

Session 1

In pairs with 1 football each

50 Right Hand Handballs

50 Left Hand Handballs

100 Handballs alternating
each hand

50 1/2 Volley / Handball up
then swap over

25 Handball / Quick Kicks on
each leg then swap over.

3 balls between 2 players
hand balling.

Keep one ball in the air.

Stop at 50 in a row.

10m kicking in pairs with opp.
foot until training starts.

Session 2

1 ball per player
100 RH bounces
100 LH Bounces

Kick to yourself standing.
50 Left then 50 Right

Kick on run to yourself.
Kick the ball above head
but no more than 2m above
head. 50 Left then 50 Right

10m kicking in pairs with
opposite foot until training
starts.

Session 3

Work in 3's with 1 ball each.

50 RH Handballs

50 LH Handballs

100 Handballs alternating
each hand

One person out the front.

Other 2 quick fire at him. 100
per person then swap.

Players in a line 5 m apart.

Players at ends have
footballs. Quick fire to player
in middle. 100 per person
then swap.

20m kicking in pairs with opp.
foot until training starts.

Session 4

Groups of 4 with 2 balls. Criss Cross Handball slips catches competition. 5 set match. First to 5 wins each set.

10 push ups for each lost set.
10 push ups for lost match.

10m kicking in pairs with opposite foot until training starts.

Session 5

100 x 10m kicking in pairs
with opposite foot.

Break off line kick in front.

20 x 10m kicks each.

20 x 20m kicks each.

20 x 30m kicks each.

20 high kicks to yourself and
mark overhead.

Repeat the session until
training starts