

HOW WE TRAIN

Sessions begin with arrival games that immediately engage players on the ball, setting the technical and cognitive tone for the session.



1 ARRIVAL GAMES

TECHNICAL PRACTICE 2



The session's technical focus is developed through practices that emphasise quality execution, detail, and repetition with intent.

Players are then challenged to apply the technical focus under pressure, making decisions against opponents in realistic scenarios.



3 OPPOSED & DECISION MAKING PRACTICE

GAME TRANSFER & REFLECTION 4



Small-sided games allow learning to appear naturally. The session theme is reinforced through game conditions that reflect real match demands.