



32 Ready to go Drills



Session #1

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



Session #2

Technical / Tactical game

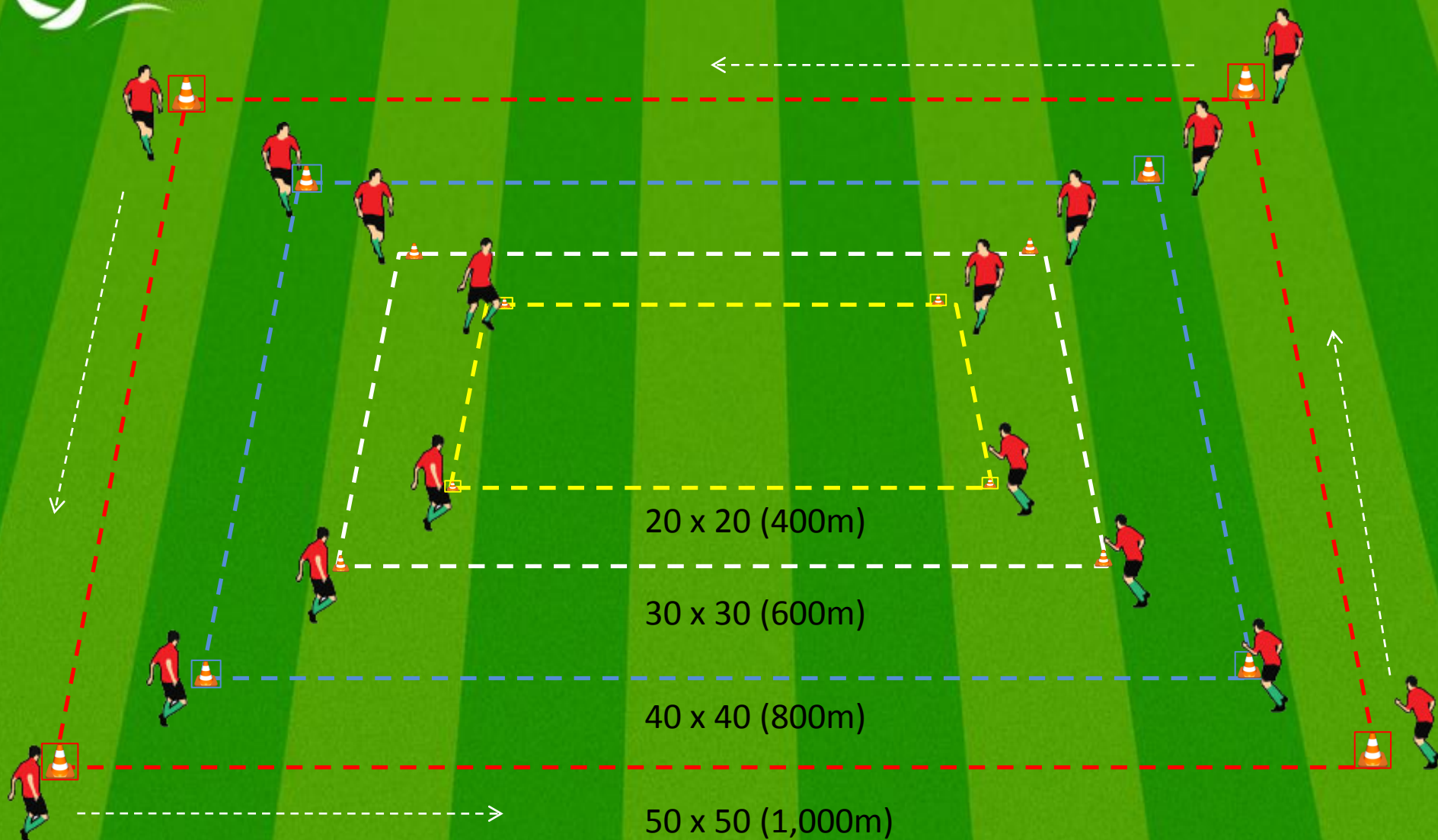
1. Build up from back
2. Play through midfield
3. Forward combinations
4. Overload areas on passes & third man runs

