Training Session

Practice Plan

Practice schedule

25 minutes total

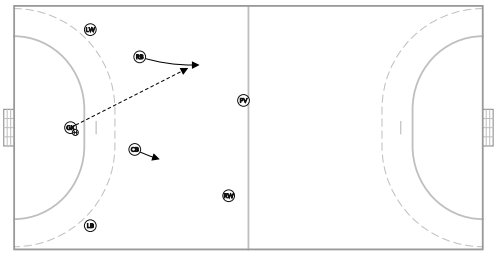
Advance, Give-and-Go, Switch	10 minutes
Circle Passing	15 minutes

Symbols used

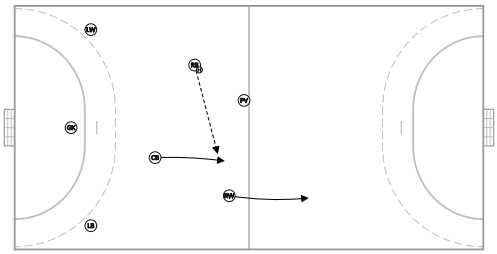
run pass cone

Player positions

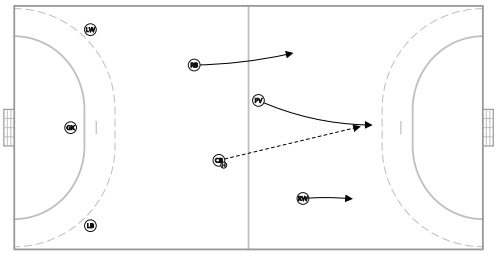
GK Goalkeeper
LW Left Wing
LB Left Backcourt
CB Center Backcourt
RB Right Backcourt
RW Right Wing
PV Pivot / Line Player



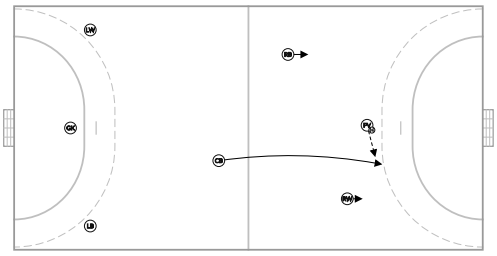
1 - Advance, Give-and-Go, Switch



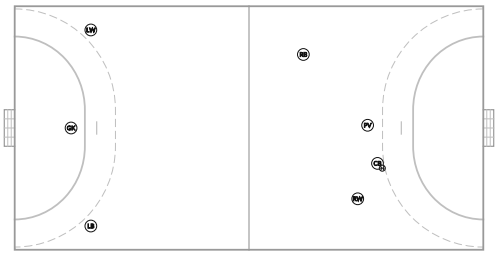
2 - Advance, Give-and-Go, Switch



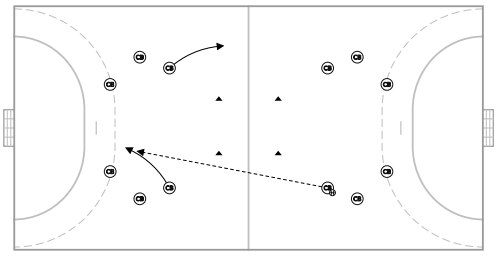
3 - Advance, Give-and-Go, Switch



4 - Advance, Give-and-Go, Switch

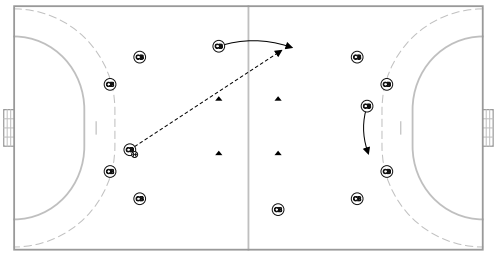


5 - Advance, Give-and-Go, Switch

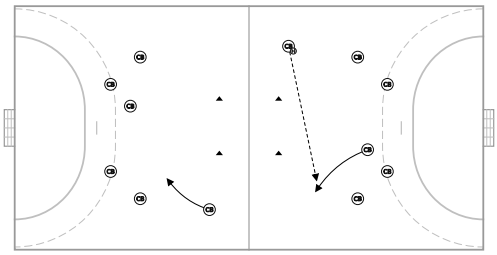


1 - Circle Passing

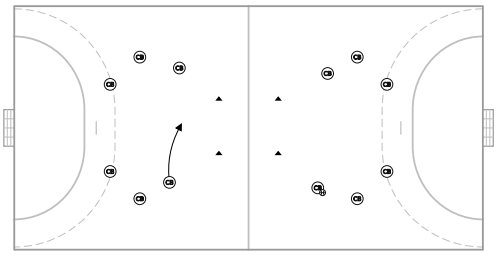
Advance, Give-and-Go, Switch - Conditioning: Advance the ball, execute a give-and-go, then switch the point of attack.



2 - Circle Passing



3 - Circle Passing



4 - Circle Passing

Circle Passing - Passing: Four-player passing progression with continuous movement around the circle.