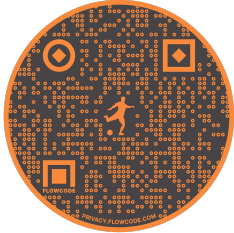
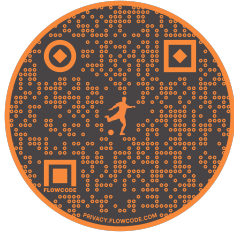
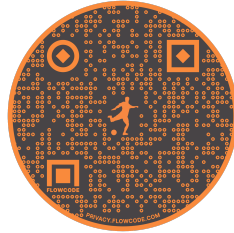
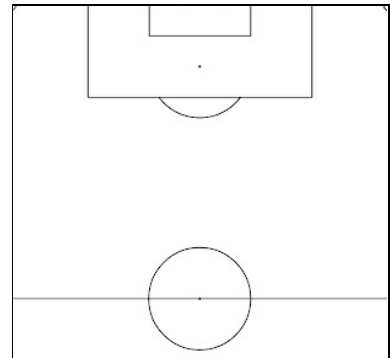
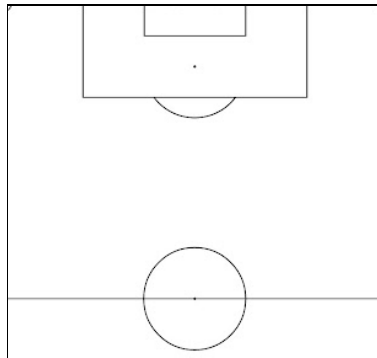
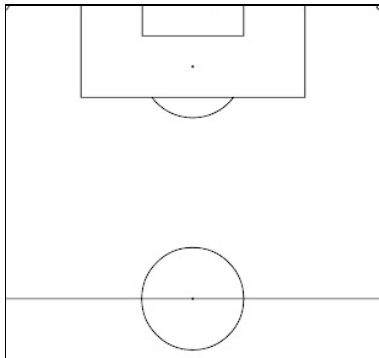


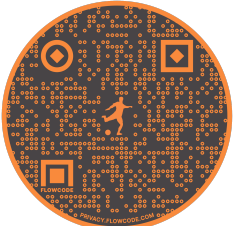
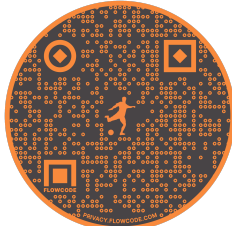
Intermediate Session #1: Dribbling, Passing, Rules/Tactics

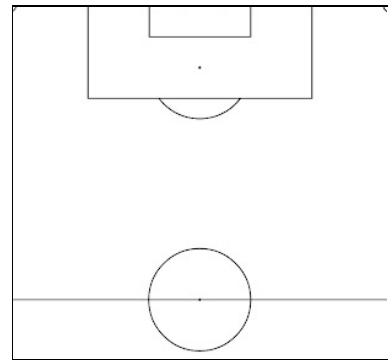
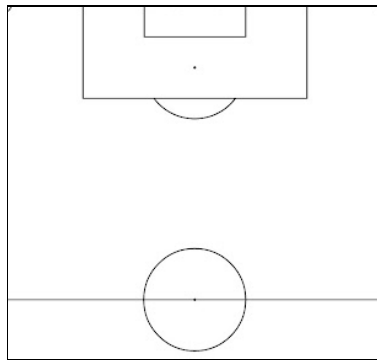
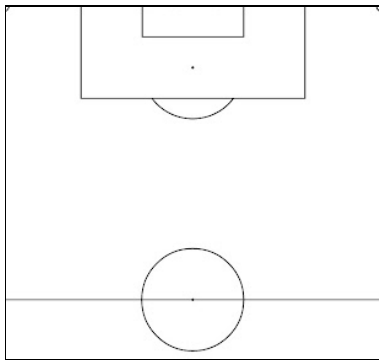
Total Time: 65-75 min. Suggested Ages: 10-13

WARM-UP	THE RONDO	THE SHOULDER DROP (LADDER)	THE SAMBA (LADDER)
PLAYERS	6-8 PLAYERS PER GROUP	3-4 PLAYERS PER GROUP	3-4 PLAYERS PER GROUP
EQUIPMENT	1 BALL & 4 OPTIONAL CONES PER GROUP	1 LADDER PER GROUP	1 LADDER PER GROUP
RUN TIME	10 MINUTES	7 MINUTES	7 MINUTES
VIDEO INSTRUCTION	 <p>SCAN OR CLICK TO WATCH</p>	 <p>SCAN OR CLICK TO WATCH</p>	 <p>SCAN OR CLICK TO WATCH</p>