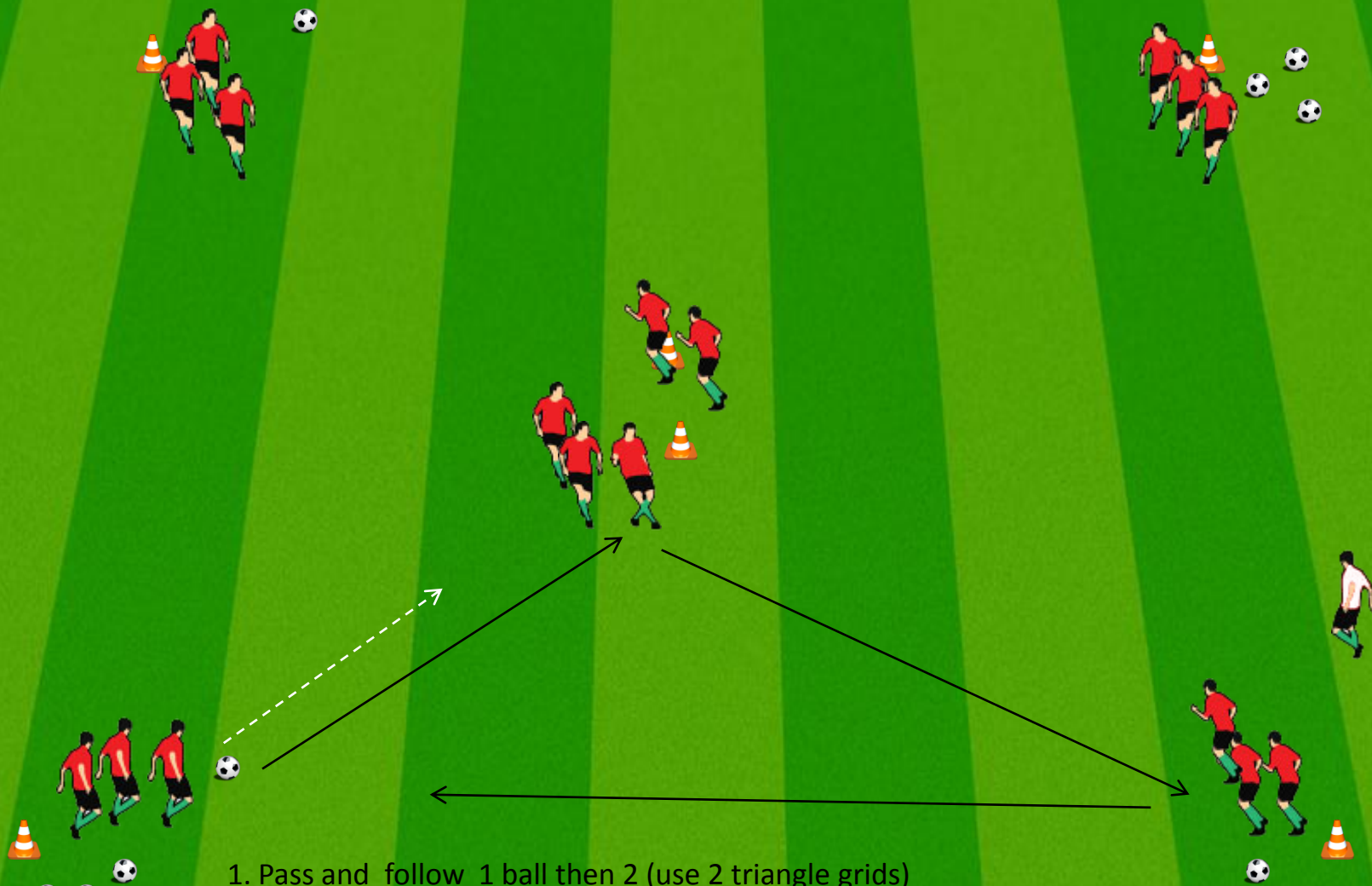


Session #3

Physical 2,800 m run

1.Run to 1st cone and back, 2nd back, 3rd back,
4th back complete all runs



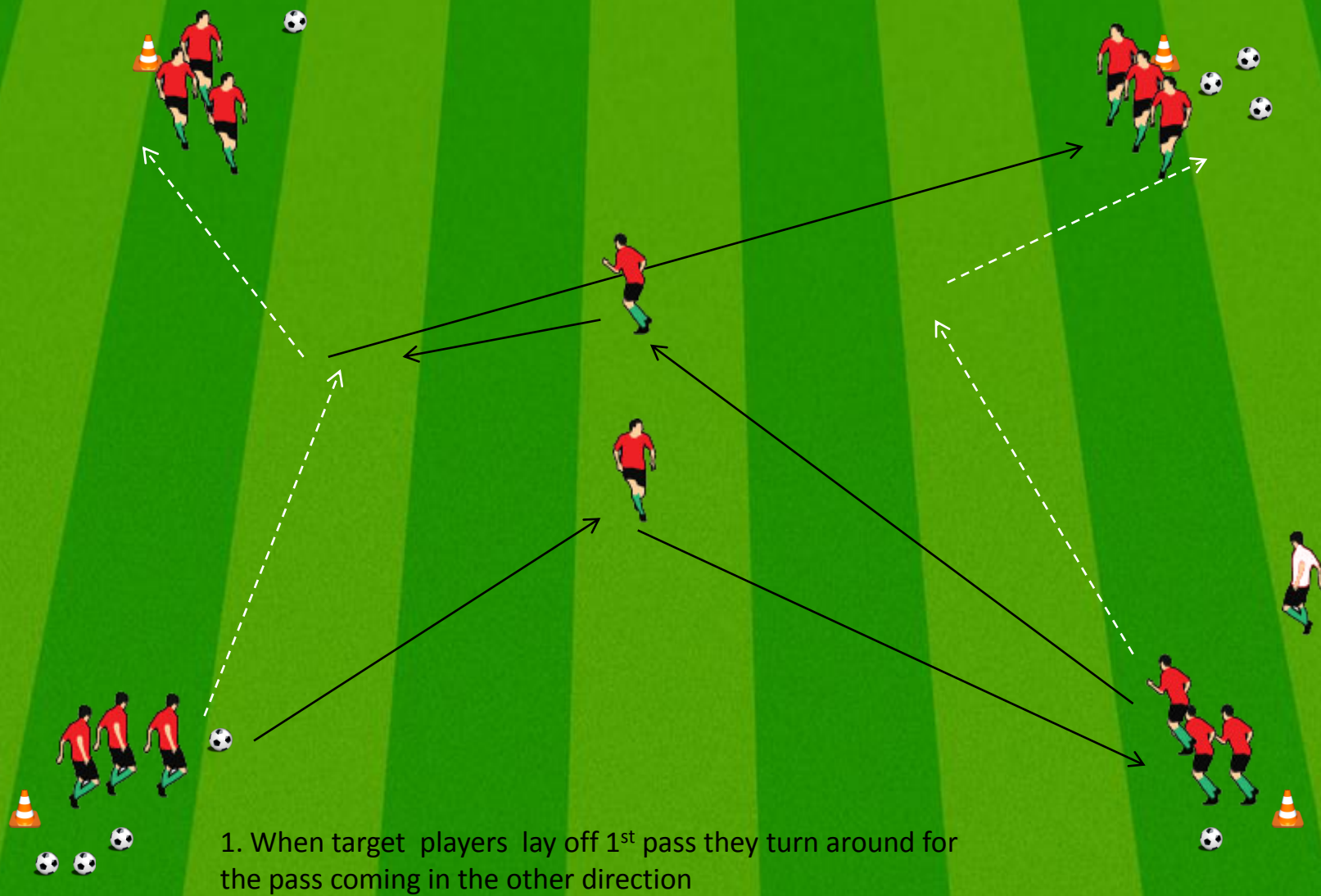


1. Pass and follow 1 ball then 2 (use 2 triangle grids)
2. Pass then 1-2
3. Pass set up then pass around the corner

Session #5

Technical

1. Pass to front man x 2
2. Pass and overlap

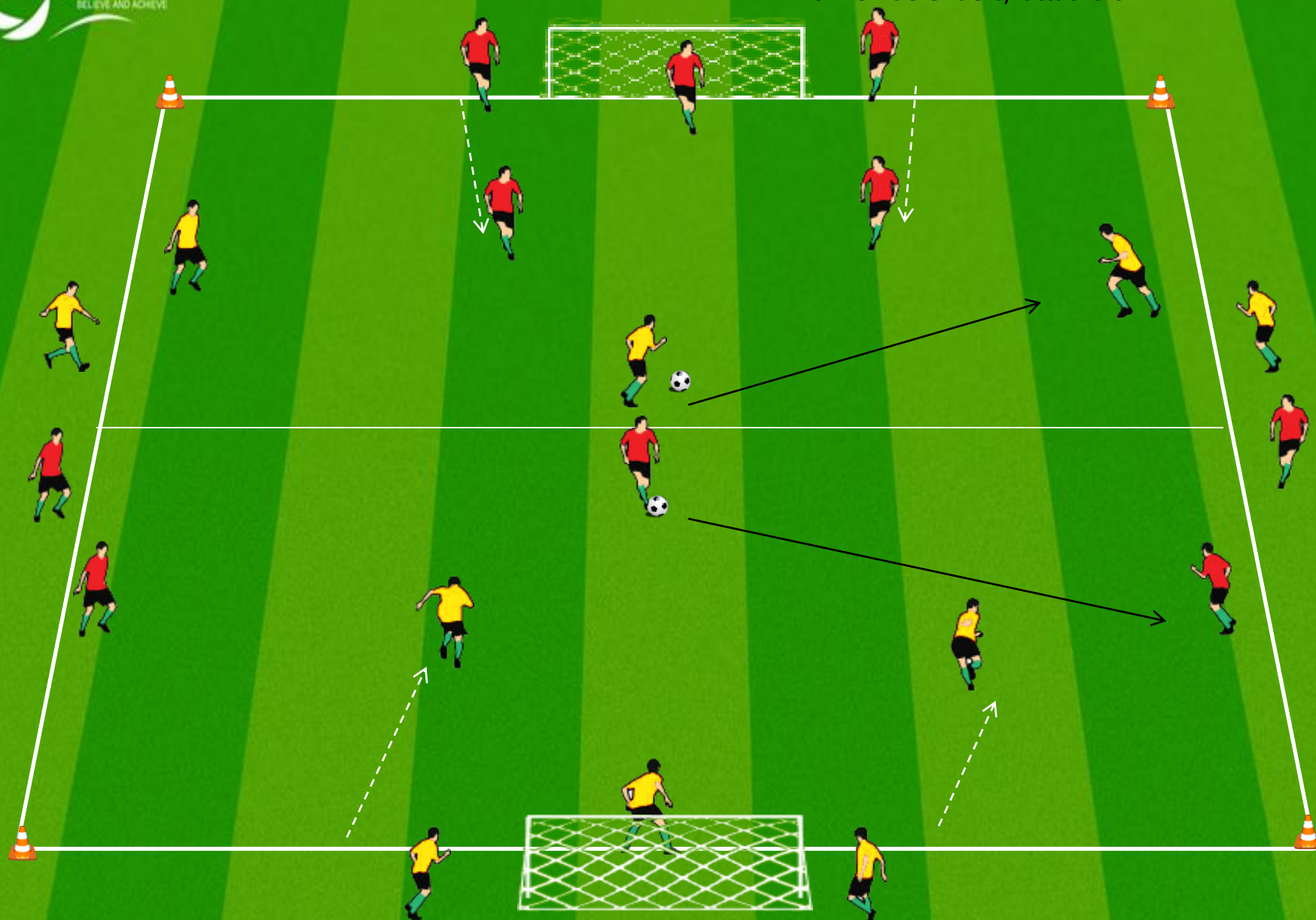


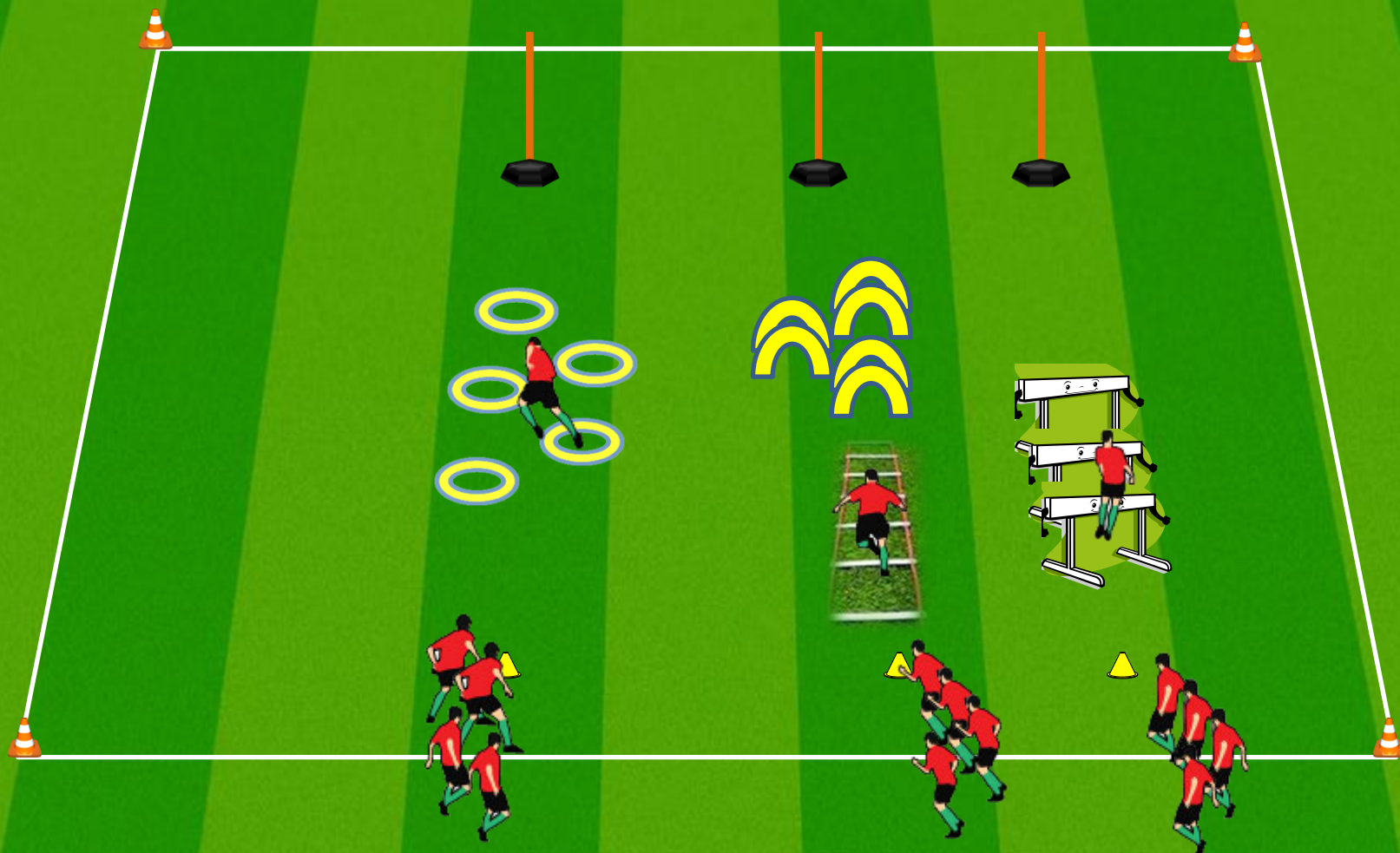
Session #6

Technical/ Tactical

1.3 v 2 overload drill

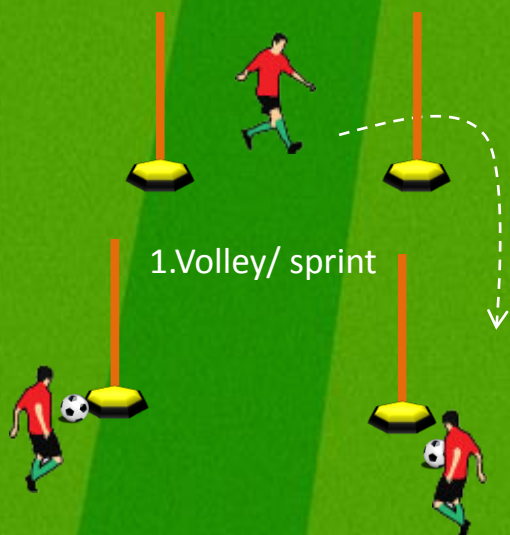
2. Work on defenders/ attackers



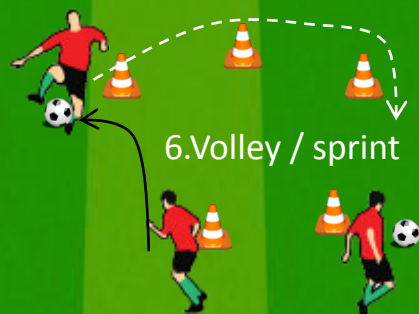
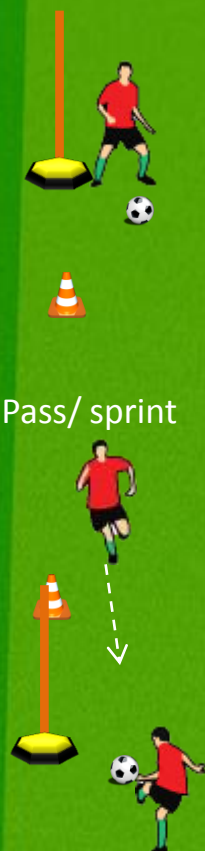


