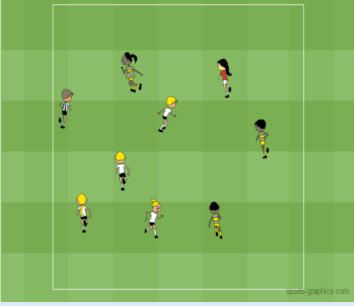
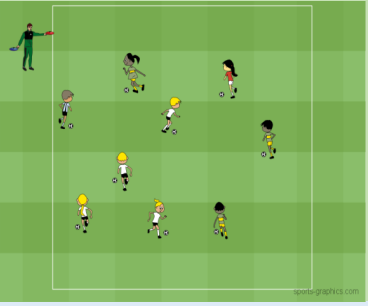
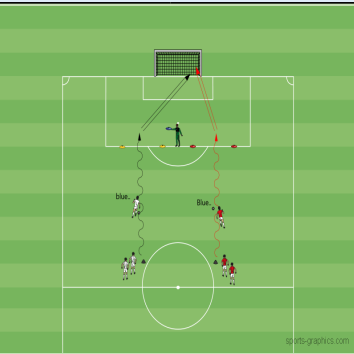
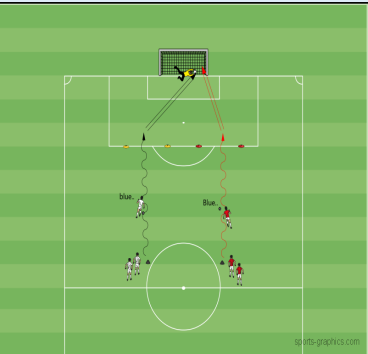

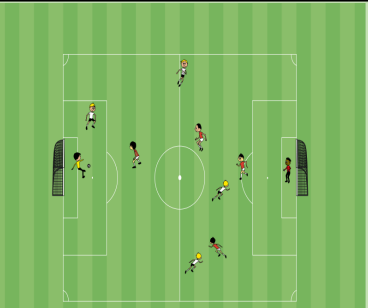


TRAINING / DATE	1	20.8.2020	PRESENCES / ABSENCES : 9 / 1								
TEAM (AGE GROUP)	U-7		EQUIPMENT								
COACH / ASSISTANT	Mr KOULOURIS	Mr TSAXIRLIS	BALLS : 10	TRAFFIC CONES : NO	SPEED RINGS : NO	MARKERS CONES: ALL					
TIME / DURATION	18:00-19:00 / (60')		TRAINING BIBS		5 RED						
WARMING UP / PART 1 - TARGET INTRODUCTION			Title 1		Title 2						
TECHNICAL OBJECTIVE	DRIVE THE BALL		Hunting - Wolf and deer		Driving and controlling the ball - Stay safe and away from lava						
TECHNICAL DETAIL - HABIT	DRIVE THE BALL WITH HEAD UP										
MENTAL & PHYSICAL OBJECTIVES	SPEED - REACTION SPEED										
DESCRIPTION - RULES - POINTS			GRAPHICS								
<p>1.DESCRPTION : Border a space and give the role of a hunter to one player in order to catch the others. Every player caught becomes a hunter until there is one last one who is also the winner. The winner is the next hunter.</p> <p>RULES-RESTRICTIONS-POINTS : The hunter and the "deer" are not allowed to leave the designated area and remain motionless for more than 4 seconds</p> <p>2.DESCRPTION : Border a space or use the same as before and give each player a ball. The players lead the ball and at the same time have their head held high because the coach periodically raises a cone and the players must say the colour of an animal or something similar.</p> <p>RULES-RESTRICTIONS-POINTS : Players are prohibited (negative points) from going out and crashing. Bonus point to the one who shouts the colour first.</p>			 Title 1			 Title 2					
PART 2 - OBJECTIVITY REPEATABILITY			Title 1		Title 2						
TECHNICAL OBJECTIVE	DRIVE THE BALL		Fast driving and shooting in an empty post		Fast driving and shooting at Goalkeeper						
TECHNICAL DETAIL - HABIT	DRIVE THE BALL WITH HEAD UP										
MENTAL & PHYSICAL OBJECTIVES	SPEED - REACTION SPEED - ATTACKING ORIENTATIONS										
DESCRIPTION - RULES - POINTS			GRAPHICS								
<p>1.DESCRPTION : Use the half-pitch, placing 2 doors to the right and left of the Coach and opposite the start of the exercise and divide into 2 groups. Opposing pairs start aiming to lead to the door and at the same time to see and shout the colour that the coach picked up. Then they shoot</p> <p>RULES-RESTRICTIONS-POINTS : It is forbidden for a player to shoot without hearing the colour of the Coach. It is forbidden to shoot before passing the door and get bonus shots by finding the right colour and achieving a goal in an empty goal.</p> <p>2.DESCRPTION : Variation of the previous drill with a quick driving to the doors (without visual stimulus) and an attempt to reach a goal with the resistance of the Goalkeeper</p> <p>RULES-RESTRICTIONS-POINTS : It is forbidden to shoot in front of the door or passing outside. Whoever passes her door first gets 1 point. Whoever scores a goal gets 1 point. The one who will succeed in both at the same time gets 2 points.</p>			 Title 1			 Title 2					
PART 3 - REALISTIC OBJECTIVE IMPLEMENTATION			Title 1		Title 2						
TECHNICAL OBJECTIVE	DRIVE THE BALL		Game 5 vs 5 with the objective of driving with the head held high - Driving to the post		Free play without restrictions, points and rules						
TECHNICAL DETAIL - HABIT	DRIVE THE BALL WITH HEAD UP										
MENTAL & PHYSICAL OBJECTIVES	SPEED - REACTION SPEED - ATTACKING ORIENTATIONS										
DESCRIPTION - RULES - POINTS			GRAPHICS								
<p>1.DESCRPTION : We have a game 5 vs. 5 (+ coach participation in an odd number) and at the same time with the game try to give extra motivation to your players with bonus points on elements that you have emphasized before (I drive with my head held high).</p> <p>RULES-RESTRICTIONS-POINTS : If there is a wall all around the pitch and keeps the ball not going far away, for the first time that goes out continue playing. The second time he goes out, make a side out on foot. The first pass of Goalkeeper without marking.</p> <p>2.DESCRPTION : We have free play without pauses and instructions just for fun.</p> <p>RULES-RESTRICTIONS-POINTS : Same rules as the game starts in description 1</p>			 Title 1			 Title 2					
DURATION : 20' (10' + 10')			