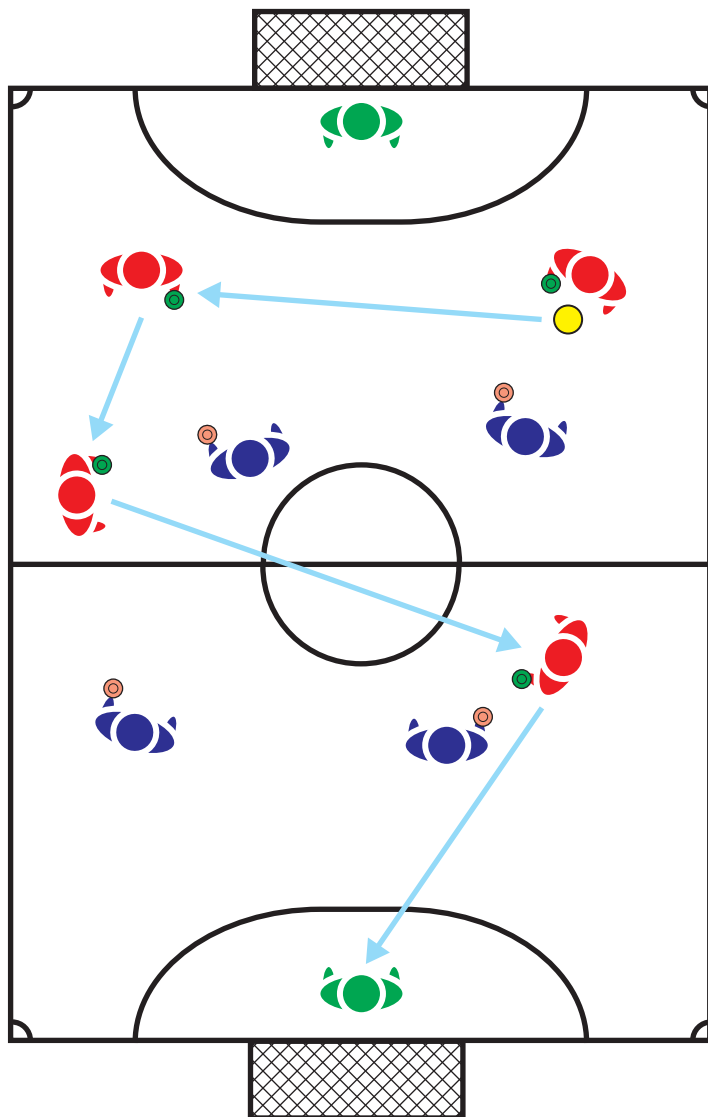


Session Title: Cones To The Ground

Date: 12/11/23



Games 5 mins:
One touch finish inside the D only
Passes equal goals - 3 passes 3 goals

Phase	Week 7 - Looking After The Ball Patience / Technique / Pass Quality
Time	6 min games then change team
Players	10 Players - multiple teams
Organisation	Players have a cone, which they drop when they make a successfully pass - to score all cones must be on the floor - if they lose possession, pick up cones before they can win the ball back. Prog 1 - Multiple coloured cones, can only win ball back off same colour Prog 2 - If they score, they start again with the ball from their GK
Key Coaching Points	Patience with the ball, don't force the pass Look to use the whole court, not just short On changeover go quick to get your passes in Work hard to collect to pick up a cone Make yourself available for the pass

1st Hour - CC fun warm-up
2nd/3rd Hour - AW warm-up
4th Hour - PW warm-up
Max time for warm ups 15mins
Include ER & EST when available