Session #8

Match Circuits



2.Pass/ sprint



3.Header/ dribble



5.Header/ sprint



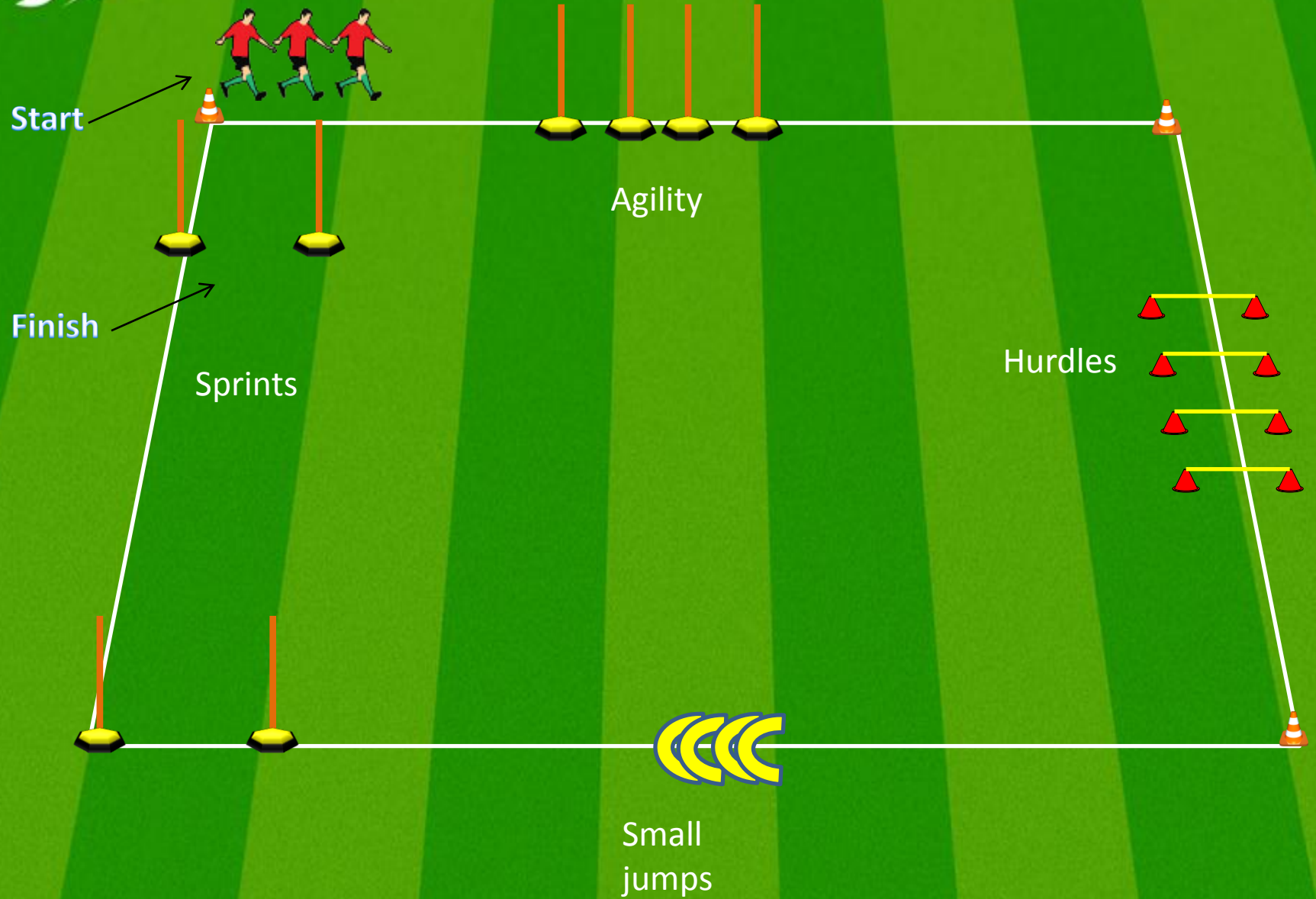
4.Header/ sit up



Session #9

Physical 1,000 m run 50m x 50m grid

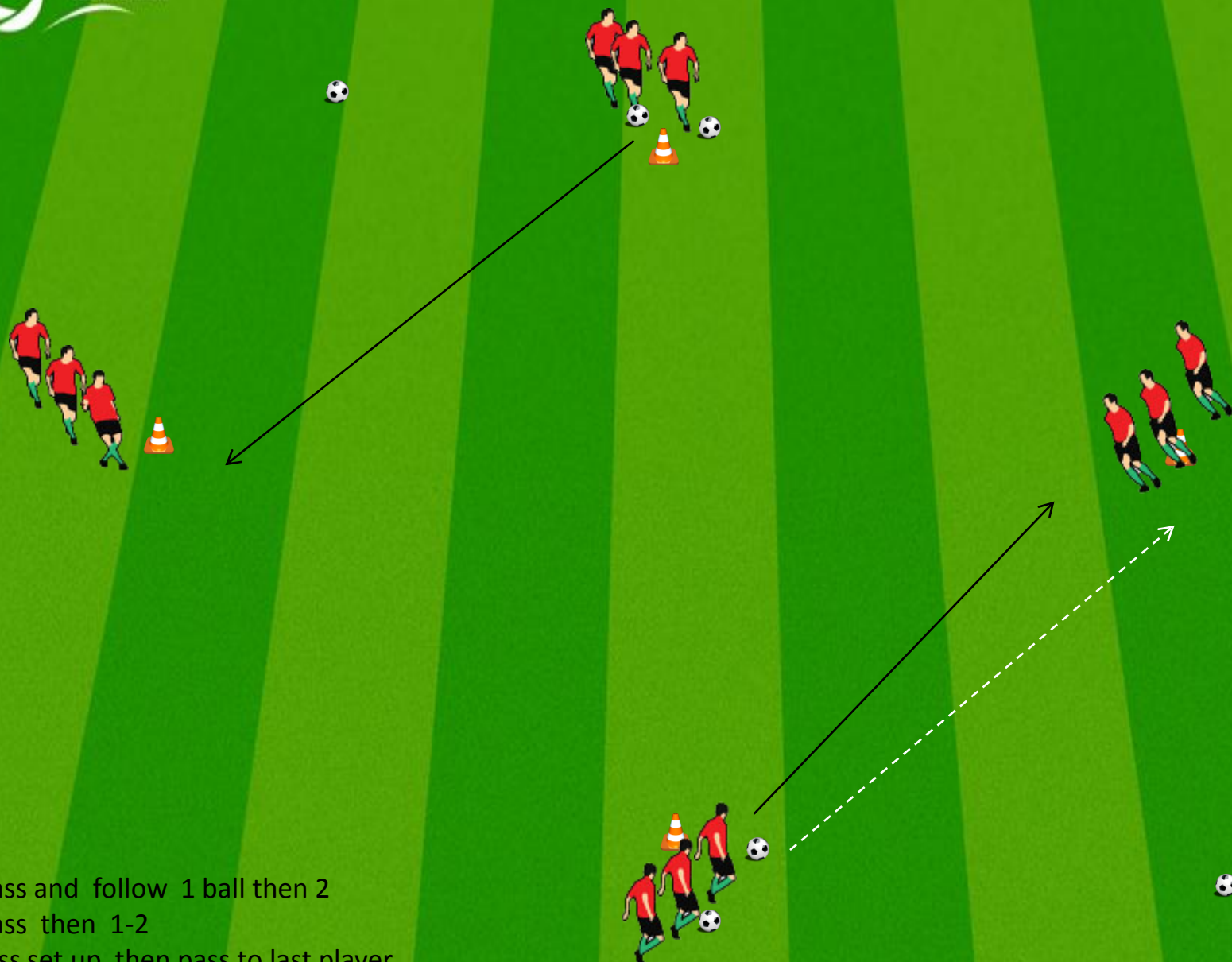
5 x 200m run



Session #10

Session Plan

1. Technical warm up

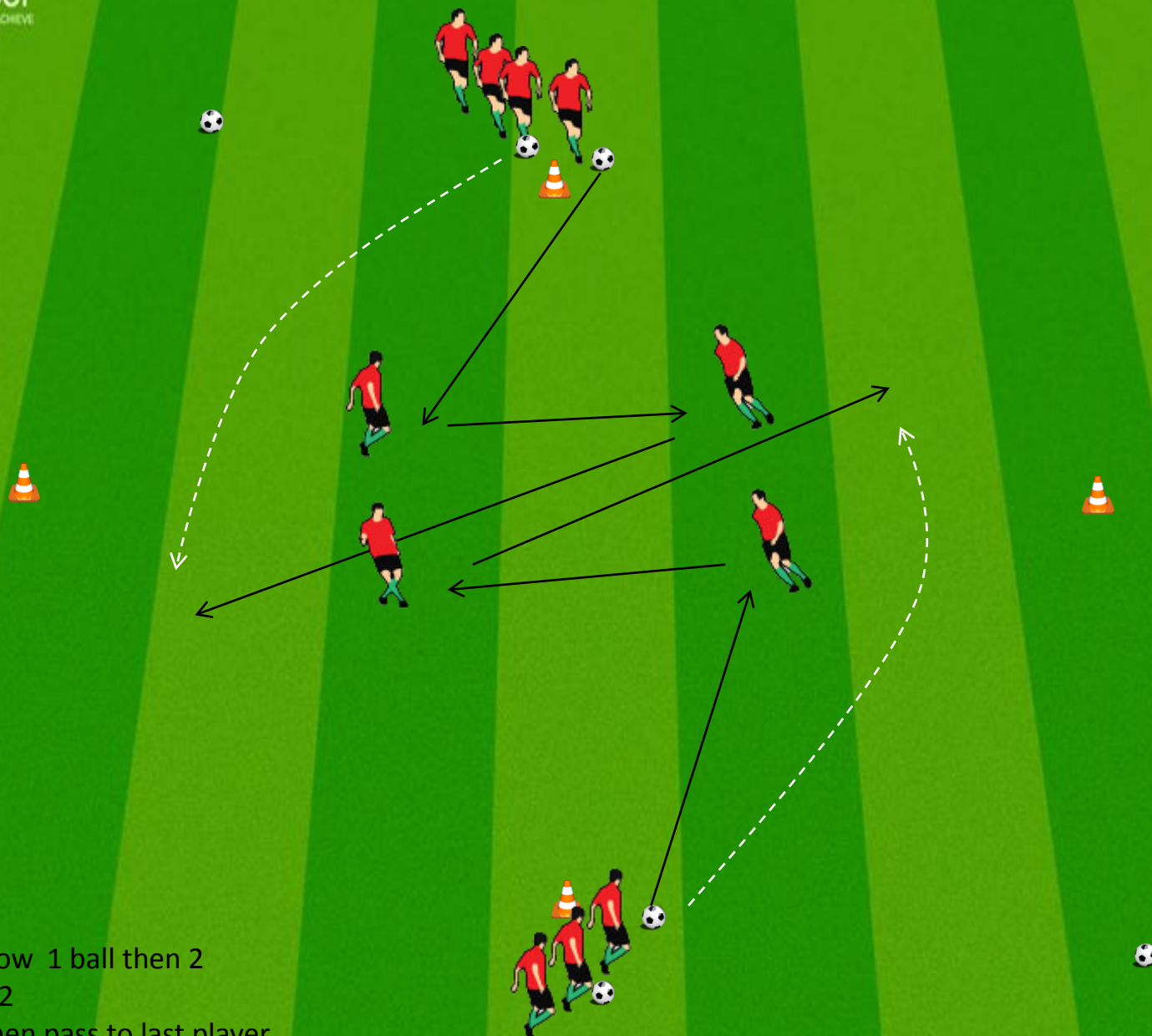


1. Pass and follow 1 ball then 2
2. Pass then 1-2
3. Pass set up then pass to last player

Session #11

Session Plan

1. Technical warm ups with progression



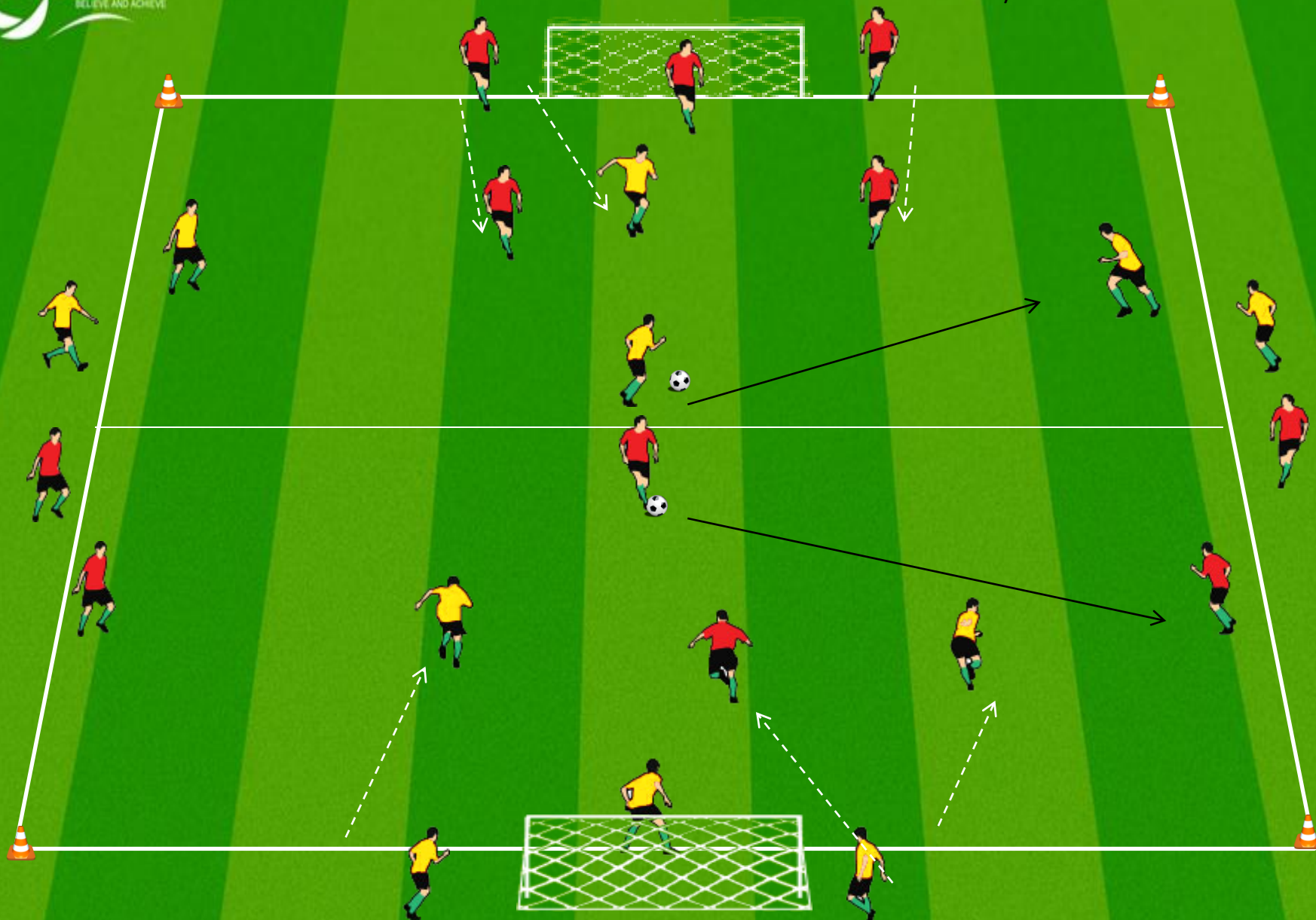
1. Pass and follow 1 ball then 2
2. Pass then 1-2
3. Pass set up then pass to last player

