



SESSION TOPIC:

PLAN #:

Phase 1: Warm Up

10

Organization /Set up:

Coaching Points/Key Factors:

Phase 2: Activity

15

ORGANIZATION/Set up:

Coaching Points/Key Factors:

Phase 3: Game

11v11 Game

80/90

ORGANIZATION/Set up:

- 11v11 Set up the team with the following shape;
 - 1 Goalkeeper
 - 4 Defenders
 - 3 Midfielders
 - 3 Forward
- OR
- 11v11 Set up the team with the following shape;
 - 1 Goalkeeper
 - 4 Defenders
 - 5 Midfielders
 - 1 Forward

Coaching Points/Key Factors:

"LET THEM PLAY"
But !

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COOL DOWN:

Light Movement & Players feedback

5