

Name: LeeJay Templeton

Team: U12 B/G



Date: 23 Apr 19

Week: 1

Day: 1

**TRAINING OBJECTIVE(S):**

1. Basic ball handling and movements to readjust to the outdoor game.
2. Taking directions and establishing what's going to happen at each of the 10 training session.
3. Fun!

<p>1. Toe Taps → Adv Toe Taps            2. Shuffles            3. Pull overs.            4. Dribbling (Half to Goal line)            a. Pinky Toe            b. Fast as possible            5. Game of Soccer knock out.</p>	<table border="1"> <tr> <td><b>I. WARM-UP</b></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"><b>ORGANIZATION (Physical Environment / Equipment / Players)</b></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"><b>COACHING POINTS / KEY CONCEPTS</b></td> </tr> <tr> <td colspan="3"> <ol style="list-style-type: none"> <li>1. Use all surfaces of the foot to do the warm ups.</li> <li>2. Develop balance and touch.</li> </ol> </td> </tr> </table>	<b>I. WARM-UP</b>	Intensity: Low	Activity Time: 10	Duration: 10	Intervals: 1	Recovery Time: 1	<b>ORGANIZATION (Physical Environment / Equipment / Players)</b>			Each player has a ball and does a number of individual warm ups and dribbling movements.			<b>COACHING POINTS / KEY CONCEPTS</b>			<ol style="list-style-type: none"> <li>1. Use all surfaces of the foot to do the warm ups.</li> <li>2. Develop balance and touch.</li> </ol>		
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