



# TRAINING PLANNER

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DATE 20<sup>TH</sup> JUNE

TEAM T&L

TOPIC P&P SEASON



- P1 3v3 Fitness Run**
- 20 yard sprint from half to goal
  - 1 of 3 players must win possession
  - After winning the ball, all 3 sprint back
  - Repeat 3 times

## P2 Technical - 2v2

- Players complete a mixture of technical drills on each end (1 touch pass, volley, chest-volley, head)
- 40m run in between both ends



## P3 2v2v2 2v2

- On the coaches whistle, 1 player from each end sprint 20y anti-clockwise
- Points system
  - 4m = 1<sup>st</sup>
  - 3m = 2<sup>nd</sup>
  - 2m = 3<sup>rd</sup>
  - 1m = 4<sup>th</sup>

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# Football Training Session Planner

**Katrin Zwirglmaier**

A red circular graphic with a gradient, appearing as a partial circle or a stylized 'C' shape, located to the right of the author's name.

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