

Name: MP  
Date: 5.8.10  
Time: 1 hour  
RPE level – 4  
Numbers training:14

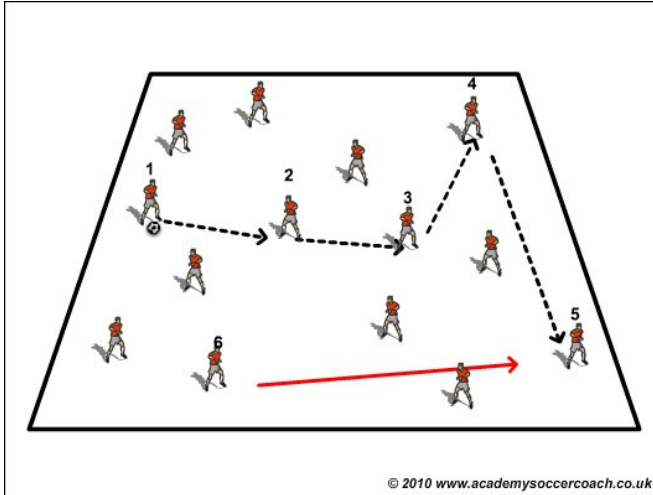
Good trainers:

Poor trainers:

Injured:



Warm Up  
Stretches – 30 seconds each muscle group



Notes:

Numbered passing  
30 x 30  
1 passes to 2, 2 passes to 3 etc etc

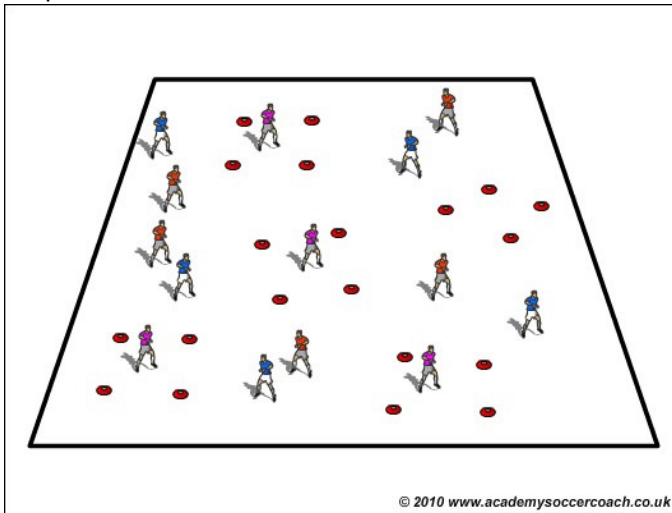
Get into eye line of person you are passing to  
Always 2 touch

Progression:

Run around the number before you when they receive the ball so you have to open up

Complete a double overlap once you pass the ball

Keep ball – RPE 4



Notes

30x30 square  
5 – 1x1 target squares  
5 v 5 in square with 4 target players in square

To score must play into target players who play back out to scoring team.

Once point scored, target players must change boxes

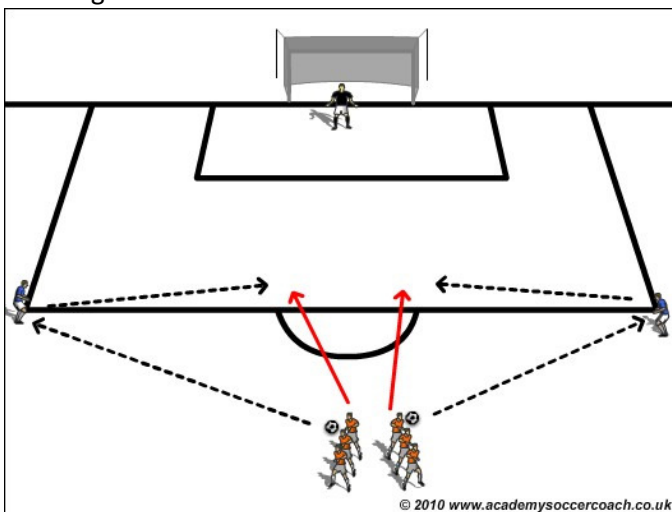
Team that just scored must slow down once regaining the ball to allow rotation to happen

Move ball away from danger with 1<sup>st</sup> touch

Simple, early, quick all passes,

Support angles and speed of support

Finishing  
Finishing – RPE 3



Notes

Hit wide target player on the full who sets striker inside the 18 yd box

1<sup>st</sup> time finish for striking player.

Setter gets the ball, striker becomes setter