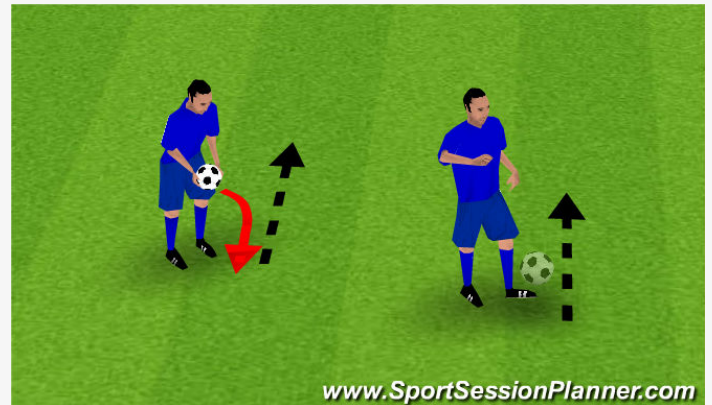




### Juggling (5 mins)

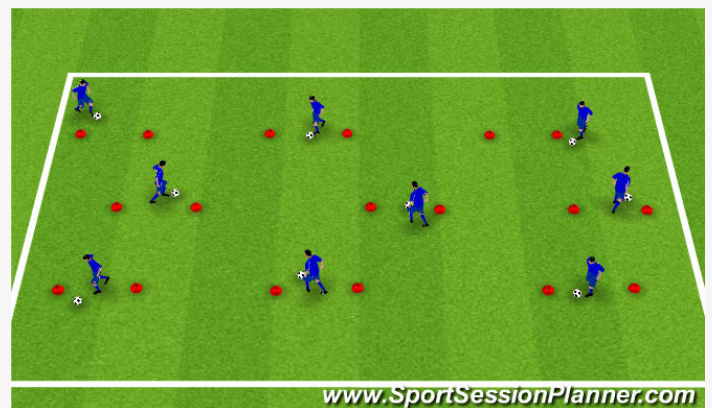


### individual technique (10 mins)

#### Foot Patterns

Each player with two cones... about 7 yards apart.

- Foundations turning at each cone
- Foundations facing one direction
- Right foot only in figure 8
- Left foot only in figure 8
- Outside of feet in figure 8



### 1v1 to end lines (10 mins)

- Players go 1v1 to end lines
- encourage making moves
- fake out defender
- find space at the side of defender

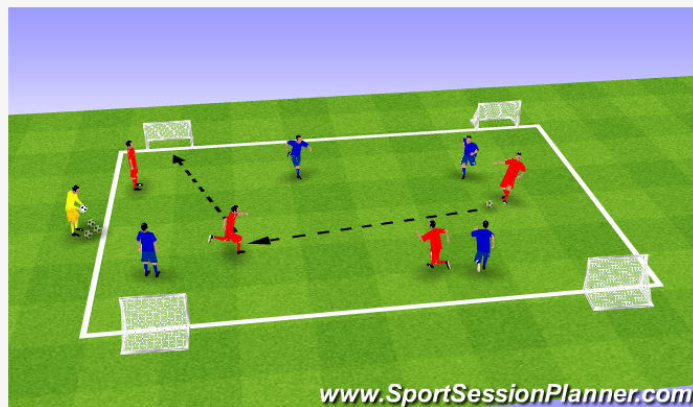


#### 4 Goal 4v4 (10 mins)

4 goal game

4v4

players can score on either of opponents 2 goals



#### 4v4 Game (15 mins)

game

include theme which from the session

