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| **FOOTBALL CLUB**  |
| **CONTENT** |  | **FORMAT** |  |
| **SET-UP** | **GOALS** |  | **BIBS** |  | **CONES** |  | **BALLS** |  | **OTHER** |  |
| EXECUTION |  |  |

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| **KEY POINTS AND OBJECTIVES** |
| **TACTICAL** |  | **AREAS**15m x 15m |
| **TECHNICAL** |  | **TIME**20 mins |
| **PHYSICAL** |  |  |
| **PHYSIOLOGICAL** |  |  |
| **GROUP** |  |  |