

Topic = Technical Fitness Session I

Coach = Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * Set up gates that are 3 yards wide and five yards apart. * Servers will be standing with a ball by a cone set up 15 yards away from the gates. * Players run through the gates and play a 1-touch pass back to the server who has played a ball on the ground. * The player must then turn, run back through the gate and go to the next gate and repeat the technical movement. * When a player reaches the last gate they must sprint back to the first gate and start again, for a set time 	<ul style="list-style-type: none"> • Encourage sharp movements through the gates • Good serves from the server • Good sprint when they get to the last gate back to the start • Focus on quality Technique <p>Variations: side volleys, 2 touches, headers, chest/thigh reception, different cone distances</p>
<p style="text-align: center;">MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * Set up cones in a zigzag shape diagonally 10 yards apart. * Have a player with a ball at each cone. The rest of the players should be in line at the starting cone. * Each moves in a zigzag motion to each cone and plays a one-time pass back to the server * The players change direction quickly after passing the ball back * When a player gets to the last cone THEY must sprint back to the start and begin the activity again. 	<ul style="list-style-type: none"> • Encourage sharp movements through the gates • Good serves from the server • Good sprint when they get to the last gate back to the start • Focus on quality Technique <p>Variations: side volleys, 2 touches, headers, chest/thigh reception, different cone distances</p>
<p style="text-align: center;">MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * In Grid A teams play 4v4 and score by passing a ball through a gate to a team-mate * If the ball goes out of the grid the coach plays a new ball in. * The player that gets the ball first has possession * Teams Play for 3 minutes * In Grid B players dribble with a ball * After 3 minutes which ever team won stays in Grid A and the team from Grid B switches with the losing team. * If it is a tie, which scored the last goal wins 	<ul style="list-style-type: none"> • Progress so that teams can either dribble or pass through the gates to score.
<p style="text-align: center;">MATCH CONDITION ACTIVITY</p>	<ul style="list-style-type: none"> * 6 V 6 including Goalkeepers * Players must be past mid-field for a goal to be scored. 	<p style="text-align: center;">KEY TO DIAGRAMS</p> <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p>○ = Ball</p> <p>😊😊 = Players</p> <p>← - - - - → = One/Two Pass</p> <p>▲ = Cone</p> </div> <div style="width: 45%;"> <p>→ = Run</p> <p>👤 = Coach</p> <p>🏆 = Goal</p> </div> </div>
<p style="text-align: center;">COOL DOWN</p>	<p>Players throw, roll and catch the ball in pairs. Stretch</p>	