Session #12

Technical/ Tactical

1.4 v 3 overload drill

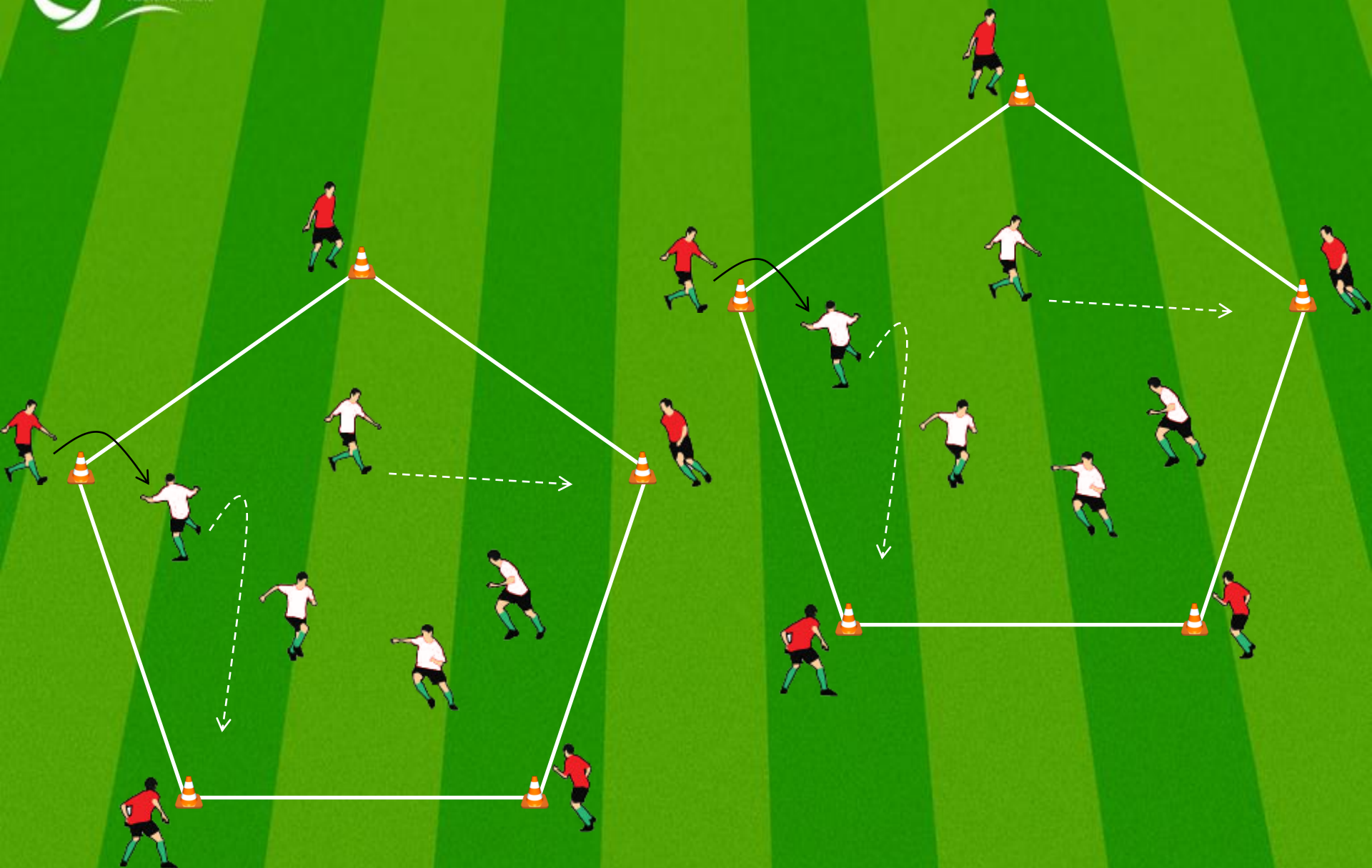
2. Work on defenders/ attackers



Session #13

Physical 7m head, volley, pass, chest

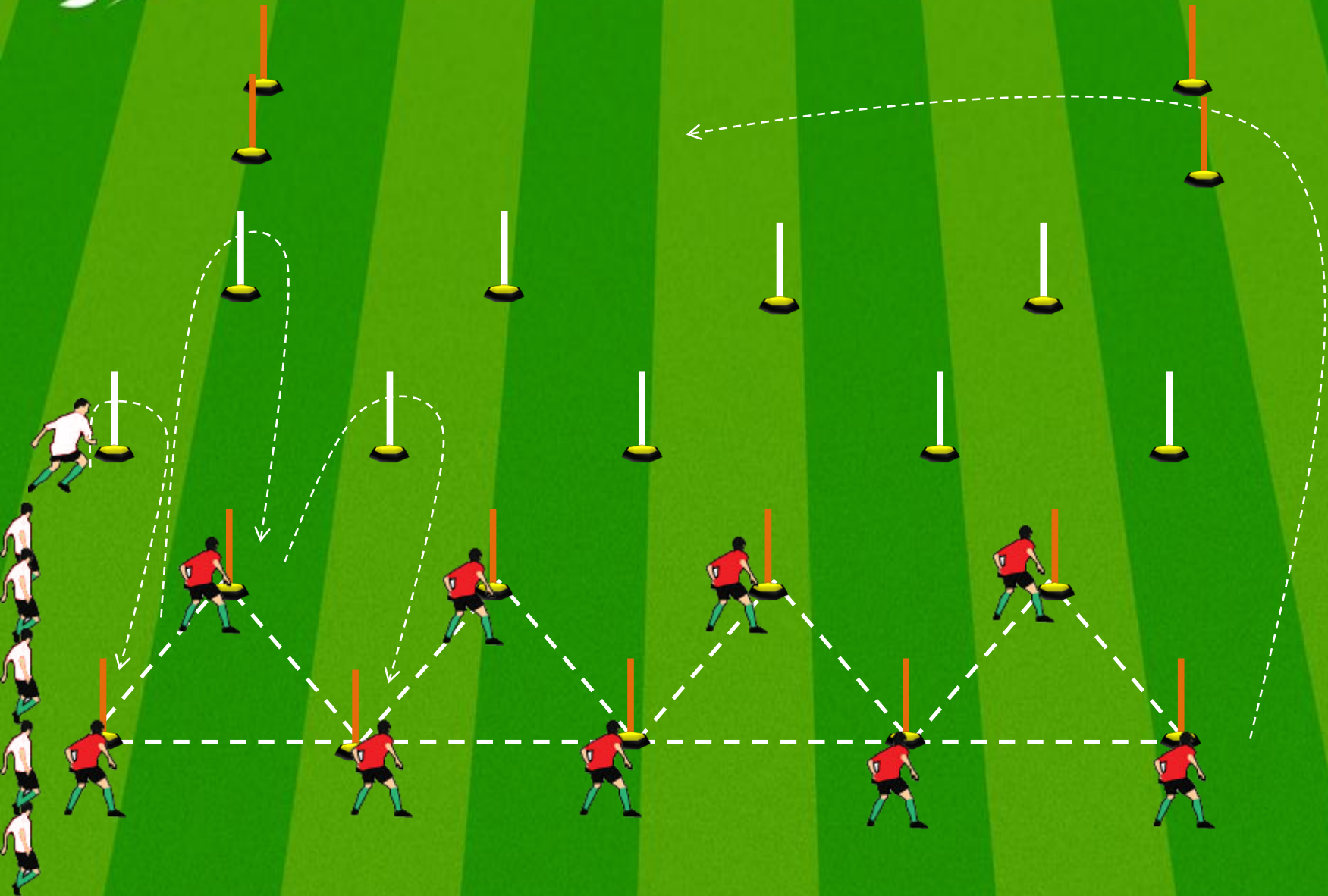
Each player 7 sets x 1 min

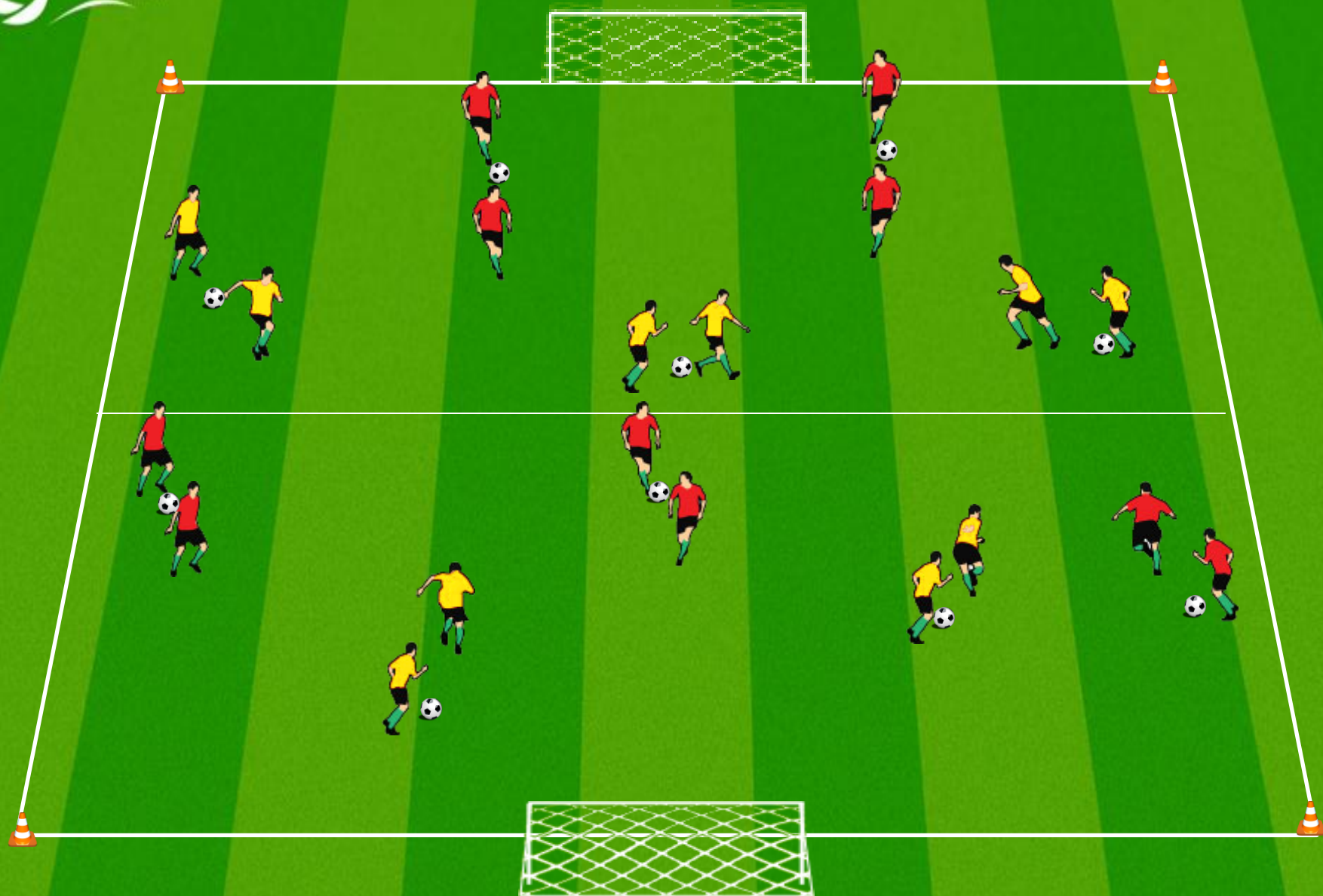


Session #14

Physical 300m run

Each 2 sets x 3 x 300m run





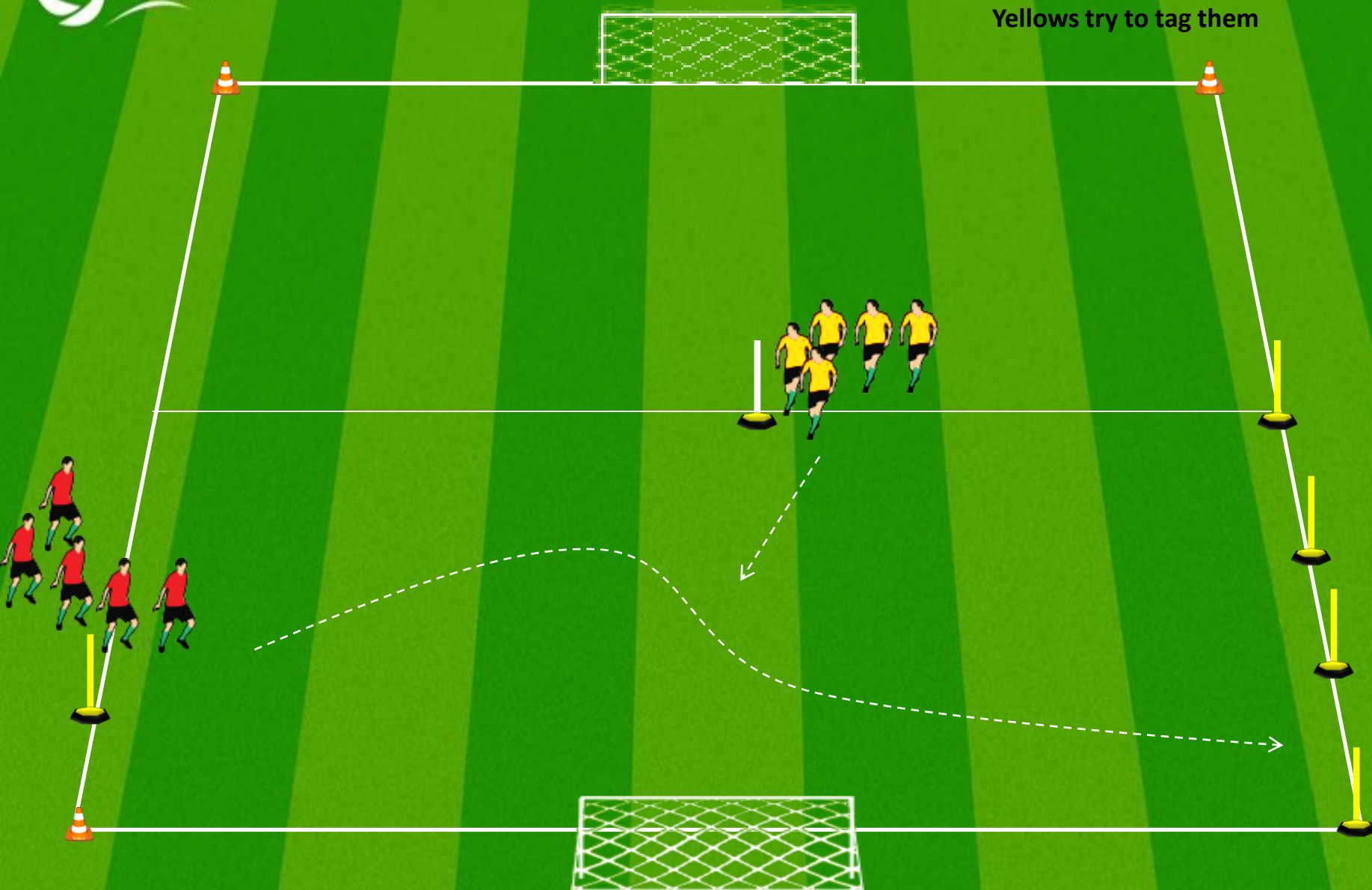
Session #16

Physical - Sprints

