

Introduction

Session 1

Practice 1	Passing and Possession Warm-Up	11
Practice 2	Coordinated Global Circuit - Technical and Mobilisation	12
Practice 3	Passing, Receiving and Creating Space	13
Practice 4	Possession and Speed of Play in a Small Sided Game	15
Practice 5	Game Situation – Fast Break Attack	16
Practice 6	Create and Exploit Numerical Advantage in a SSG	17

Session 2

Practice 1	Passing Combination Warm-Up	19
Practice 2	Speed Circuit Training	20
Practice 3	4 v 2 Possession - Passing, Receiving and Speed of Play	22
Practice 4	Dynamic Passing and Possession Game	23
Practice 5	Dynamic 4 v 4 Possession Small Sided Game	25
Practice 6	Quick Transition Play and Finishing in a SSG	27

Session 3

Practice 1	Technical Dribble and Pass Warm-Up	30
Practice 2	Football Speed and Strength Tests	31
Practice 3	Game Situation – Playing from the Back	32
Practice 4	Double 2 v 2 with Drop Deep to Attack in a SSG	34
Practice 5	Technical Passing and Shooting	35
Practice 6	Dynamic 8 v 4 ‘Quick Play’ Small Sided Game	36

Session 4

Practice 1	Rugby Rules Coordinative Warm-up	39
Practice 2	Acceleration and Speed Endurance Training	40
Practice 3	Technical Ball Control - Moves / Feints	42
Practice 4	Technical Dribbling, Feints and Moves	43
Practice 5	Attacking and Defending (Frontal Marking) Drill	44
Practice 6	1 v 1 Duel - Feints, Dribbling and Change of Direction	45

Session 5

Practice 1	Warm-up - Rugby Rules Small Sided Game	47
Practice 2	Acceleration, Speed, Agility and Resistance Training	48
Practice 3	1 v 1 Duel - Feints and Dribbling	49
Practice 4	Lateral Marking and Forcing Play in 1 v 1 Duel	50
Practice 5	Technical Dribbling, Feints and Shooting	51
Practice 6	2 v 2 Tournament Style Small Sided Games	52

Session 6

Practice 1	Technical 1 v 1 Warm-Up	54
Practice 2	Coordinated Global Circuit - Technical Speed and Agility	55
Practice 3	Game Situation – Transition Play	56
Practice 4	Technical Ball Control and Dribbling Circuits	58
Practice 5	Attacking and Defending with Back to Goal	60
Practice 6	Game Situation – Collective Tactical Play of Movement	61

Session 7

Practice 1	Technical Passing and Receiving Warm-Up	64
Practice 2	Global Conditioning - Technical, Agility and Endurance	65
Practice 3	Ball Possession with Goalkeeper Zones	66
Practice 4	Game Situation – Marking from Crosses	68
Practice 5	Game Situation – Crossing and Finishing	69
Practice 6	Crossing and Finishing in a Small Sided Game	70

Session 8

Practice 1	Psycho-Kinetics (Think and Act Quickly) + Shooting Accuracy	72
Practice 2	Coordination, Agility and Speed Training	74
Practice 3	Switching the Play of Attack	75
Practice 4	Switching the Play of Attack with Overlap	77
Practice 5	3 v 3 Attacking and Defending Tactical Set Plays	79
Practice 6	Possession, Passing Accuracy and Receiving	80

Session 9

Practice 1	Ball Possession and Quick Transitional Play Warm-Up	82
Practice 2	The Yo-Yo Interval Recovery Test	83
Practice 3	1 v 1 Feints and Dribbling (Frontal Marking)	84
Practice 4	Getting In-behind the Defence and Attacking on Goal	86
Practice 5	Quick Possession and Transition Play to the Striker	87
Practice 6	Tactical Flank Play, Crossing and Finishing in a SSG	88

Session 10

Practice 1	Warm-Up - Transition Play and Heading SSG	91
Practice 2	Aerobic Conditioning in a Small Sided Game	92
Practice 3	Heading Finishing Accuracy	93
Practice 4	Psycho-Kinetics Dynamic Attacking Game	94
Practice 5	3 v 3 Quick Combinations and Finishing in the Box	95
Practice 6	Fast Breakaway Small Sided Game	96

Session 11

Practice 1	Midfielders- Interceptions and 1 v 1's	98
Practice 2	Global Conditioning - Technical and Speed of Play	99
Practice 3	Centre Backs - Tactical Defensive Positioning	100
Practice 4	Game Situation - 3 v 2 Attacking Play	101
Practice 5	6 v 6 Game Situations - Quick Combinations of Play	102
Practice 6	Speed of Play and Shooting Small Sided Game	104

Session 12

Practice 1	Technical Ball Control, Juggling and Volleying	106
Practice 2	Anaerobic Power with the Ball	107
Practice 3	1 v 1 Shielding the Ball	108
Practice 4	2 v 1 Attacking and Defending Game	109
Practice 5	Psycho-Kinetics (Think and Act Quickly) Possession Play	111
Practice 6	Create Space in a Zonal Small Sided Game	112