NOTES:

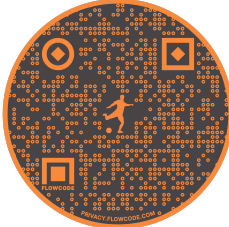
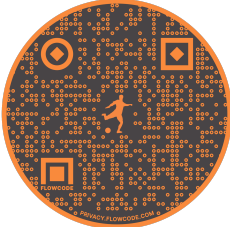
SKILLS & DRILLS	RECEIVING WITH THE BACK FOOT	TOE WALKS
PLAYERS	3 PLAYERS PER GROUP	INDIVIDUAL
EQUIPMENT	1 BALL & 3 CONES PER GROUP	1 BALL PER PLAYER
RUN TIME	10 MINUTES	10 MINUTES
VIDEO INSTRUCTION	 <p data-bbox="586 982 784 1035">SCAN OR CLICK TO WATCH</p>	 <p data-bbox="1078 982 1276 1035">SCAN OR CLICK TO WATCH</p>

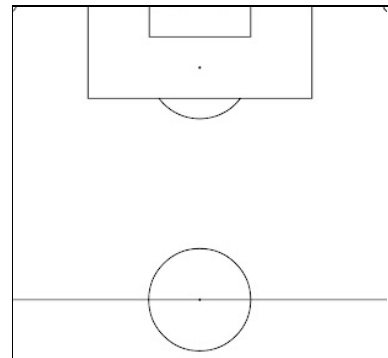
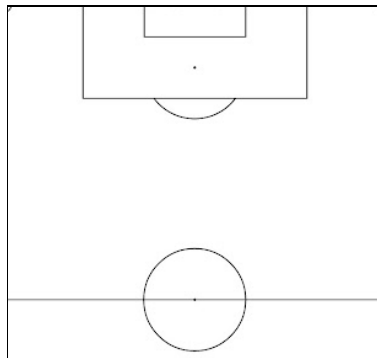
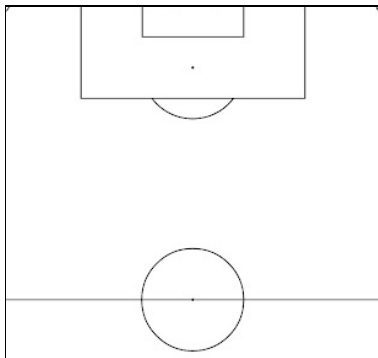


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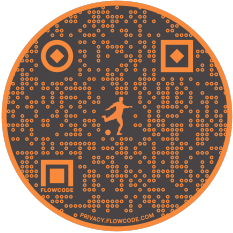
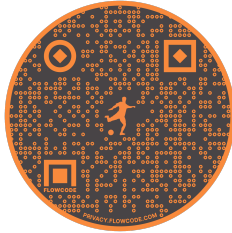
Intermediate Session #2: Passing & Shooting

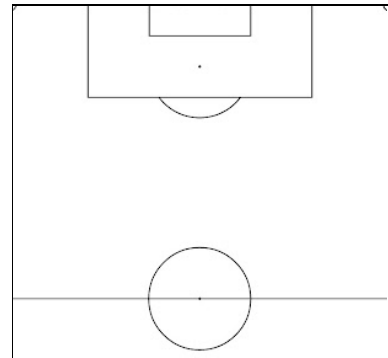
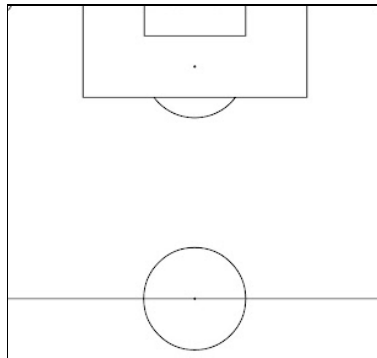
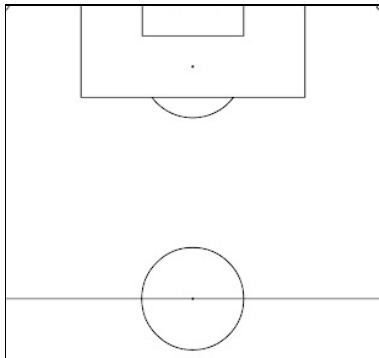
Total Time: 60-75 min. Suggested Ages: 10-13