1.5 x 10 sprints v defenders

Reds try to get through yellow cones

Yellows try to tag them



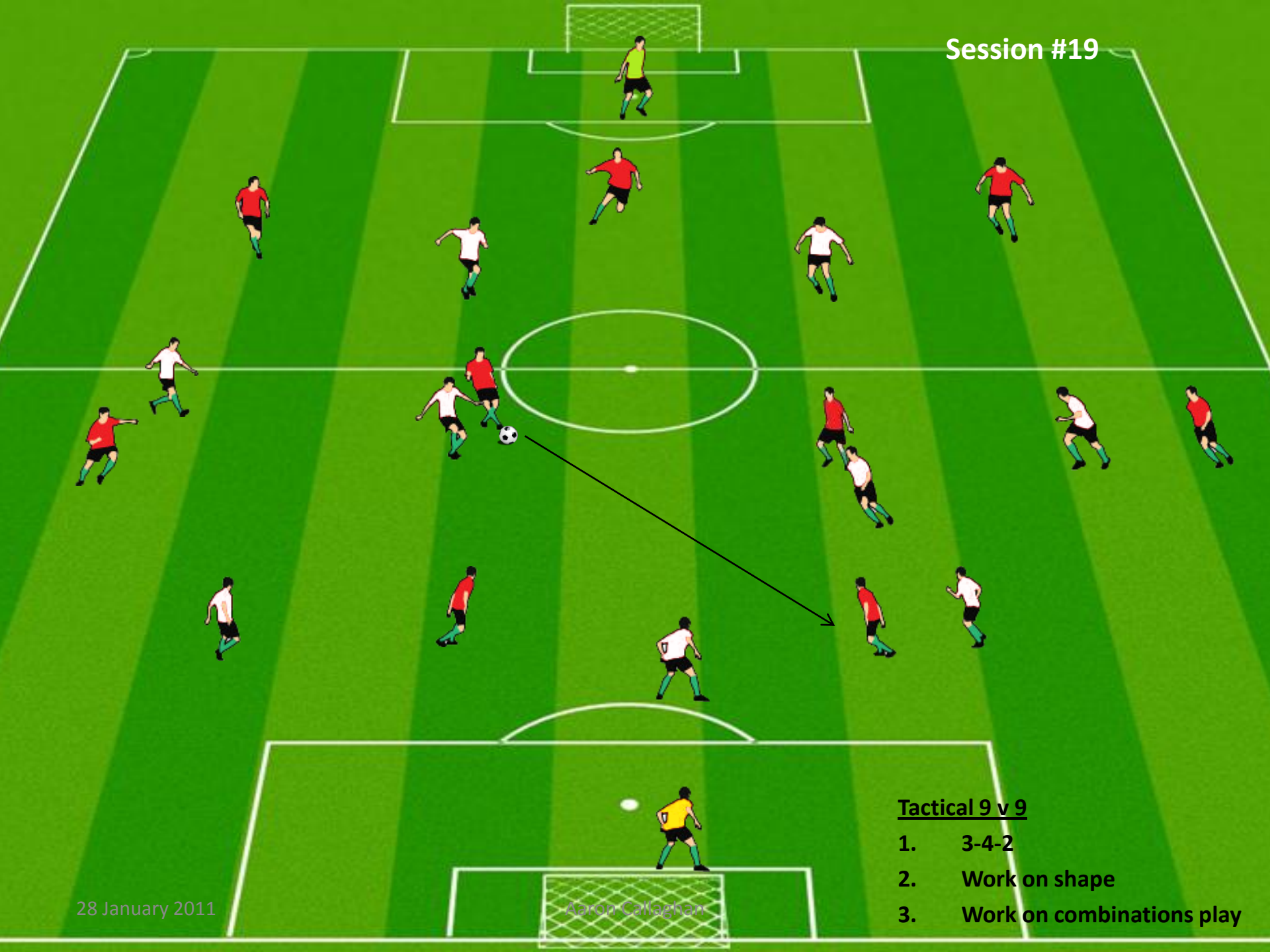


Session #18

Technical/ Tactical with goals

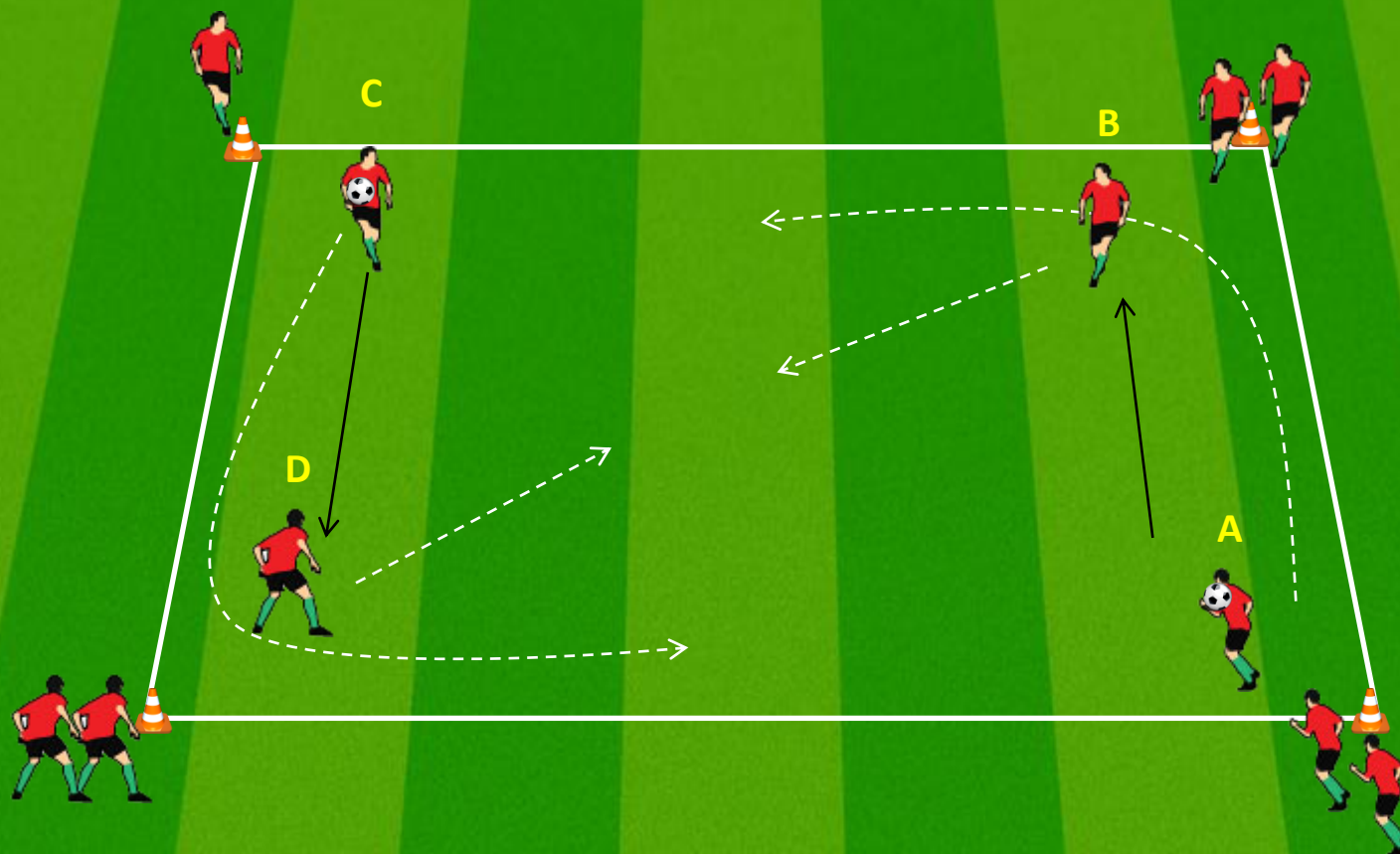
1. 6 v 6 + 6 transition
2. Defenders to score on goals





Tactical 9 v 9

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



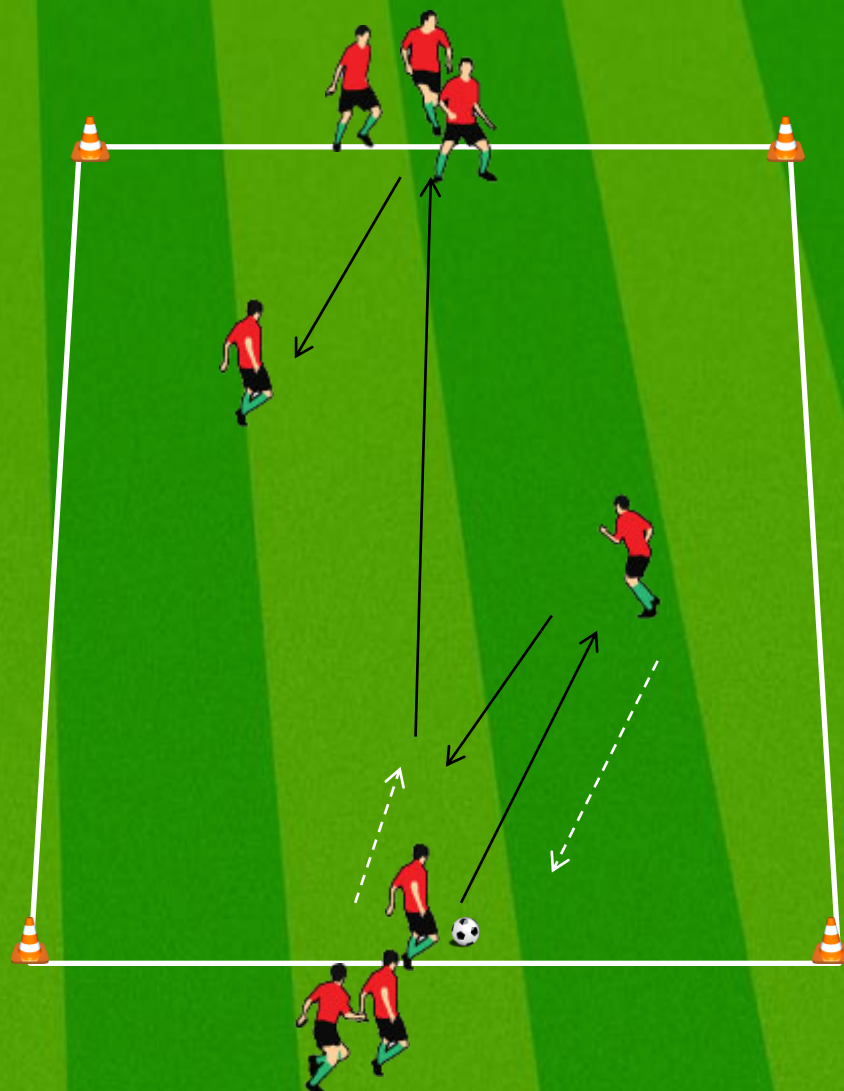
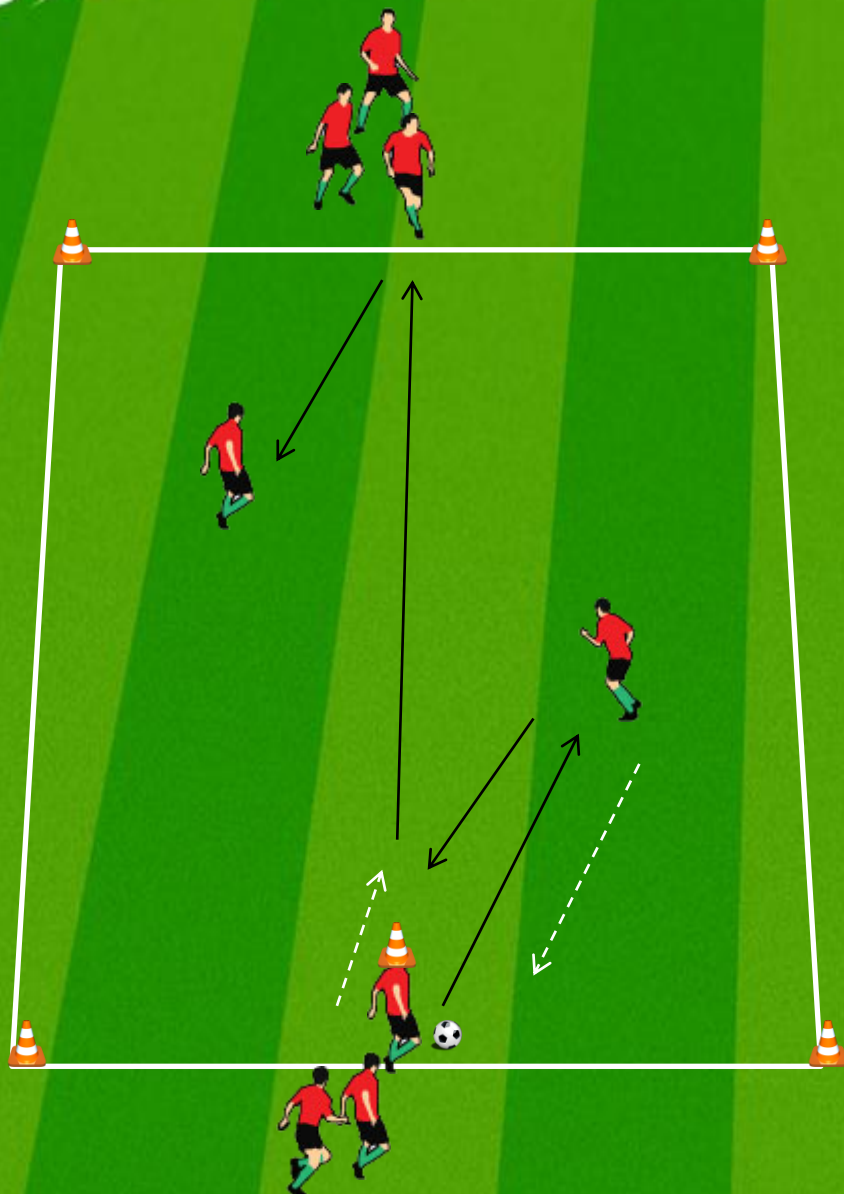
Warm up throw then pass

