

SECTION B – Train For Fast & Noticeable Improvement

Module 8: Technical Session To Increase Real Match Skills, Stamina, and Confidence

Technique is the foundation of football. Although, we are working to become a complete player we must always put the highest emphasis on developing our technical skills.

We will practice real skills that will allow you to create an impact in games. Use drills that will translate into more production during games. Drills that will make you a better goal scorer, playmaker, and confident footballer regardless of your position.

We will use a 25 – 45 technical training session – that will ensure we:

- Improve long passing and first touch
- Develop sharper decision making in front of goal
- Become better at crossing and finishing
- Practice the ability to finish 1v1 chances with goalkeeper
- Improve shooting technique with both feet
- Boost dribbling skills and quicker 1v1 moves
- Increase stamina and ability to focus when tired
- Build confidence and composure in front of net
- Get more out practices than others (our previous self)

How are we going to implement this session?

1) Free Day or Before Team Practice

You can either:

a) perform a shortened version (25 mins) of this technical session before your team practice

or

b) perform an individual technical session (45 mins) on days where you don't have team practices or games.

The decision to train by yourself would depend on your schedule and factors assessed regarding body awareness (module 17).

2) Individual or Partner

This session can be performed individually or with a partner(s).

Also...

You may not have the luxury of multiple balls. However, the more balls you bring to training, the more repetitions you will accomplish = faster development of your technical skills.

3) First to arrive & Last to leave

Although, I'm encouraging you to be smart and efficient with your training throughout this program. Team practices and games are situations where I would encourage you to be:

*First to Arrive
and Last to Leave*

Still, these periods when no one else is present must be used efficiently to get the maximum amount of results in the shortest period of time.

*"What you do when no one is watching,
will determine how you perform when everyone is"*

What is the technical session?

Low end of time limit: before team practice

High end of time limit: individual training

* = individual (no partner) alternative

(A) Warm Up (10 mins)

1) Walk with 5 Breathe Holds

2) Mobility Stretches:

- a) Rotations (x 3 each direction)
- b) Leg Swings (x 20 each side)
- c) Quad + Hamstring Stretch (x 5 each side)
- d) Downward + Upward Dog (x 5 reps)
- e) Deep Squat + Forward Bend (x 5 reps)

(B) Skill Training (18 mins – 32 mins)

Long Passing (x 3 minutes – x 6 minutes)

**Wall Passing*

Placed Finishing (x 3 minutes – x 6 minutes)

1v1 (Breakaway) Finishing (x 3 minutes – x 6 minutes)

Crossing & Finishing (x 3 minutes – x 6 minutes)

**Volleys*

One Time Shooting (x 3 minutes – x 6 minutes)

**Laces Shooting*

Skill Move to Finish (x 3 minutes – x 6 minutes)

(C) Team Practice

- Dominate This Opportunity

(D) Cool Down (x 5 minutes)

1) "Extra" for Stamina (x 1 repetition)

2) Tension Release Exercises:

- a) Leg Shakes
- b) Bike (tension release)
- c) Straight Leg Inversion
- d) Wide Leg Inversion
- e) Reverse Pike
- f) Forward Bend