WARM-UP	ICKEY SHUFFLE (LADDER)	VOLLEY LIKE A PRO
PLAYERS	3-4 PLAYERS PER GROUP	2 PLAYERS PER GROUP
EQUIPMENT	1 LADDER PER GROUP	1 BALL PER GROUP
RUN TIME	10 MINUTES	10 MINUTES
VIDEO INSTRUCTION	 <p data-bbox="532 1018 727 1066">SCAN OR CLICK TO WATCH</p>	 <p data-bbox="1044 1018 1239 1066">SCAN OR CLICK TO WATCH</p>



NOTES:

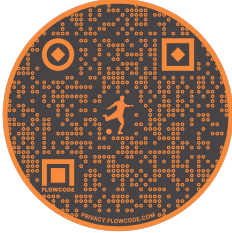
SKILLS & DRILLS	SHOOTING ON TARGET	TURN & SHOOT
PLAYERS	3 PLAYERS PER GROUP	3-4 PLAYERS PER GROUP
EQUIPMENT	3 BALLS, 3 CONES OR POLES, 1 GOAL, 1 GOALIE, PER GROUP	1 CONE, 2-4 BALLS, 1 GOAL & GOALIE PER GROUP
RUN TIME	10 MINUTES	10 MINUTES
VIDEO INSTRUCTION	 <p data-bbox="586 926 784 978">SCAN OR CLICK TO WATCH</p>	 <p data-bbox="1078 926 1276 978">SCAN OR CLICK TO WATCH</p>

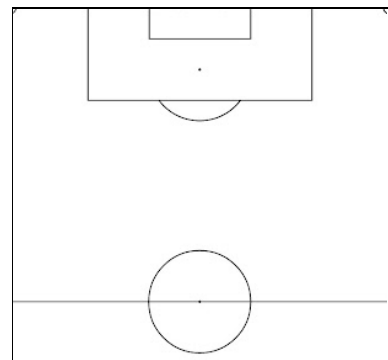
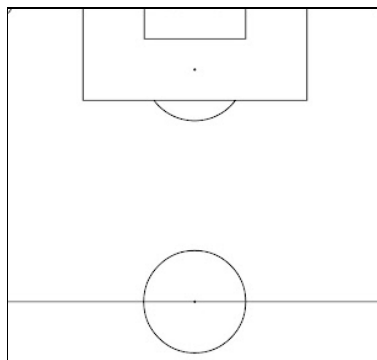
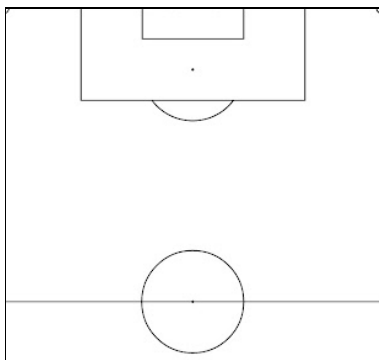


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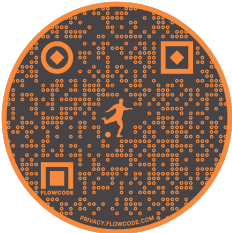
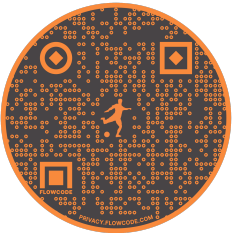
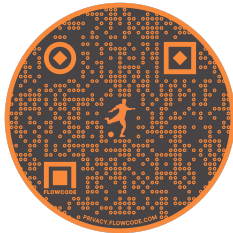
Intermediate Session #3: Defending & Dribbling