1. A throws ball to B (C and D do same)
2. A overlaps B and collects other ball from D
3. A, B, C and D sprint diagonal run after movement

Session #21

Technical session

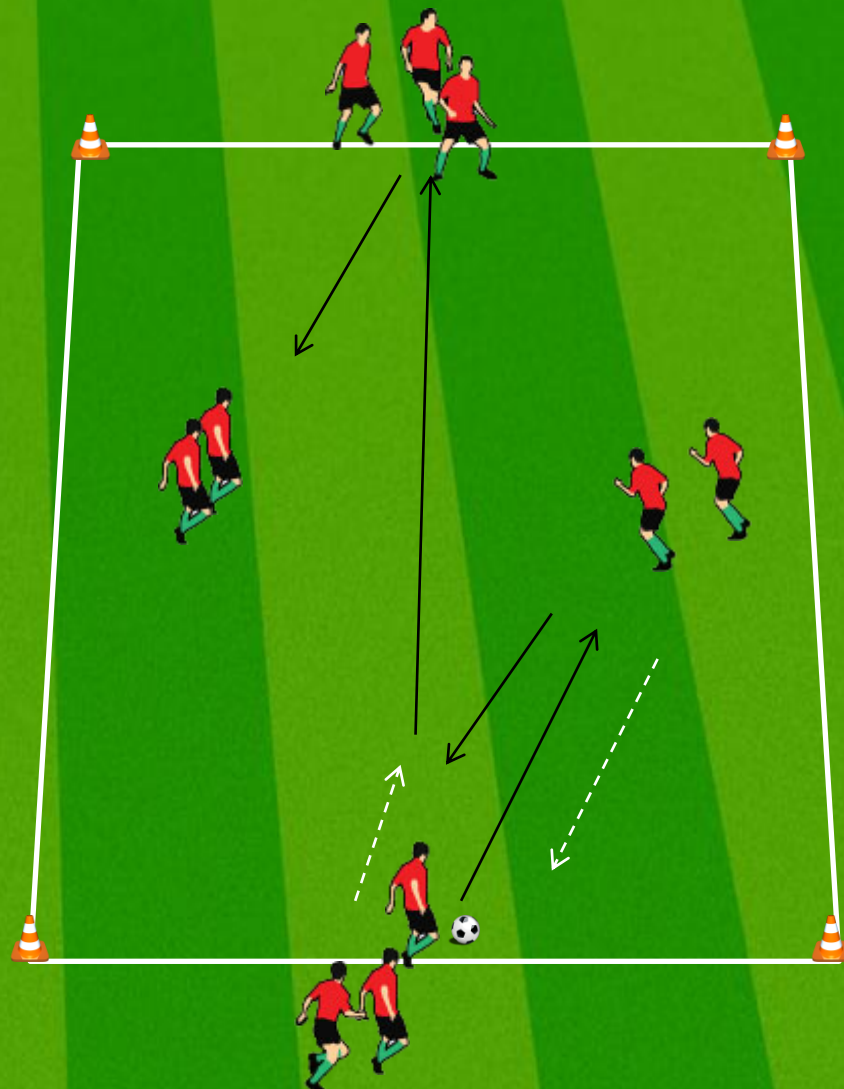
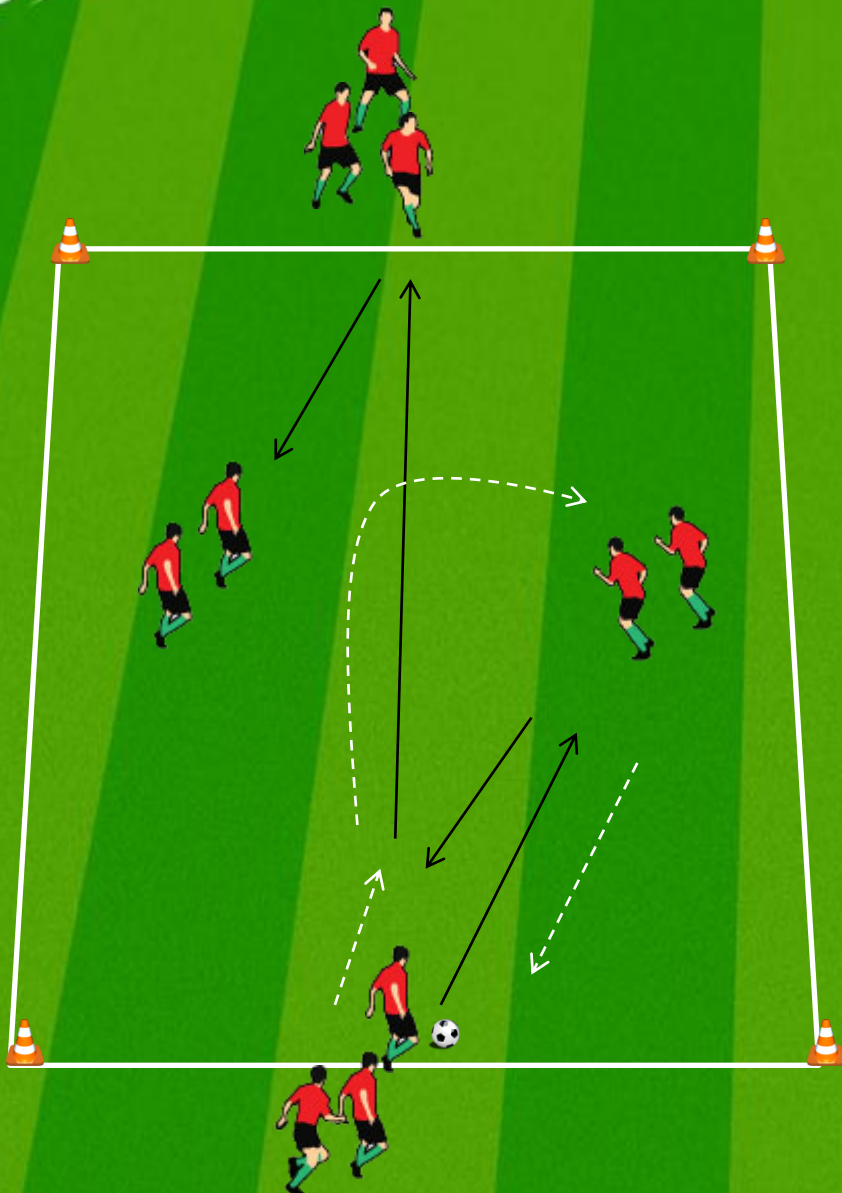
1. Pass and change with passer
2. Pass and sprint to next cone



Session #22

Technical session

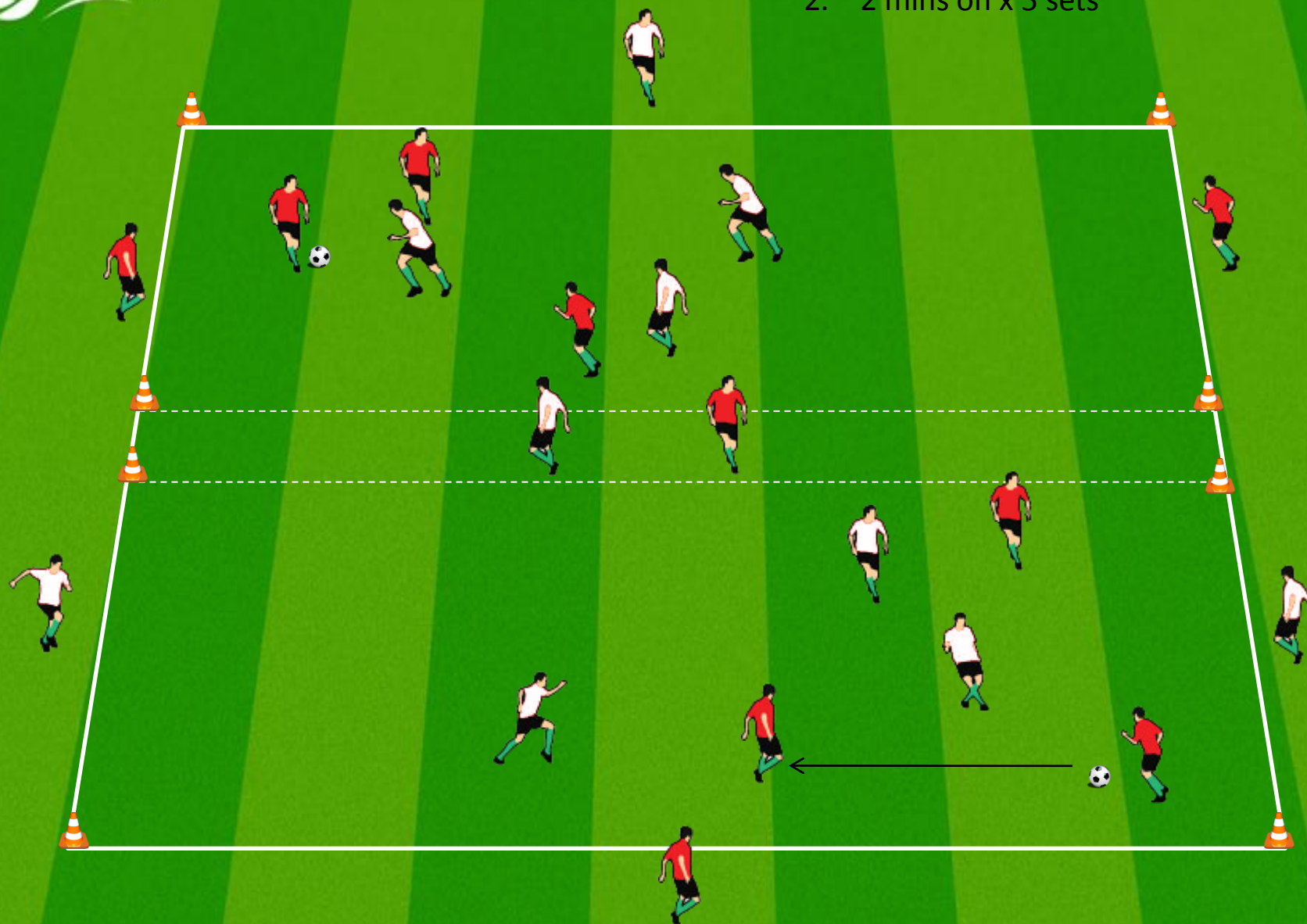
1. Pass and check to right & Left
2. Pass with 1-2 and become passive defender



