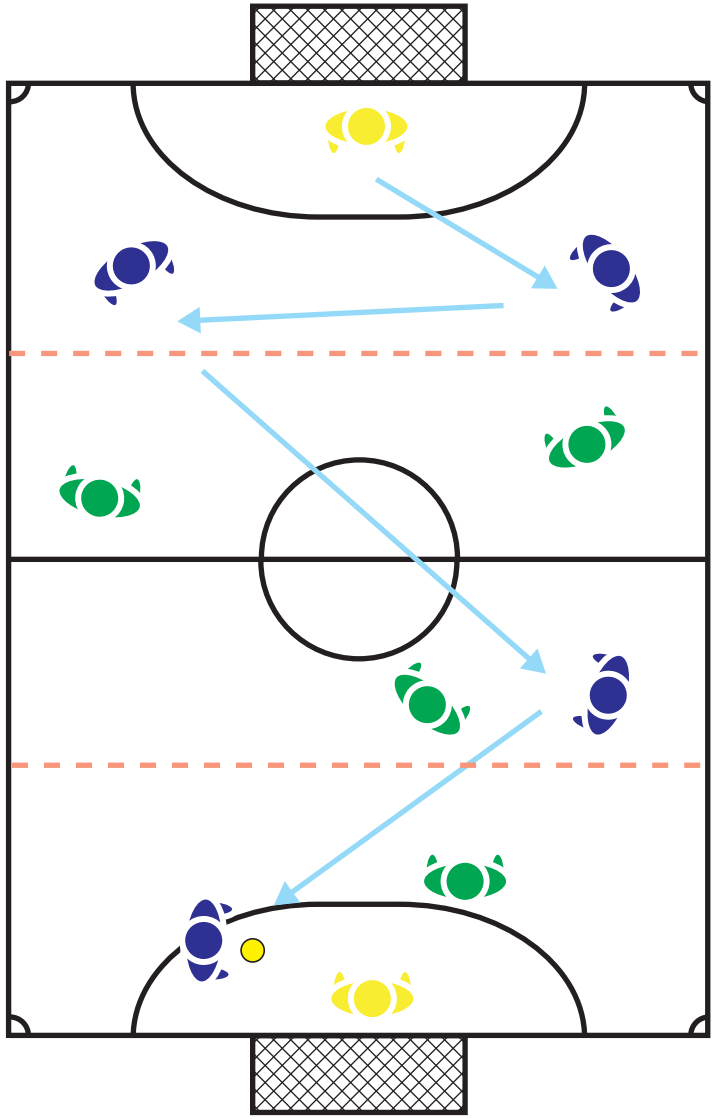
Session Title: Make The Court Big - Stretch It!

Date: 11/05/25



Match - Can only score with a 1 touch finish in the final zone - can't shoot from the middle zone.

Phase	Week 19 - Have players in various locations around the court - make it big!
Time	6min games, then swap players
Players	5v5 normal rules
Organisation	Court marked out in 3 zones. When your goalkeeper has the ball, make sure you have a players in each zone - OPP no restrictions. Prog 1 - Attackers can't enter Starting Zone until the players has 1st touch. Prog 2 - On any restart have one player in each zone. Prog 3 - After you played the ball must move to another zone.
Key Coaching Points	Why must we occupy each zone on a restart? Why shoud we drop 2 players back? Why should we move after each pass? Why do we use the sole of our foot? What happens if we stand still after a pass?

1st Hour - CC/TJ/EST fun warm-up
2nd/3rd Hour - PW warm-up
All session delivered by - CC
Max time for warm up 15mins
Include AD, EST, LP & others when available