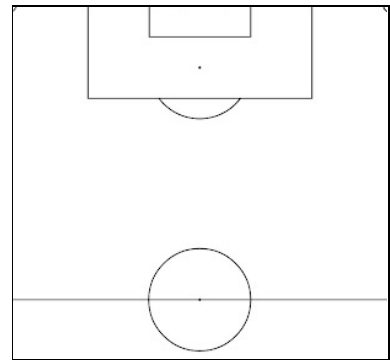
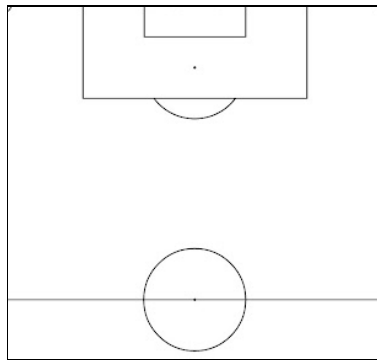
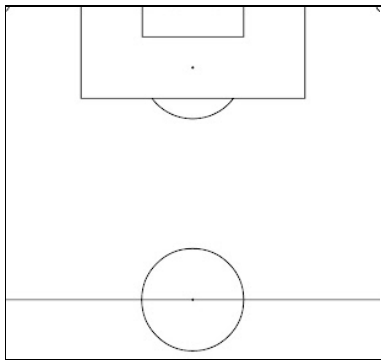
Total Time: 70-75 min. Suggested Ages: 10-13

WARM-UP	THE RONDO
PLAYERS	6-8 PLAYERS PER GROUP
EQUIPMENT	1 BALL & 4 OPTIONAL CONES PER GROUP
RUN TIME	15 MINUTES
VIDEO INSTRUCTION	 <p>SCAN OR CLICK TO WATCH</p>



NOTES:

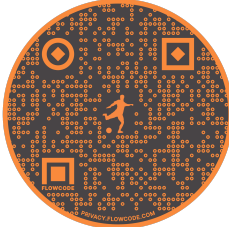
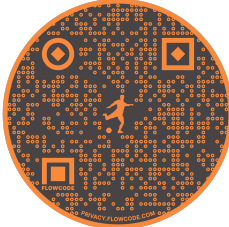
WARM-UP	MASTER INTERCEPTIONS	TURNING ON THE BALL	1v1 DEFENDING
PLAYERS	3 PLAYERS (OR 2 + 1 COACH) PER GROUP	2-4 PLAYERS PER GROUP	2 PLAYERS PER GROUP
EQUIPMENT	3 BALLS & 12 CONES PER GROUP	2 CONES PER GROUP, 1 BALL PER PLAYER	1 BALL & 4 CONES PER GROUP
RUN TIME	10 MINUTES	10 MINUTES	15 MIN
VIDEO INSTRUCTION	 <p>SCAN OR CLICK TO WATCH</p>	 <p>SCAN OR CLICK TO WATCH</p>	 <p>SCAN OR CLICK TO WATCH</p>

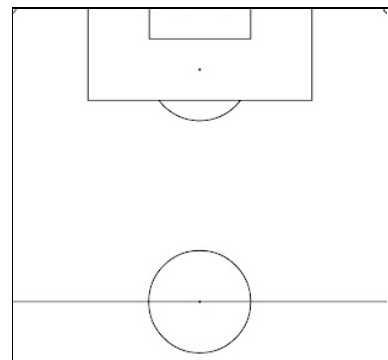
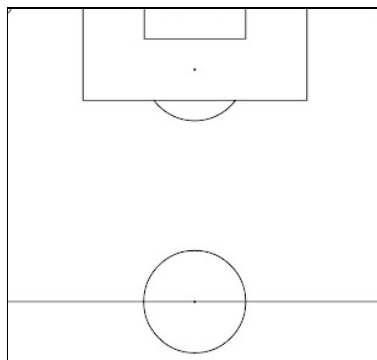
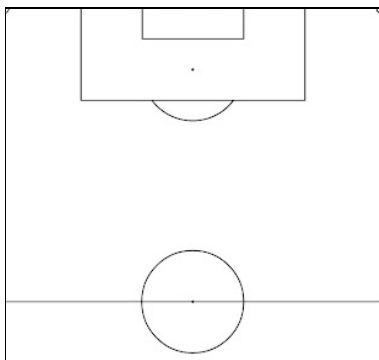


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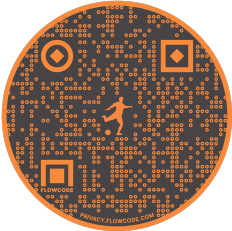
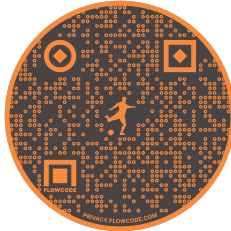
Intermediate Session #4: Passing & Shooting