Session #23

Technical & Tactical 30 x 20 grids

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



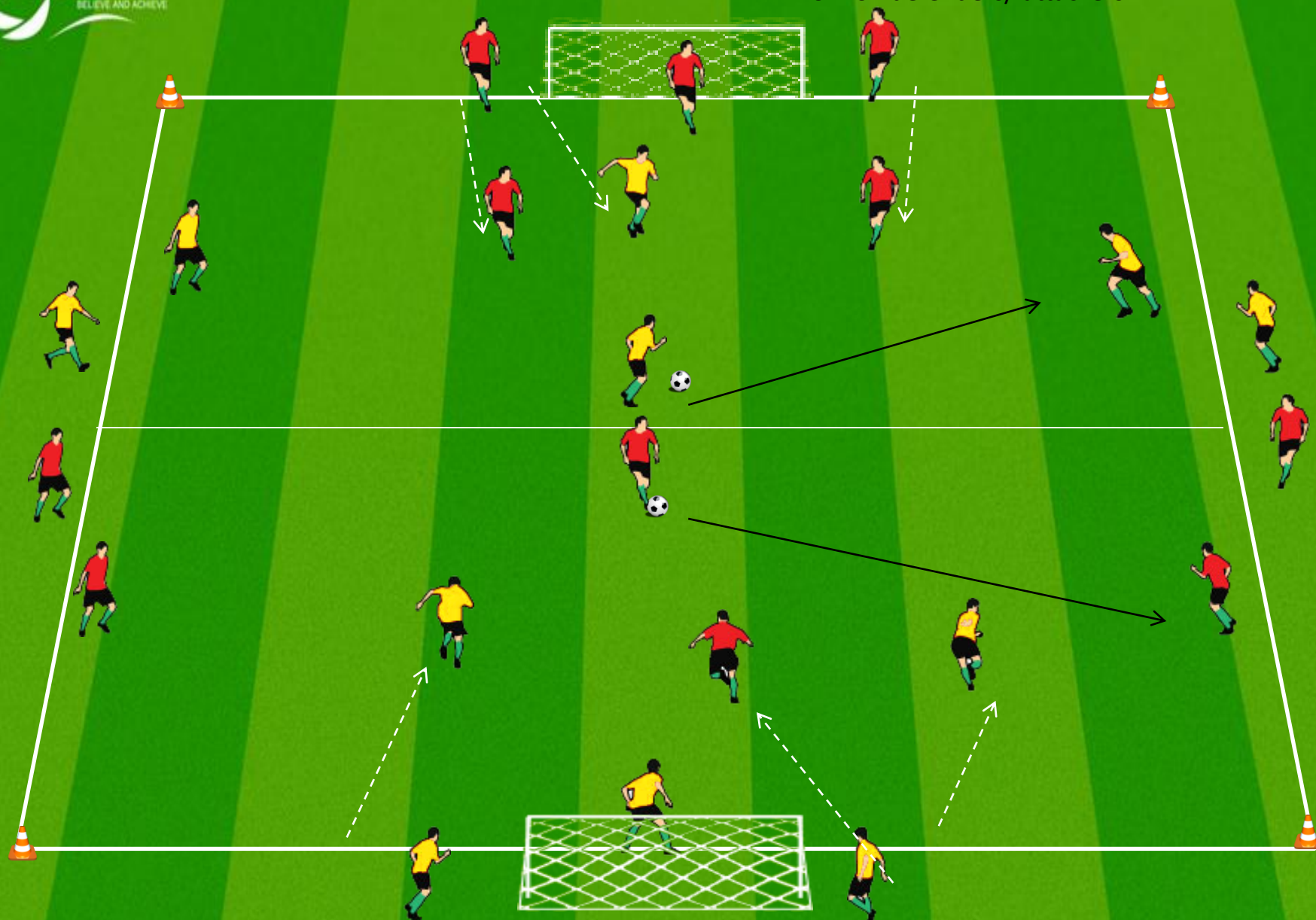


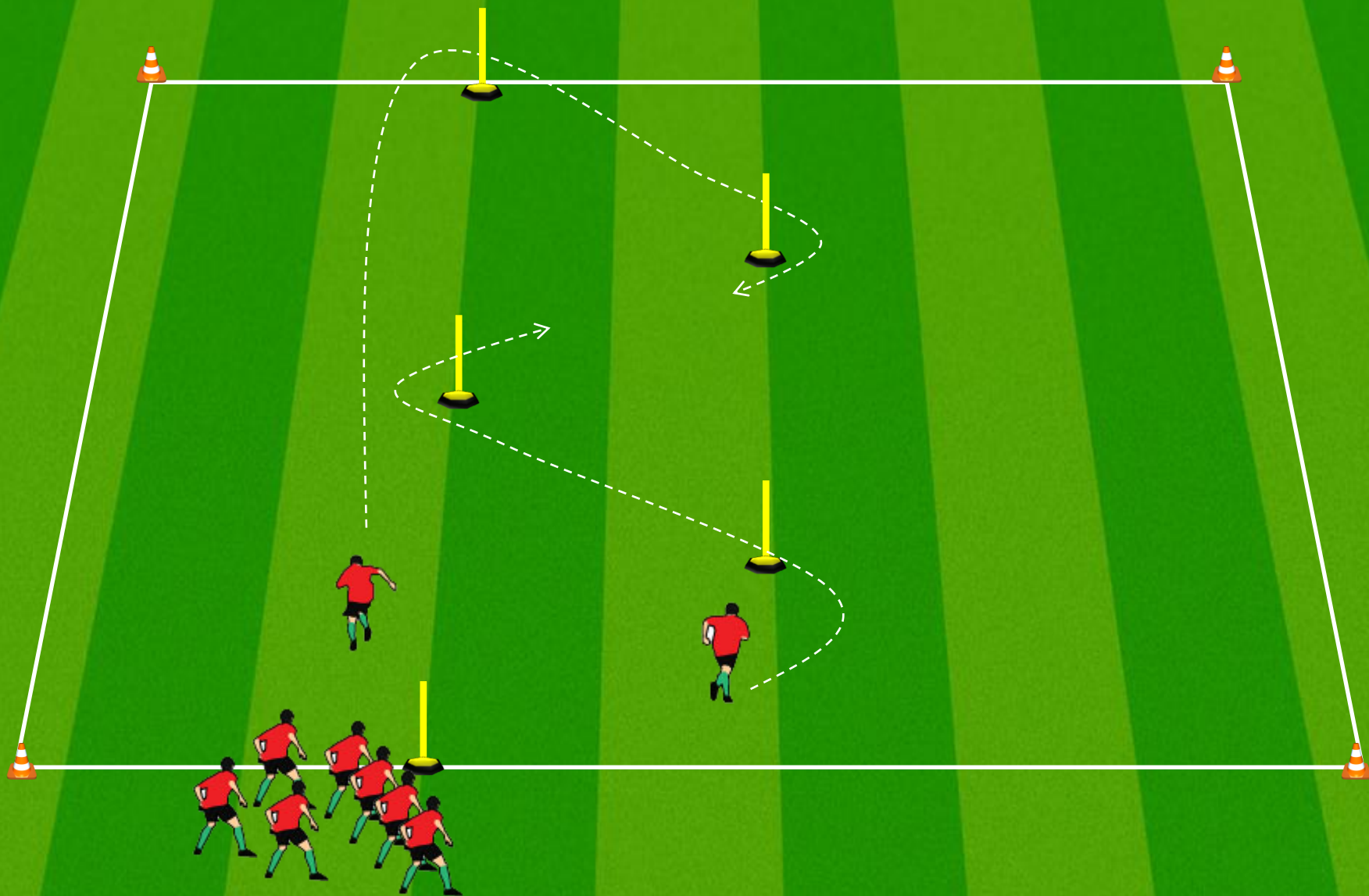
Session #25

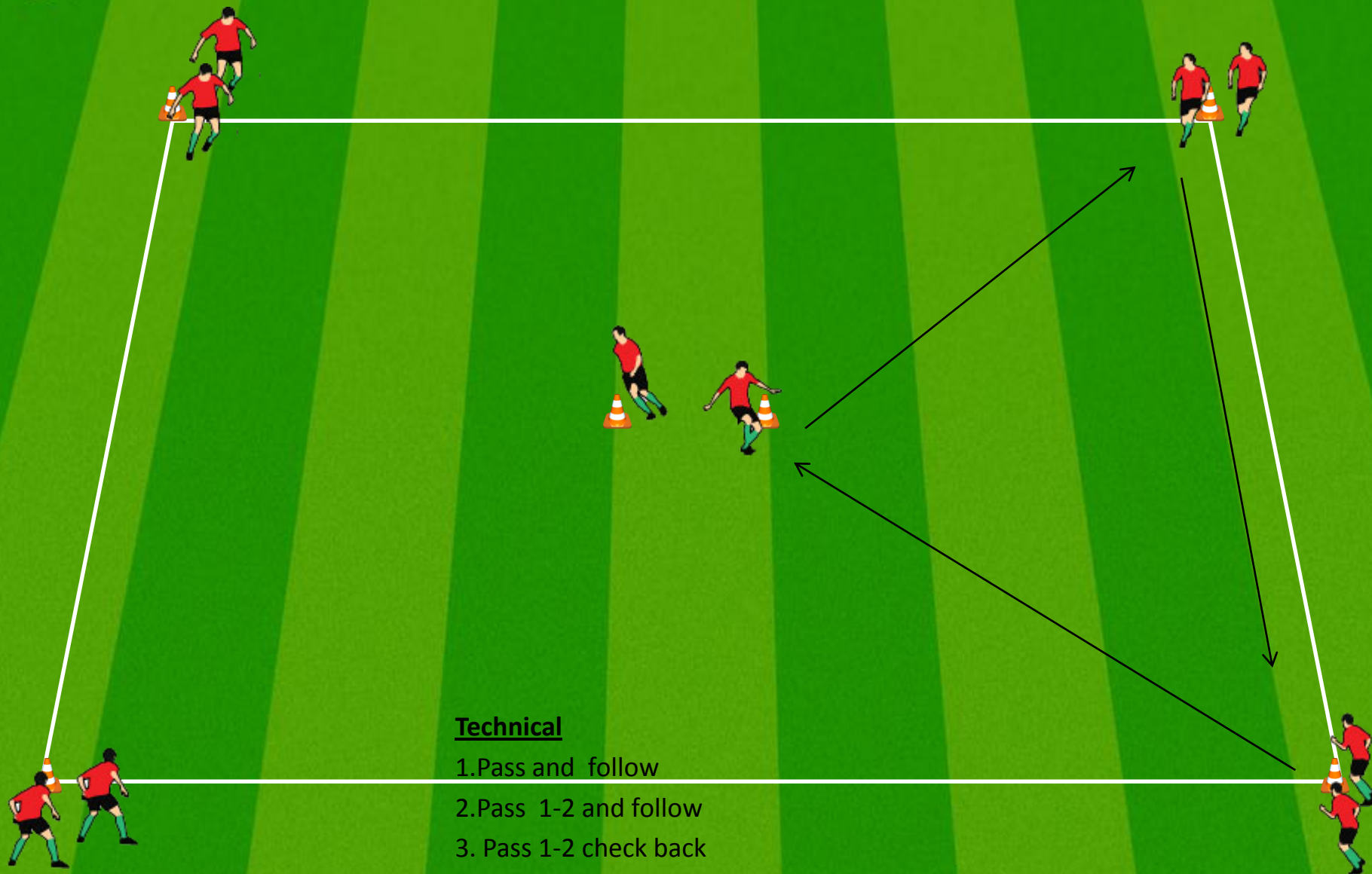
Technical/ Tactical

1.4 v 3 overload drill

2. Work on defenders/ attackers







Technical

1. Pass and follow
2. Pass 1-2 and follow
3. Pass 1-2 check back
4. Pass in triangle then open out big square

Session #28

Technical & Tactical 30 x 20 grids

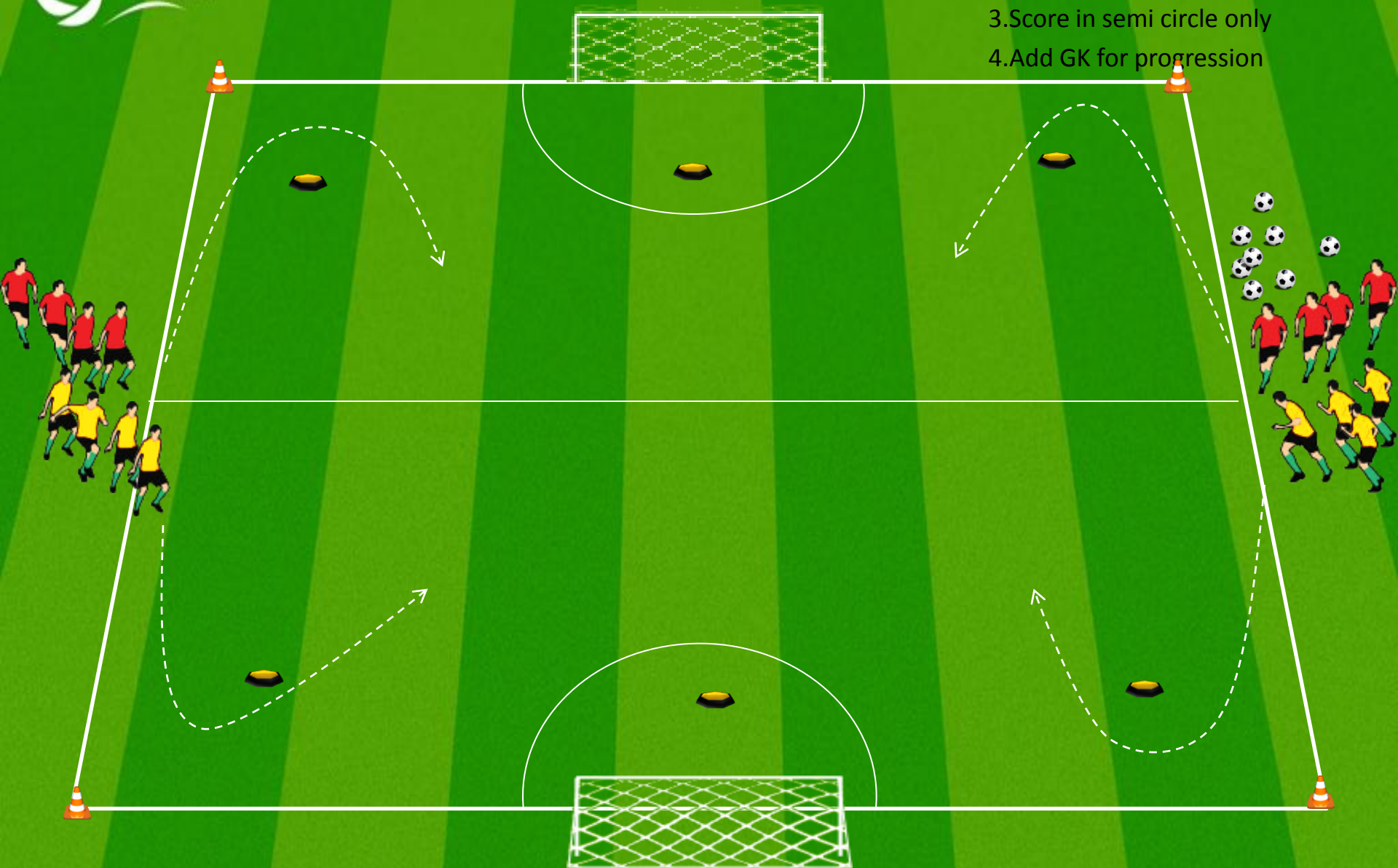
1. 4 v 4 with defending team dropping 1 player off



