

Interactive Session Plan TM

Coach

Enda Crehan DOC PYSL

Session date

3/20/2015

Team/Age Group

PYA Academy U8

Theme

Technical training for Piedmont Youth Academy

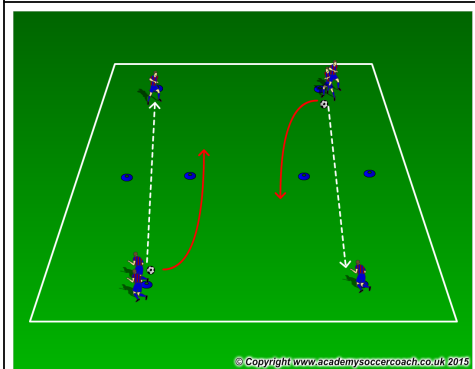
Time available

6-7:15

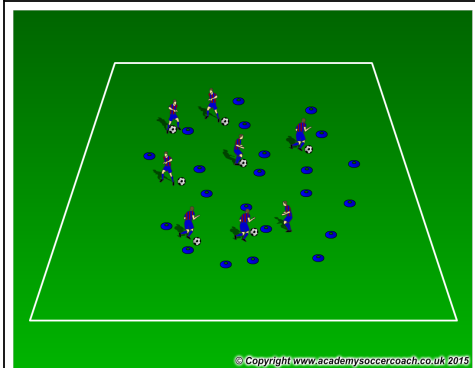


NOTES

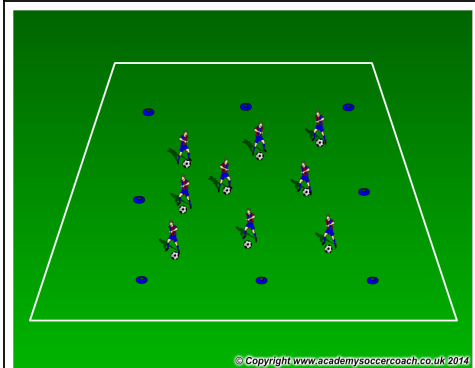
- Dribbling session
- Head up dribbling
- Little touches when dribbling
- 2 per cone
- Use both feet
- Dribble to orange cone then come back on the side



- Gate passing
- Follow your pass on the out side
- Inside the foot pass



- Square full of cones
- Dribbling with both feet
- Encourage with head up
- Every player with a ball



- Dribbling with left and right
- Juggling
- Inside insides
- Toe Taps
- figure 8