



**PROGRAMME 2 SUMMER 2013 HOLIDAY FOOTBALL PROGRAMME - am sessions**

AM					PM				
Mon 28 <sup>th</sup> Oct	Tue 29 <sup>th</sup> Oct	Wed 30 <sup>th</sup> Oct	Thu 31 <sup>st</sup> Oct	Fri 1 <sup>st</sup> Nov	Mon 28 <sup>th</sup> Oct	Tue 29 <sup>th</sup> Oct	Wed 30 <sup>th</sup> Oct	Thu 31 <sup>st</sup> Oct	Fri 1 <sup>st</sup> Nov
Introductions, domestics and ground rules	Own warm up	Own warm up	Own warm up	Own warm up	Introductions, domestics and ground rules	Own warm up	Own warm up	Own warm up	Own warm up
Warm-up activity - Football Statue	Warm-up activity - King / Queen in the ring	Warm-up activity - Great escape	Agility and coordination work with hurdles		Warm-up activity - Musical Ball	Keep ball game 'First team in'	Ball manipulation - space recognition	Ball manipulation - Dribble or pass	
Skittle football matches	Passing drills (in a square)	Ball manipulation 'Great escape' continuation	Risky business finishing game		Dribble, turns and skills	Passing drills (in traffic) end zone practise	Directional multi-target match	Ball manipulation - pass and move	
Chest football	Base / Football game	Hand ball kick finish game	Combination passing drill (drop shoulder in middle)	<b>Tournament Day</b>	Overload 'score first' game	Bench Ball football game	Feedback / recap	Football tennis	<b>Tournament Day</b>
Feedback / recap	Feedback / recap	Feedback / recap	End Zone match		Feedback / recap	Feedback / recap	Cricket football	Feedback / recap	
'BiG' Match	'BiG' Match	Overload 'score first' game 'BiG' Match	Feedback / recap 'BiG' Match		'BiG' Match	'BiG' Match	'BiG' Match	BiG conditioned matches and free play	
Cool down	Cool down	Cool down	Cool down	Cool down	Cool down	Cool down	Cool down	Cool down	Cool down