Session #29

Physical sprint & Tactical

1. Sprint 15m then defend or attack
2. Play 1 v 1 to 4 v 4
3. Score in semi circle only
4. Add GK for progression



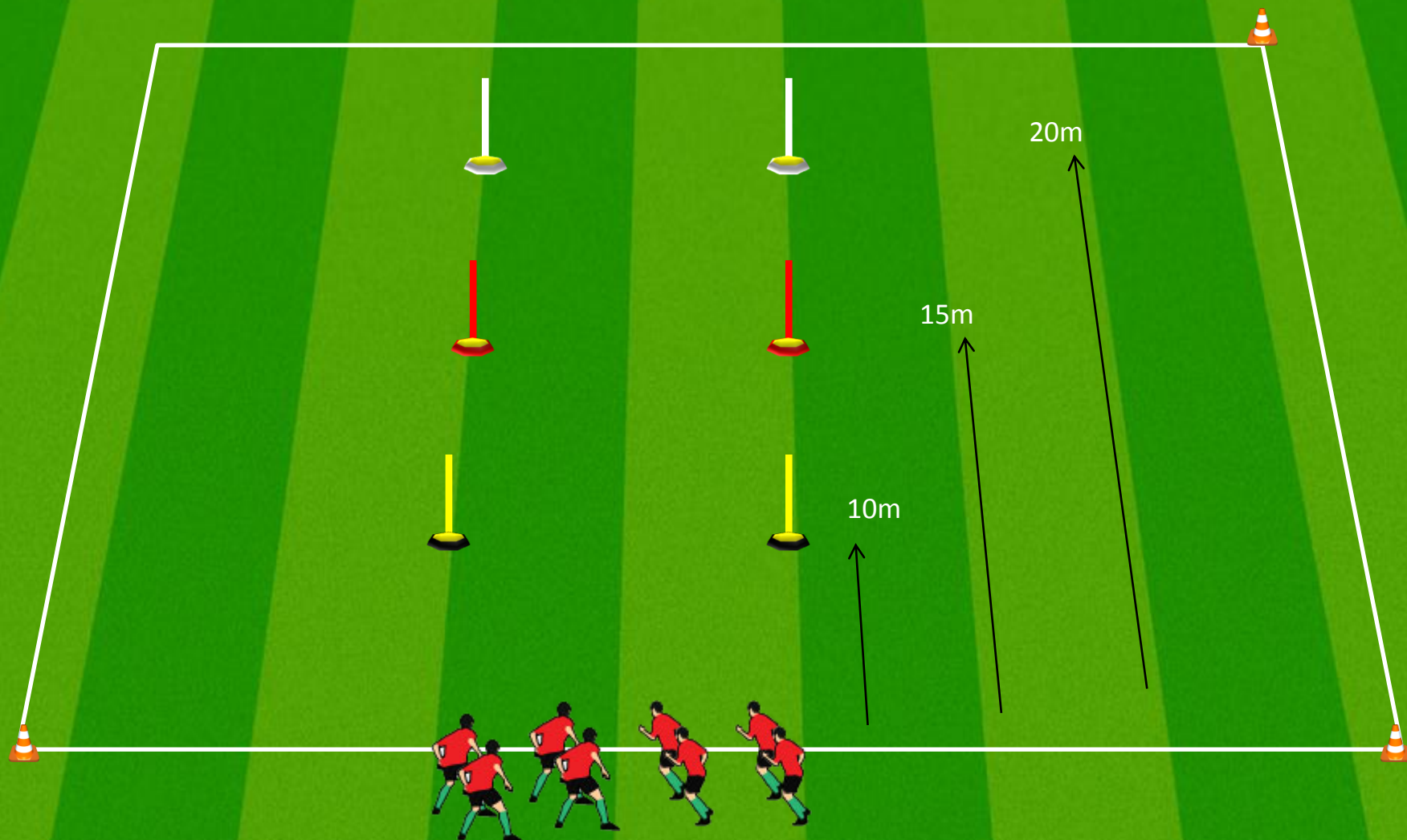
Session #30

Sprints

1.8 x 10 – 5 sec rest = 1 set

2.8 x 15 – 5 sec rest = 1 set

3.8 x 20 – 5 sec rest = 1 set



Session #31

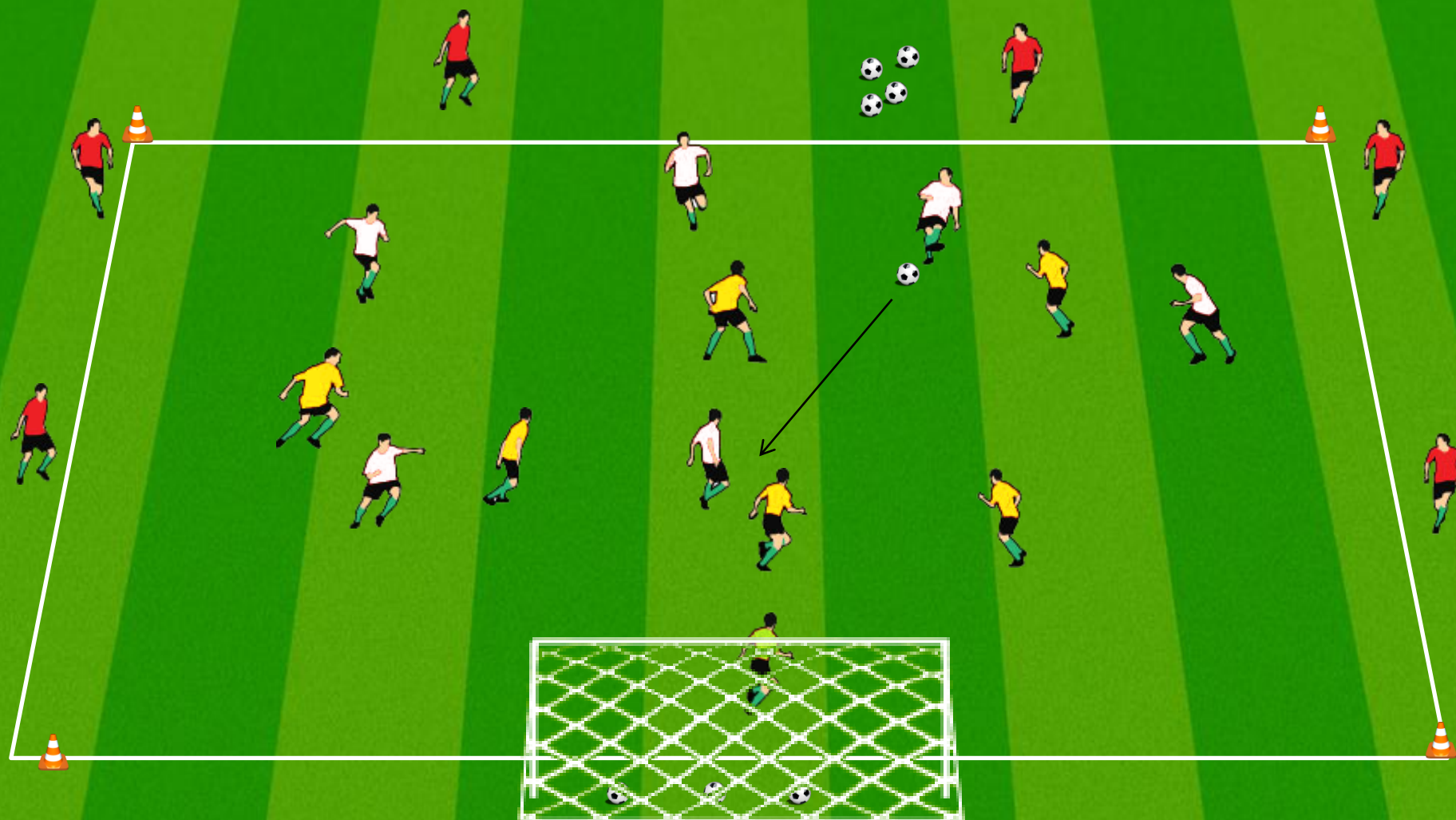
Technical / Tactical

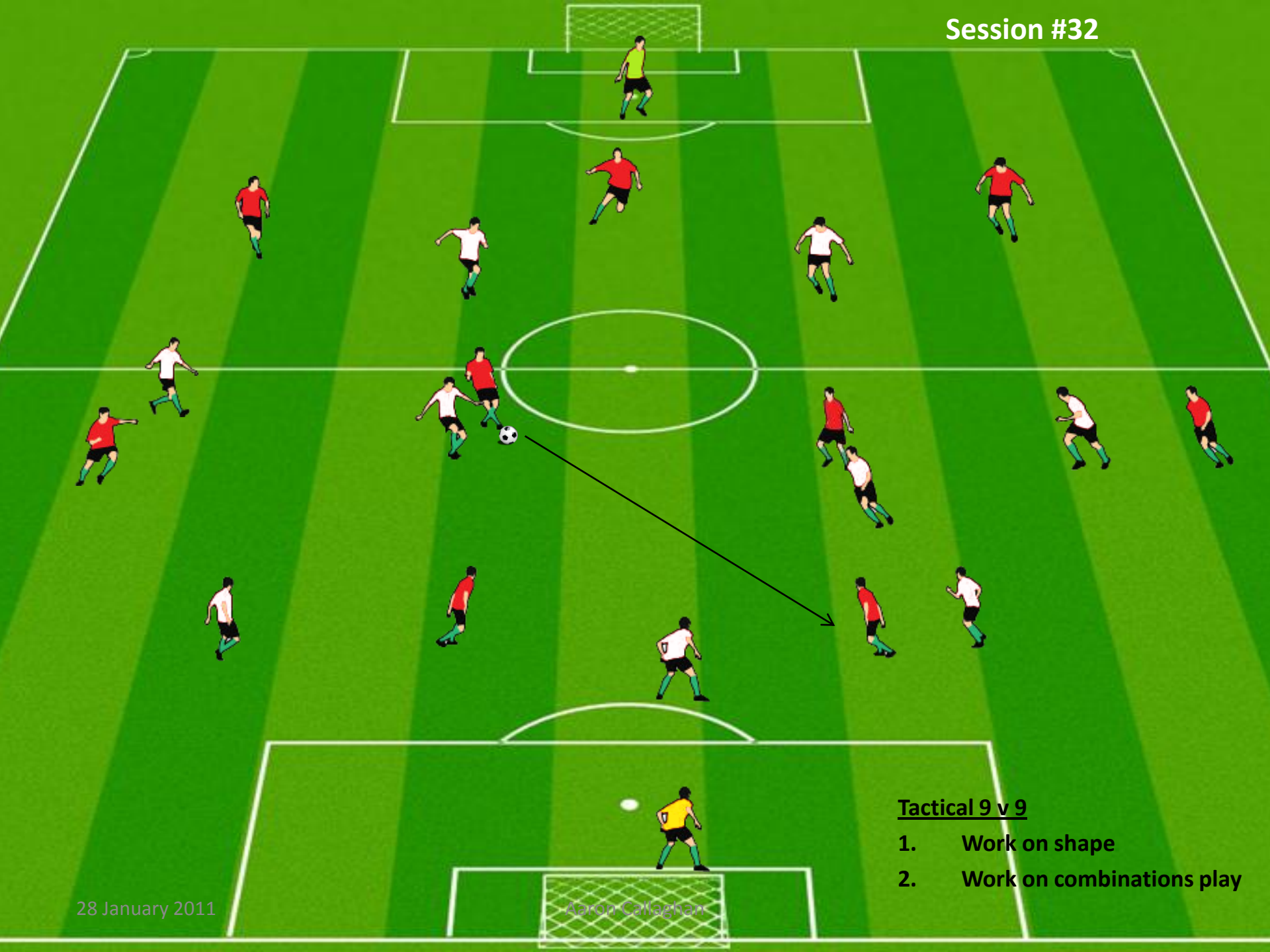
1. 6 v 6 transition game

2. After team attacks they become defenders

3. Team outside area become attackers

3. Work on combination plays & defending





28 January 2011

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Tactical 9 v 9

1. Work on shape
2. Work on combinations play