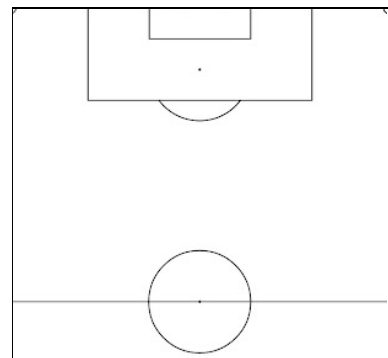
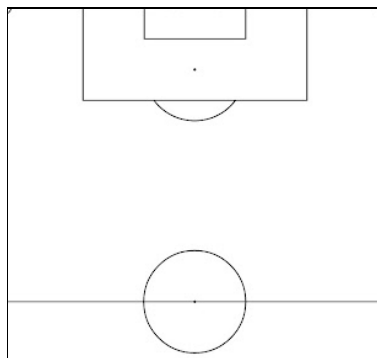
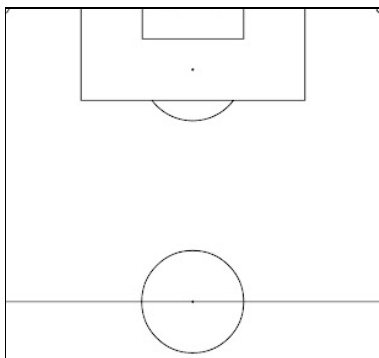
Total Time: 65-75 min. Suggested Ages: 10-13

WARM-UP	THE SAMBA (LADDER)	THE SHOULDER DROP (LADDER)
PLAYERS	3-4 PLAYERS PER GROUP	3-4 PLAYERS PER GROUP
EQUIPMENT	1 LADDER PER GROUP	1 LADDER PER GROUP
RUN TIME	5 MINUTES	5 MINUTES
VIDEO INSTRUCTION	 <p style="text-align: center;">SCAN OR CLICK TO WATCH</p>	 <p style="text-align: center;">SCAN OR CLICK TO WATCH</p>



NOTES:

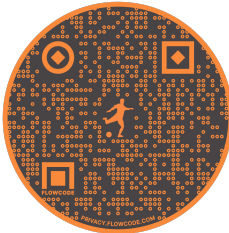
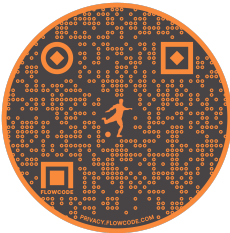
SKILLS & DRILLS	TWO-TOUCH PASSING	MISDIRECTION SHOOTING
PLAYERS	2 PLAYERS PER GROUP	3 PLAYERS PER GROUP
EQUIPMENT	2 CONES & 1 BALL PER GROUP	3 CONES, 3 BALLS, 1 GOALIE, 1 GOAL, PER GROUP
RUN TIME	20 MINUTES	15 MINUTES
VIDEO INSTRUCTION	 <p data-bbox="586 921 782 972">SCAN OR CLICK TO WATCH</p>	 <p data-bbox="1078 921 1274 972">SCAN OR CLICK TO WATCH</p>

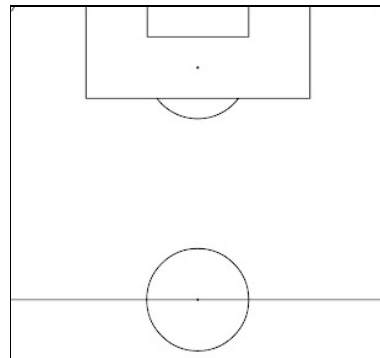
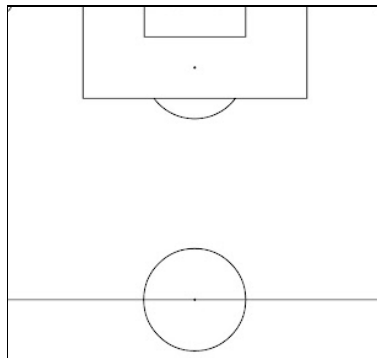
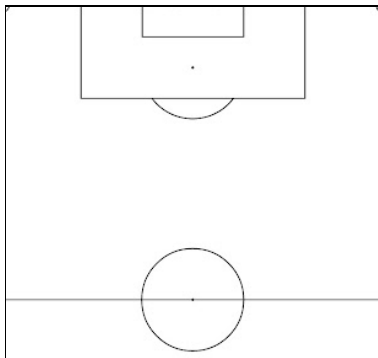


