

Name: LeeJay Templeton

Team: U10 B/G



Date: 22 Apr 19

Week: 1

Day: 1

TRAINING OBJECTIVE(S):

1. Basic ball handling and movements.
2. Taking directions and establishing what's going to happen at each training session.
3. Fun!

<p>1. Toe Taps 2. Shuffles 3. Step overs 4. Dribbling (Half to Goal Line) a. Pinky toe b. Fast as possible 5. Game of soccer Knockout</p>	<table border="1"> <tr> <td>I. WARM-UP</td> <td>Intensity: Low</td> <td>Activity Time: 10</td> </tr> <tr> <td>Duration: 10</td> <td>Intervals: 1</td> <td>Recovery Time: 1</td> </tr> <tr> <td colspan="3">ORGANIZATION (Physical Environment / Equipment / Players)</td> </tr> <tr> <td colspan="3">Each player has a ball and does a number of individual warm ups and dribbling movements.</td> </tr> <tr> <td colspan="3">COACHING POINTS / KEY CONCEPTS</td> </tr> <tr> <td colspan="3">1. Use all surfaces of the foot to do the warmups.</td> </tr> </table>	I. WARM-UP	Intensity: Low	Activity Time: 10	Duration: 10	Intervals: 1	Recovery Time: 1	ORGANIZATION (Physical Environment / Equipment / Players)			Each player has a ball and does a number of individual warm ups and dribbling movements.			COACHING POINTS / KEY CONCEPTS			1. Use all surfaces of the foot to do the warmups.		
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