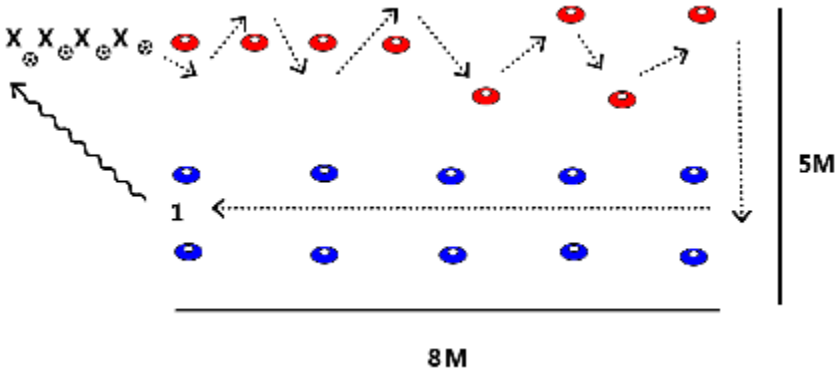


U15 Girls Session –7 Jan. 2020

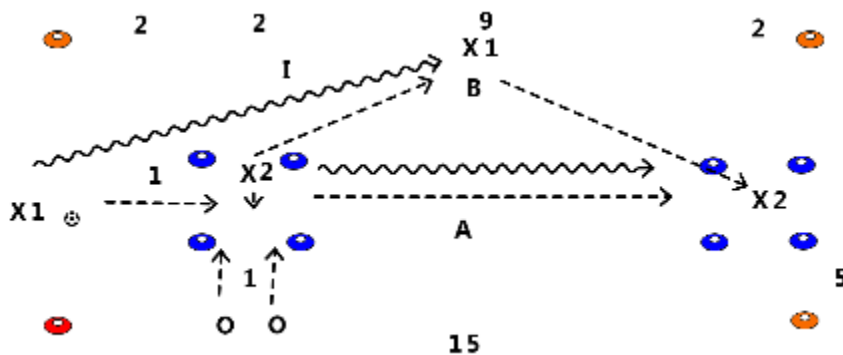
1. Warm – Up (10 min)

Dynamic stretch ([FIFA 11](#))

2. Running with Ball (20 min)



3. Dribble out of pressure – (20 min)



10 x 15 m area

1. X1 passes to X2 (facing Os) in square. X1 runs to support X2. Os put pressure on X2.

X2 has two options to get ball into next square:

- A. Speed dribble away from pressure of Os.
- B. Play give & go with X1 if cannot dribble out of pressure

4. Speed – Walking Start (10 min)

Players walk slowly to a line marked by cones or using field markings. They must step on the line with right foot and then push off the right foot into a 20 m sprint. Jog back and repeat. It is important for players to hit that line and not cheat.

5. Final Game (30 min)