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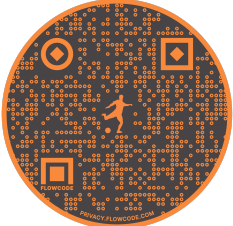
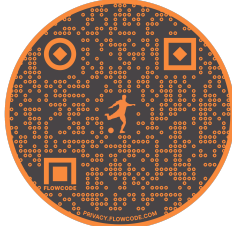
Intermediate Session #5: Passing, Dribbling, Shooting

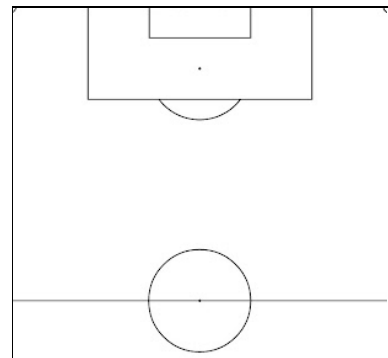
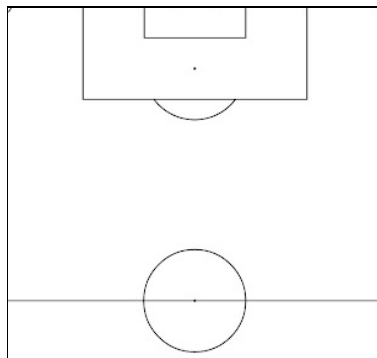
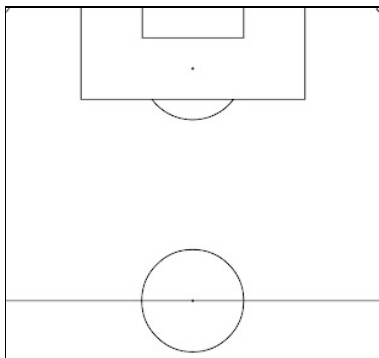
Total Time: 60-80 min. Suggested Ages: 10-13

WARM-UP	THE RONDO	INSIDE/OUTSIDE 2
PLAYERS	6-8 PLAYERS PER GROUP	INDIVIDUAL
EQUIPMENT	1 BALL & 4 OPTIONAL CONES PER GROUP	1 BALL PER PLAYER
RUN TIME	10 MINUTES	10 MINUTES
VIDEO INSTRUCTION	 <p data-bbox="532 1045 727 1094">SCAN OR CLICK TO WATCH</p>	 <p data-bbox="1044 1045 1239 1094">SCAN OR CLICK TO WATCH</p>

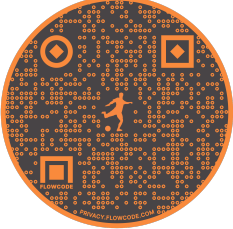
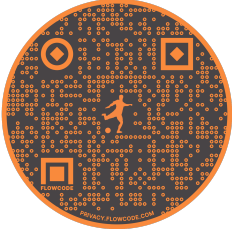


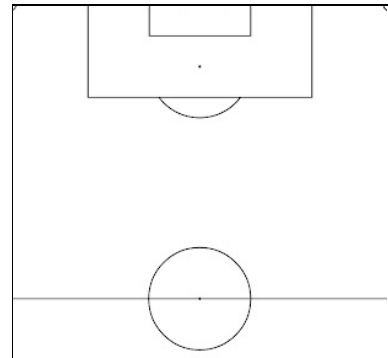
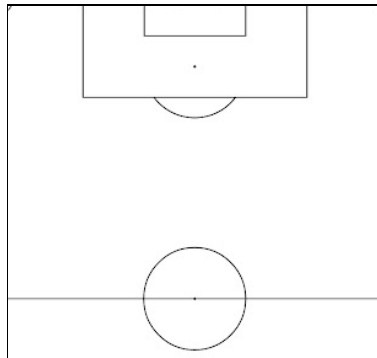
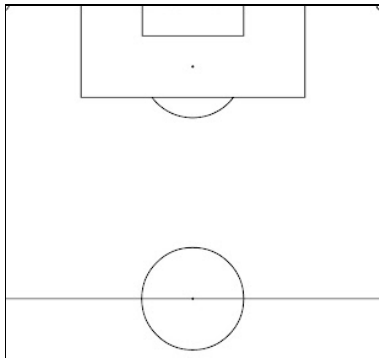
NOTES:

