



TRAINING PLANNER

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DATE 20TH JUNE

TEAM TOL

TOPIC PPL 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 between both ends



P3 2v2v2 2v2

- On the coaches whistle, 1 player from each end sprints 20y anti-clockwise
- Points system
 - 4pts = 1st
 - 3pts = 2nd
 - 2pts = 3rd
 - 1pt = 4th

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Football Training Session Planner

Jiyuan Zhang



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