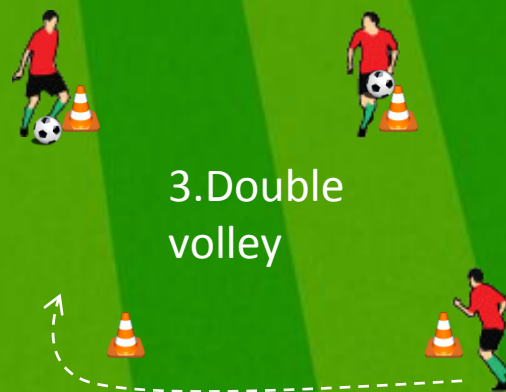
### Circuit — match specific working in 3s



2.Shuttle  
pass



3.Double  
volley



4.cones



5.Agility



6.Sprint  
40m



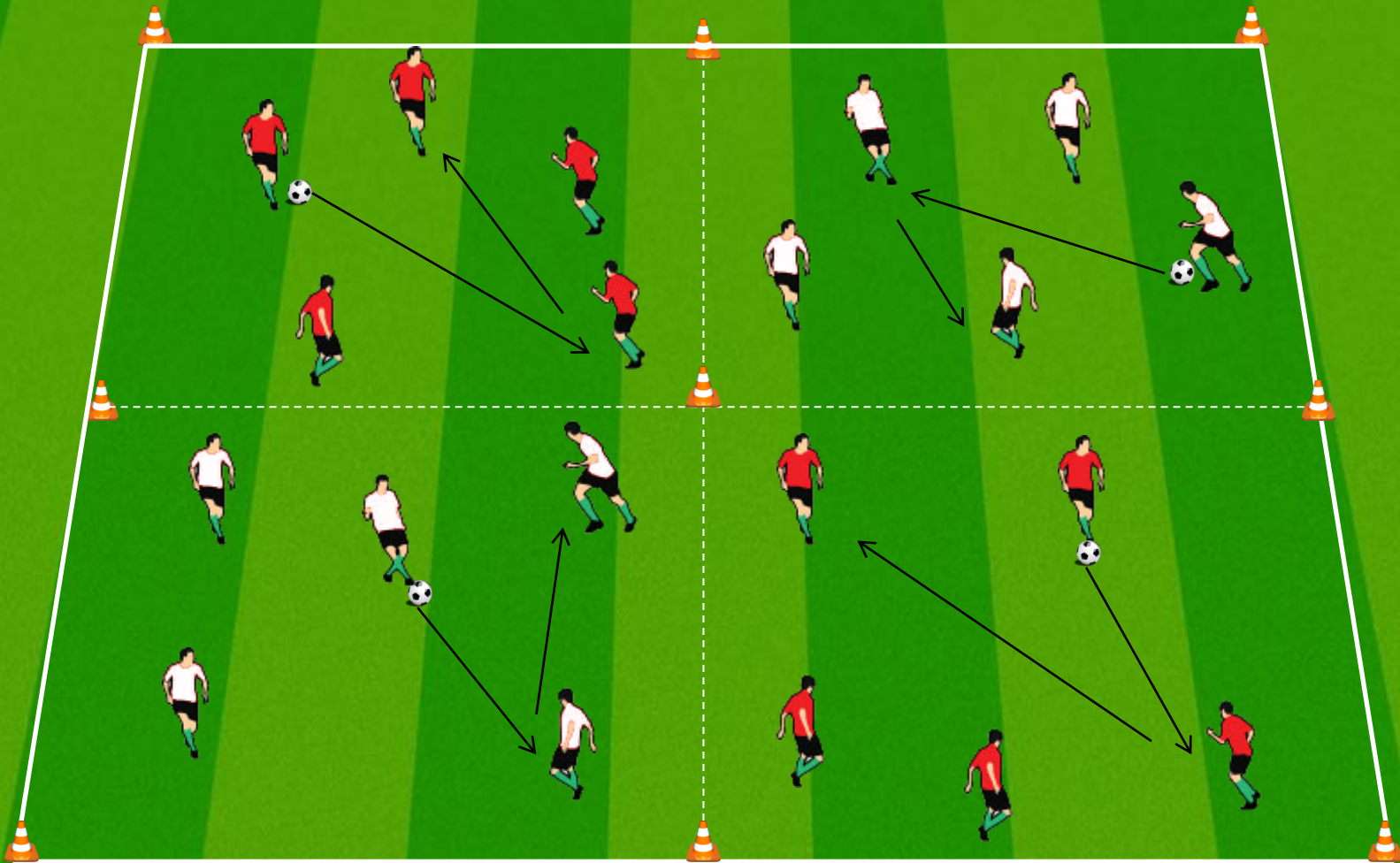
7.Pass/  
volley/pass