SKILLS & DRILLS	THE CRUYFF TURN	DECISION MAKING SHOOTING
PLAYERS	INDIVIDUAL	3 PLAYERS PER GROUP
EQUIPMENT	1 BALL PER PLAYER, 1 CONE PER PLAYER. 1 GOAL OPTIONAL FOR PROGRESSION #2	3 POLES/CONES, 3 BALLS, 1 GOAL, 1 GOALIE (OPTIONAL), PER GROUP. 2 DIFFERENT COLORED SHIRTS IN EACH GOAL (IF YOU DON'T HAVE ANY, CALL "RIGHT" AND "LEFT" INSTEAD OF COLORS)
RUN TIME	10 MINUTES	10 MINUTES
VIDEO INSTRUCTION	 <p data-bbox="586 1041 784 1089">SCAN OR CLICK TO WATCH</p>	 <p data-bbox="1078 1041 1276 1089">SCAN OR CLICK TO WATCH</p>

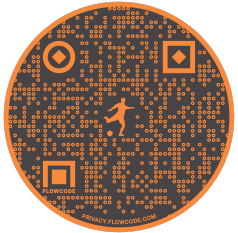
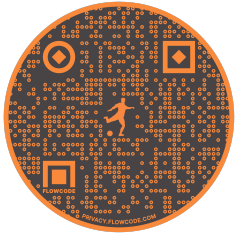


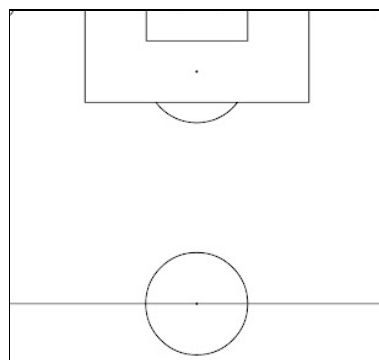
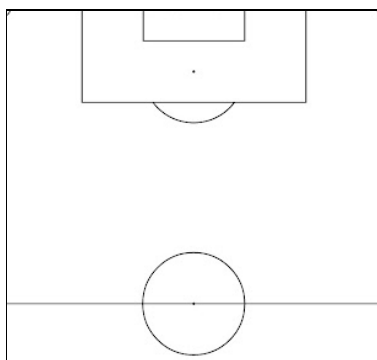
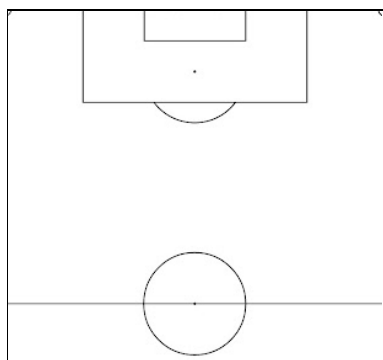
NOTES:

SKILLS & DRILLS	KNEELING DIVING	STATIONARY DIVING
PLAYERS	1-2 PLAYERS PER GROUP (+ OPTIONAL COACH)	1-2 PLAYERS PER GROUP
EQUIPMENT	1 BALL PER GROUP	1 BALL & 5 CONES PER GROUP
RUN TIME	10-20 MINUTES	10-20 MINUTES
VIDEO INSTRUCTION	 <p data-bbox="586 890 784 940">SCAN OR CLICK TO WATCH</p>	 <p data-bbox="1081 890 1279 940">SCAN OR CLICK TO WATCH</p>



NOTES:

SKILLS & DRILLS	STANDING DIVING	FOOTWORK AND DIVING
PLAYERS	1-2 PLAYERS, 1 COACH (OR ANOTHER PLAYER), PER GROUP	1-2 PLAYERS, 1 COACH (OR ANOTHER PLAYER), PER GROUP
EQUIPMENT	1 BALL PER GROUP	1 BALL, 6 CONES, PER GROUP
RUN TIME	10-20 MINUTES	10-20 MINUTES
VIDEO INSTRUCTION	 <p data-bbox="584 882 787 934">SCAN OR CLICK TO WATCH</p>	 <p data-bbox="1079 882 1282 934">SCAN OR CLICK TO WATCH</p>



NOTES: