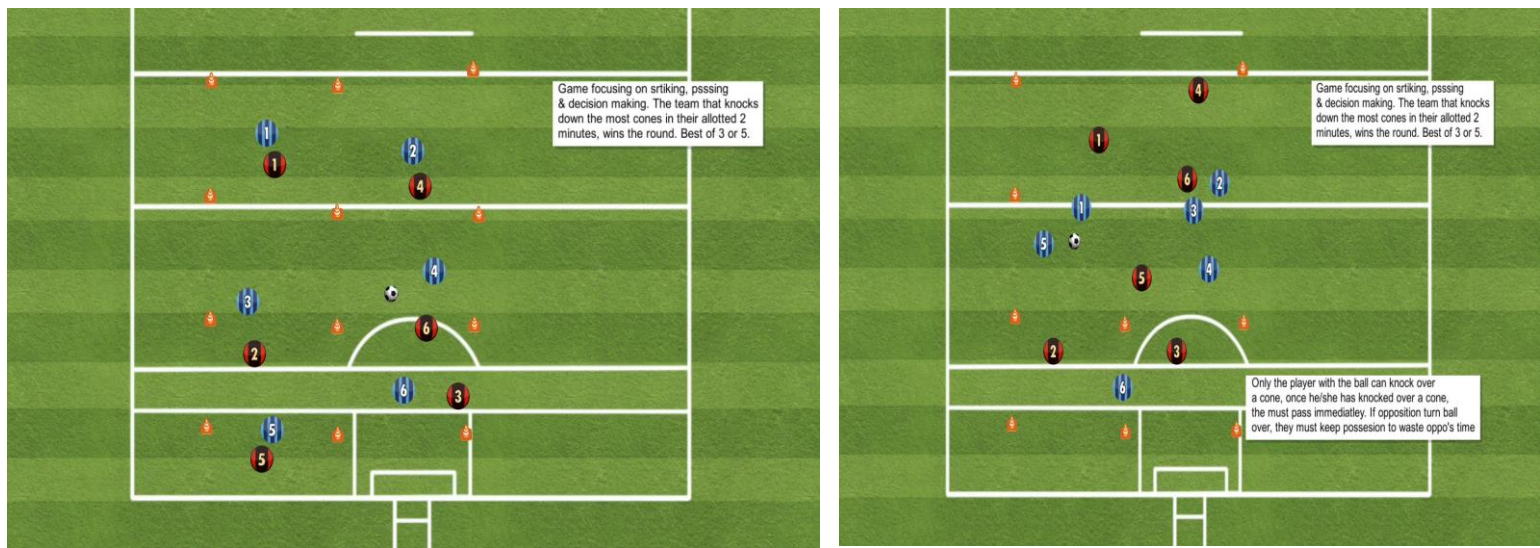


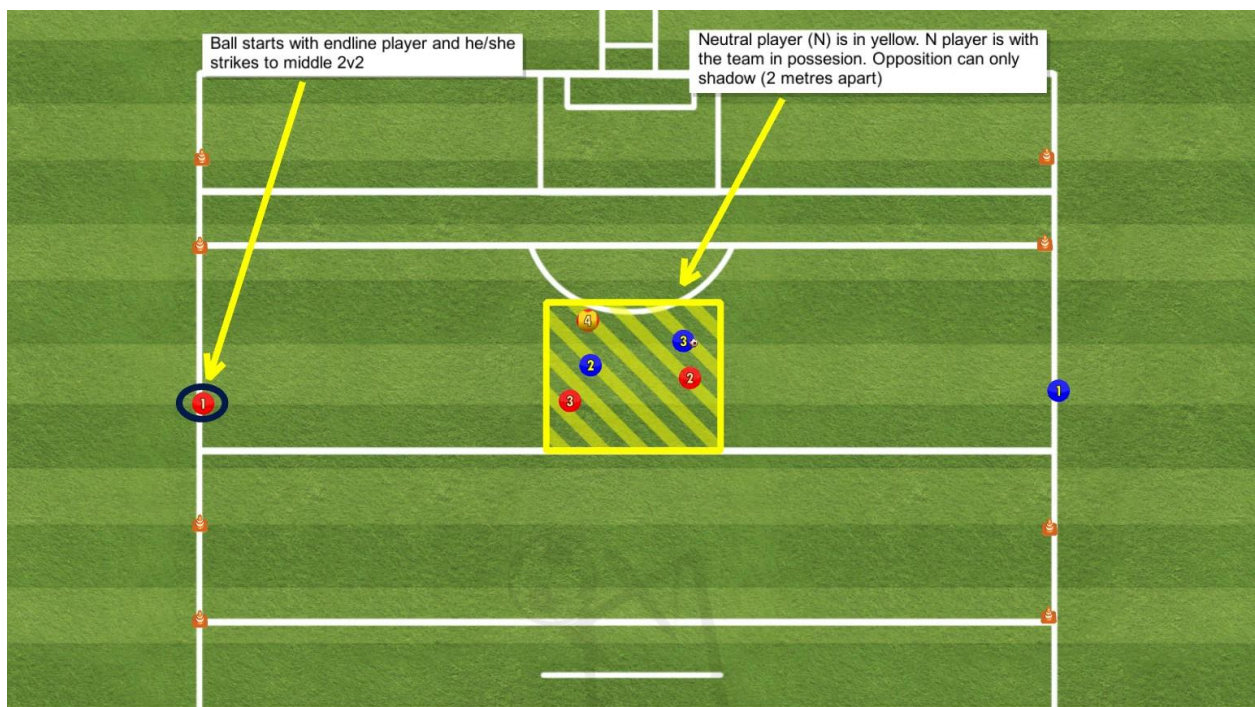
Session plan

- Each session begins with a dynamic warm up
- Youth and adult players will have completed their activation exercises prior to warm up
- Skill development takes place in the warm up and cool down
- Warm up will be 15-20 mins and cool down will be 10-15mins
- Skill development includes refinement of striking both long and short, hand passing, pick up and catching
- The main body of the session will be mostly games based (1 hour)

1 – Striking, Change of direction (COD) & work rate



2 – Technical work (Ball striking under pressure)



3 – Match based scenario (scoring)