## Session #5

### Session Plan

1. Technical warm ups with progression
2. Circuit training football specific x 9 exercises
3. Core
4. Physical session



### Technical

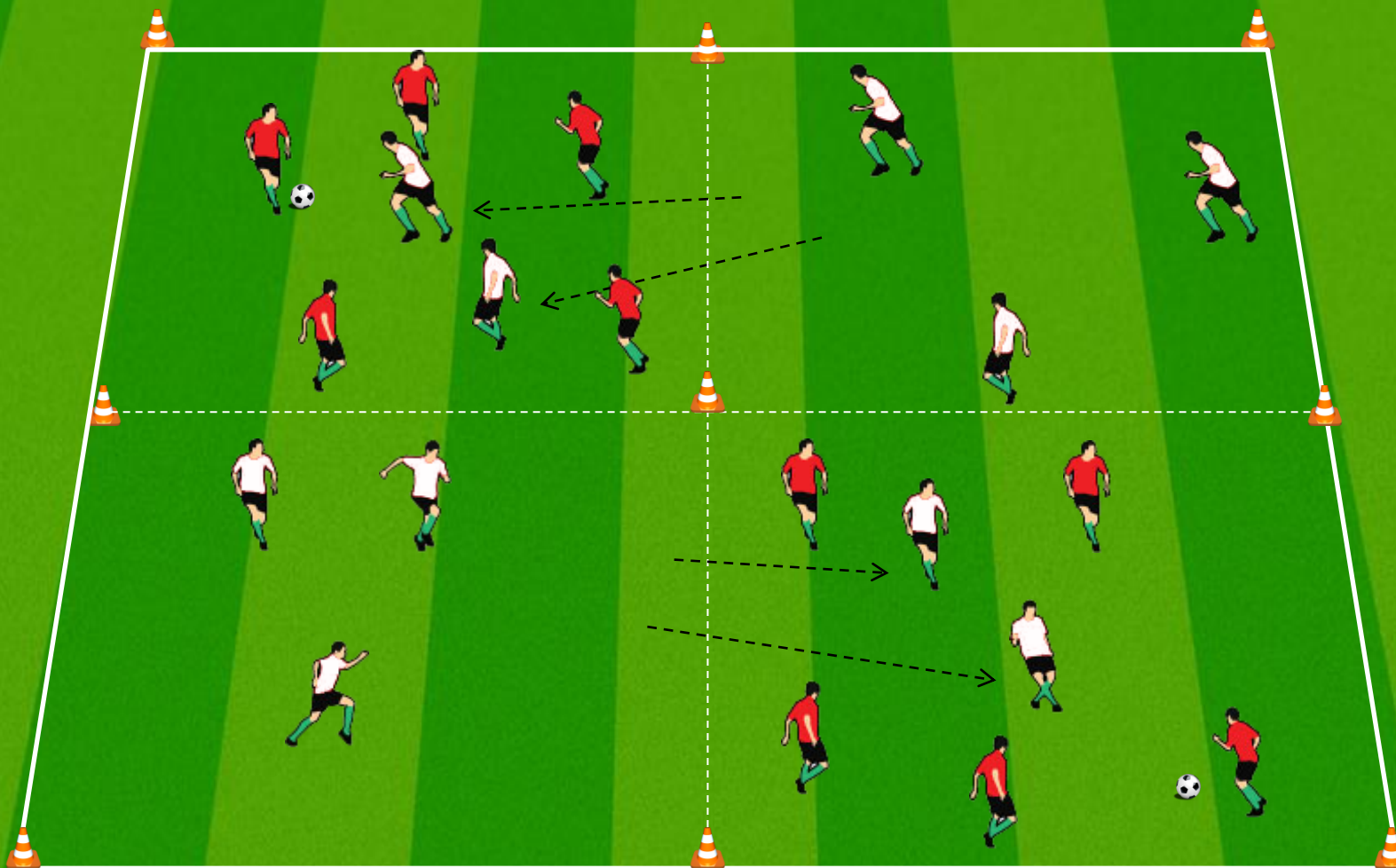
#### 1. Pass & Move

## Session #5

### Technical & Tactical 30 x 20 grid

1.5 v 2 transition

2. When 2 defenders win possession they play 5 v 2 in their own grid

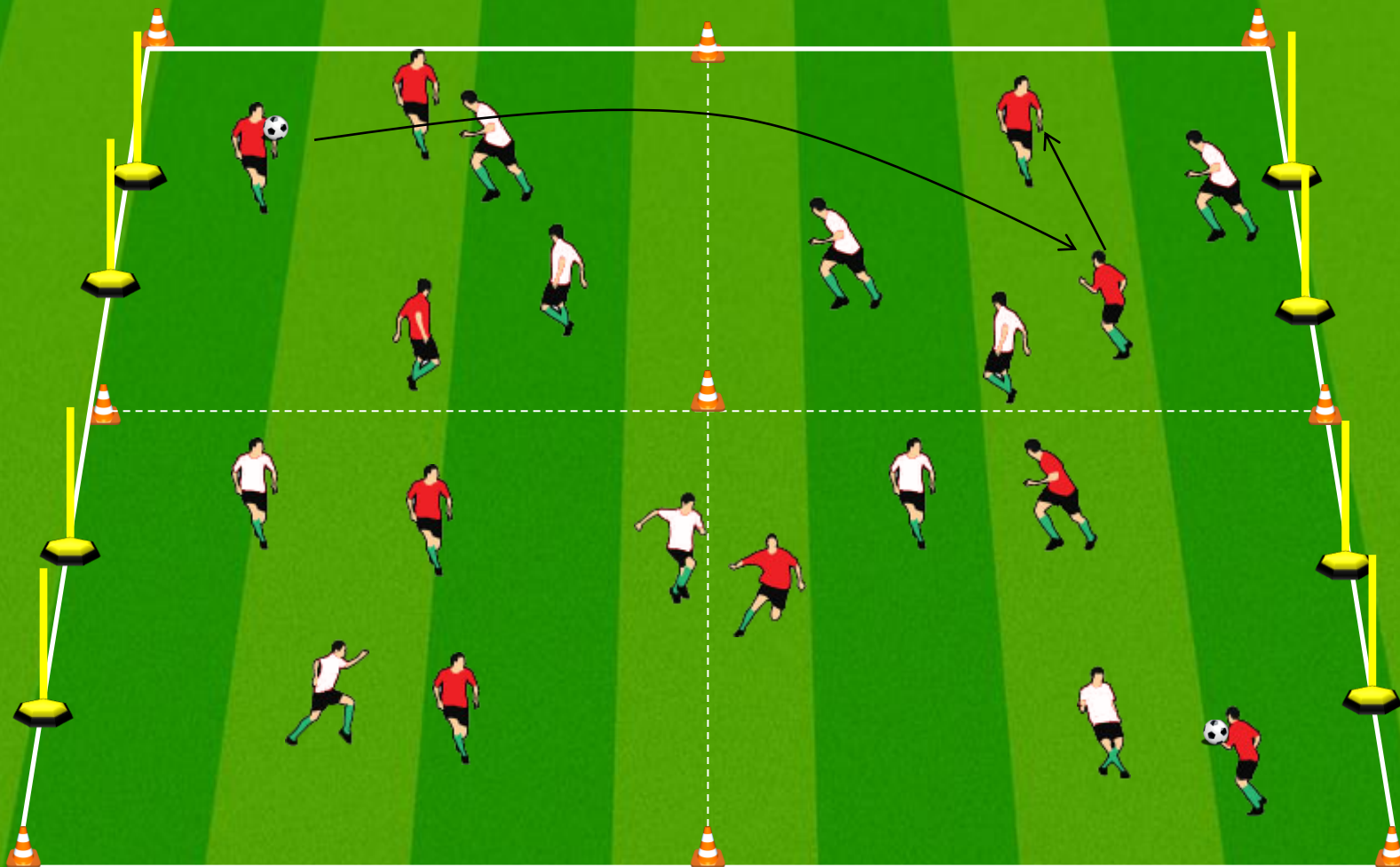


## Session #5

2 x 5 v 5 heading game 30 x 20 grid

1. Throw head catch

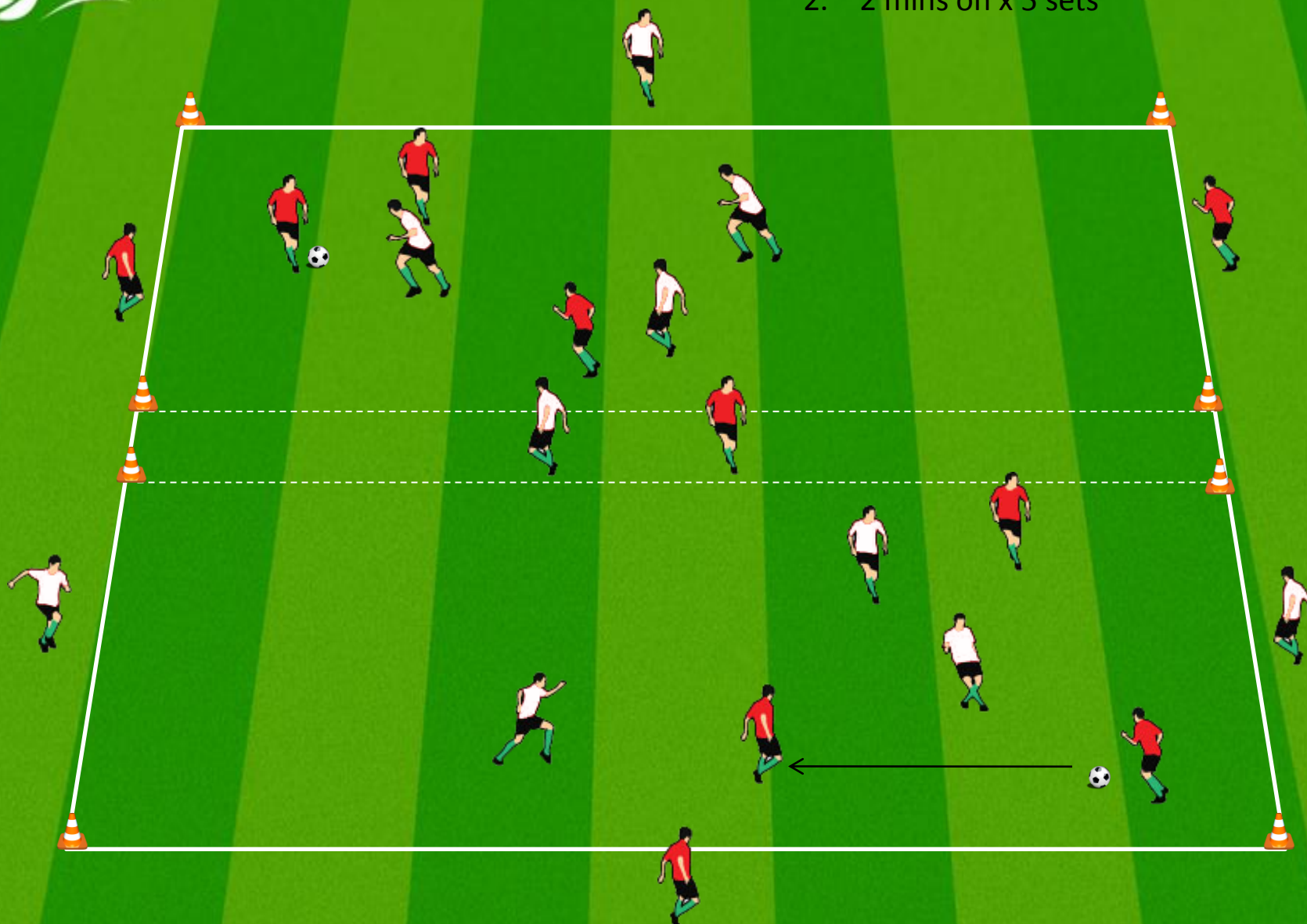
2. Throw or volley head catch



## Session #5

### Technical & Tactical 30 x 20 grids

1. 3 v 3 + 2 support players
2. 2 mins on x 5 sets



## Session #5

Physical Circuit – match specific working in 2s – 40secs

Core work at end



1.Skill test

2.Agility run



3.1 player squats, 1 player core



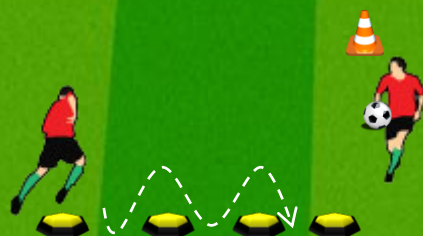
4.30m sprint with ball



9.Sit up header



5.1 player jumps, 1 player core

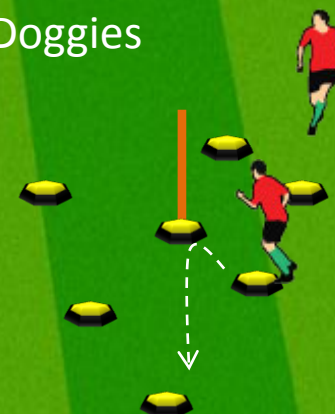


6.Quick feet volley



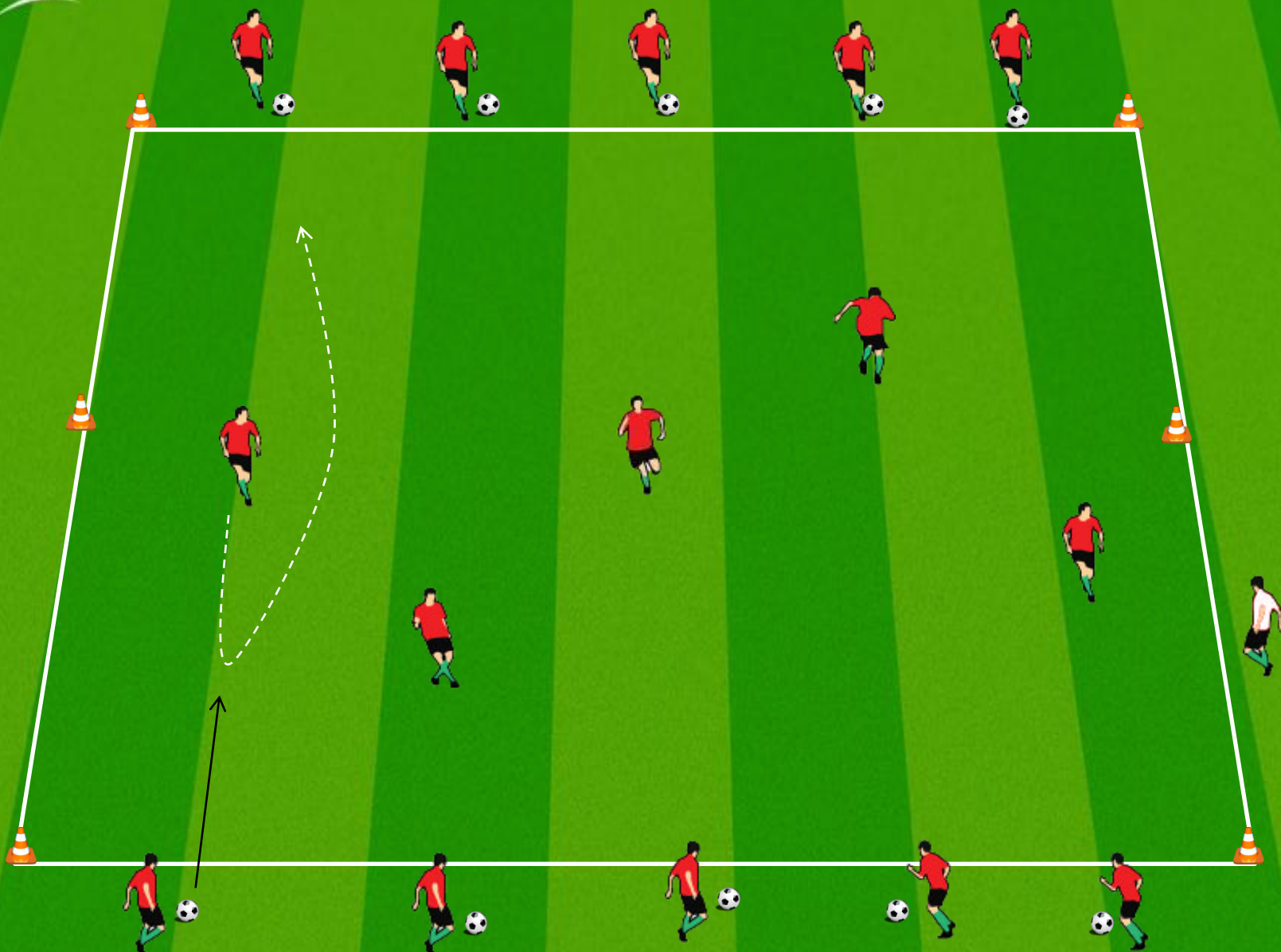
7.Plyometric jumps pass

8.Doggies



## Session #5

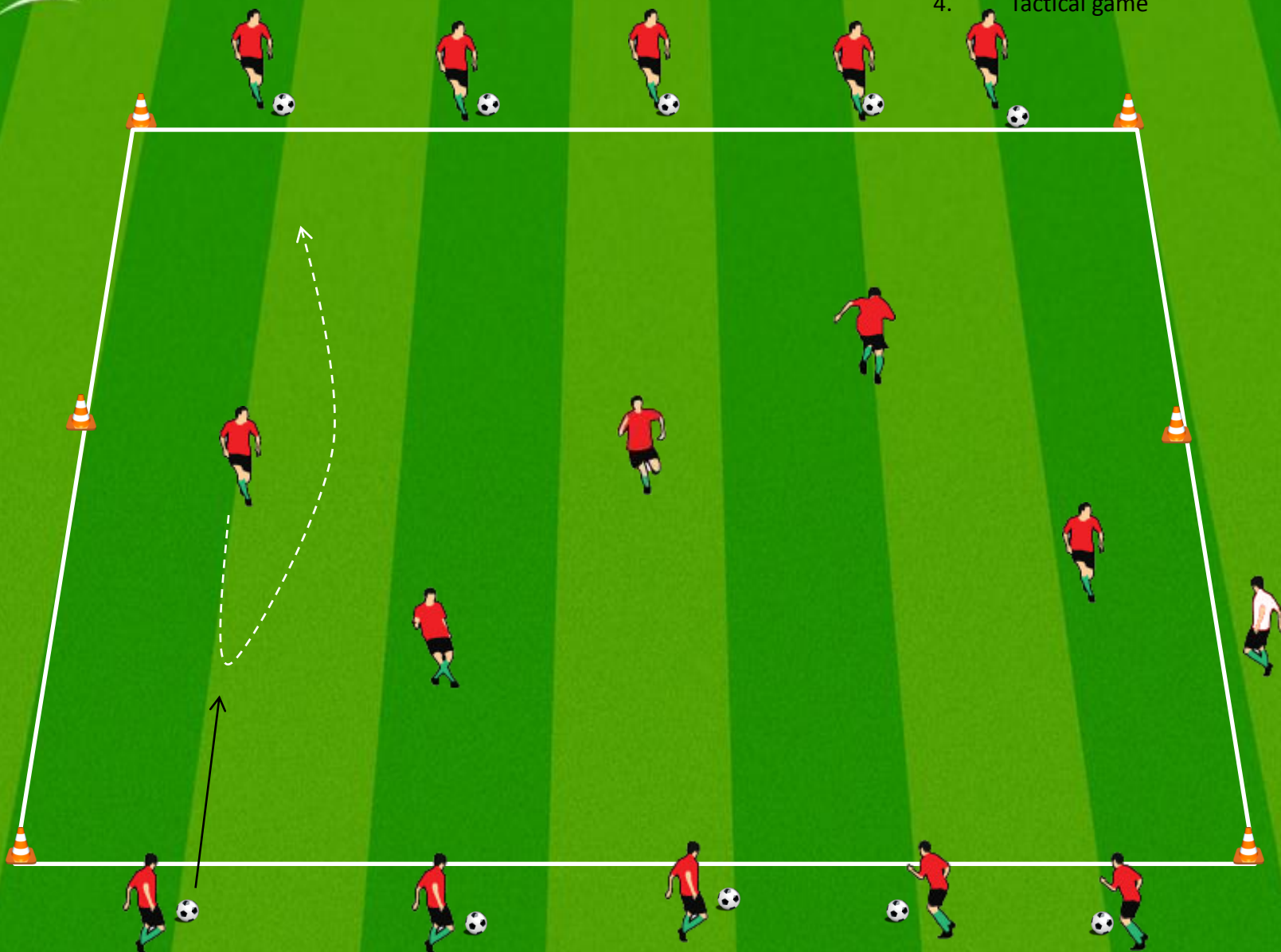
Physical running with pass, volley & header 1 min runs

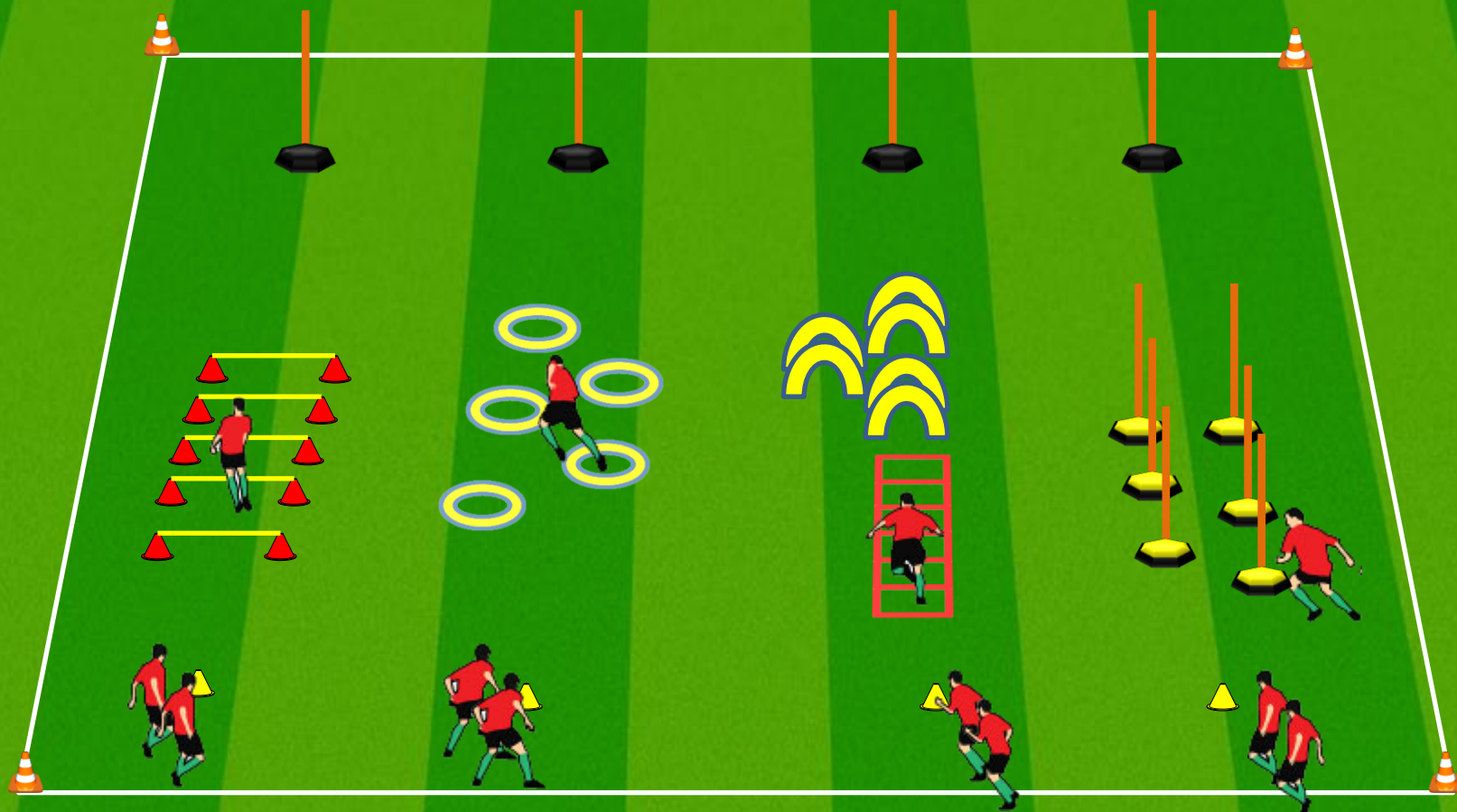


## Session #6

### Session Plan

1. Technical warm ups with progression
2. Quick feet
3. Physical possession games
4. Tactical game

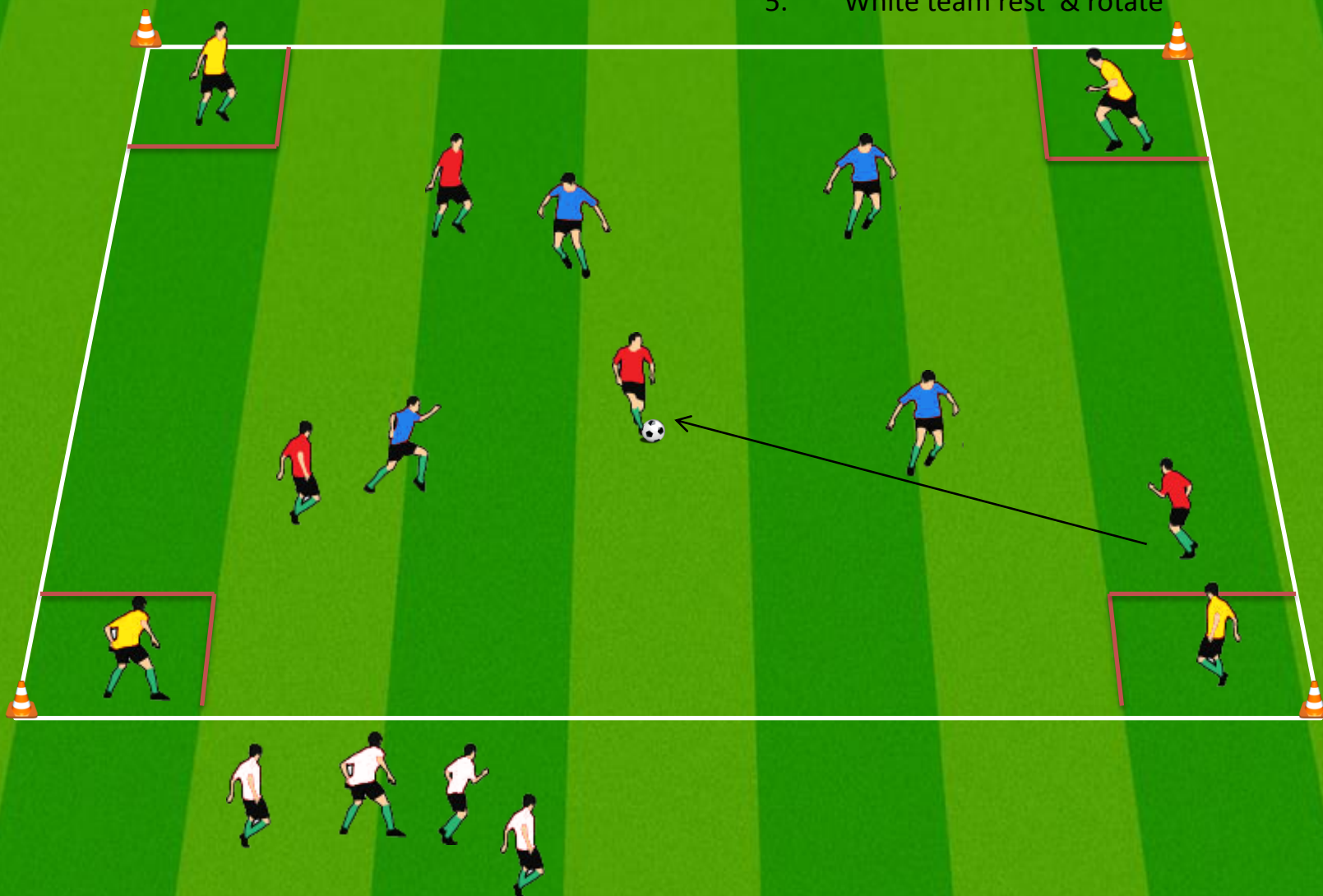




## Session #6

### Technical & Physical Possession game 30 x 20 grid

1. 4 v 4 + 4 in corners
2. Combination plays
3. Quality passing & preparation touches
4. 2 mins games
5. White team rest & rotate



## Session #6

### Technical & Physical Possession game 30 x 20 grid

1. 4 v 4 + 2
2. Combination plays
3. Quality passing & preparation touches
4. 2 mins games
5. White team rest & rotate

