

# Example Training Session U6 – U8

Session 1	Area	Detail	Ref:	Time
<b>Warmup</b>	Move, Rise, Hand Pass, Evasion, Stretch		V.6	15 Min.
<b>Skill</b>	Striking	Strike in 2's. Up to 50M	V.4	10 Min.
<b>Skill</b>	Touch	3 opposite 3	V.9	10 Min.
<b>Game Component</b>	Possession	7 v 7 Tight		5 Min.
		7 v 7 Open		5 Min.
<b>Game</b>	7 v 7	Goals Only, No Goalie	V.24	10 Min.
	15 v 15	Normal. 2 Home always. Play ball to space.		20 Min.
			<b>Total</b>	<b>75 Min</b>

Session 2	Area	Detail	Ref:	Time
<b>Skill</b>	Striking	Long striking 1 opp 1. 2 opp 2 Catch-Lay off		10 Min.
<b>Skill</b>	Rising-Formal	3's - Rise, Swerve, Touch		5 Min.
<b>Skill</b>	Striking, Touch, Pass	3's- Strike, Catch, Touch, Pass		5 Min.
<b>Warmup</b>	Stretch & Mobilise			10 Min.
<b>Skill</b>	Striking, Touch, Catch	Lines of 4. Ground & Catch		15 Min.
<b>Game Component</b>	Puck-out	10 Balls from each end		10 Min.
<b>Game</b>	15 v 15	Long delivery. Man at home Follow in		20 Min.
			<b>Total</b>	<b>75 Min</b>

<b>Session 3</b>	<b>Area</b>	<b>Detail</b>	<b>Ref:</b>	<b>Time</b>
<b>Warmup</b>	Move, Rise, Hand Pass, Evasion, Stretch			15 Min.
<b>Skill</b>	Striking, Stopping, Cuts	Ground 1 opp 1. Various dist.		10 Min.
<b>Skill</b>	Hand-pass	1 opp 1. Various & Move		10 Min.
<b>Skill</b>	Shooting	3's Shooting		10 Min.
<b>Game Component</b>	Carry out	6 v 6. Carry to 45. Clear long		10 Min.
<b>Game</b>	15 v 15	Forwards: Move constantly Backs: Man Mark		30 Min.
			<b>Total</b>	<b>85 Min</b>

<b>Session 4</b>	<b>Area</b>	<b>Detail</b>	<b>Ref:</b>	<b>Time</b>
<b>Warmup</b>	Movement & Star			15 Min.
<b>Skill</b>	Striking	Strike in 2's. Shoot		10 Min.
<b>Skill</b>	Support	Over heads - 5's Support		10 Min.
<b>Game Component</b>	Possession.	Defenders start with ball		5 Min.
	Backs & Forwards	Attackers start with ball		5 Min.
<b>Game</b>	6 v 6	Backs Clear. Forwards keep.		10 Min.
	15 v 15	Use sweeper both ends. Focus: Use the Sweeper		20 Min.
			<b>Total</b>	<b>75 Min</b>

Session 5	Area	Detail	Ref:	Time
Warmup	Movement	Chase		5 Min.
Skill	Touch	Zorro & Backup		10 Min.
Skill	Hook	1 v 1 & Rope		10 Min.
Skill	Striking, Touch,	Strike into Corners. Rotate		10 Min.
	Pass Back Ride Tackle	Bags: Pass Back Bags: Spin/Roll		10 Min.
Game Component	Overlap/ Timing Run	Loose Man coming in.		10 Min.
Game	6 v 6	Normal Game		20 Min.
			<b>Total</b>	<b>75 Min</b>

Session 6	Area	Detail	Ref:	Time
Warmup	Various Striking incl 3's			10 Min.
Skill	Block	4's. 2 work & 2 feed		10 Min.
Skill	Hook	Backup- let past, hook.		10 Min.
Game Component	Backs & Forwards	5 Balls & Rotate.		10 Min.
Game Component	Puck-outs	Use Sweeper Run & Turn Hit Space Bunch & Break		10 Min.
Game	15 v 15	Focus: Spread out Focus: Man Mark Focus: Mark Sweeper		30 Min.
			<b>Total</b>	<b>85 Min</b>

Session 7	Area	Detail	Ref:	Time
Warmup	Mobilization, Rise, Hand-pass			15 Min.
Skill	Striking	Long Strike, Lines of 4		15 Min.
Skill	Touch	3 opposite 3		10 Min.
	Support, Touch & Strike	Diagonals		10 Min.
Game Component	Composure & Pressure	Shooting X		10 Min.
Game	5 v 5 (3 pitches)	Goals only. No break		10 Min.
	15 v 15	Focus: Backs Man-mark Focus: Backs Zonal		20 Min.
			<b>Total</b>	<b>90 Min</b>

Session 8	Area	Detail	Ref:	Time
Warmup	Touch	3 opposite 3 - gradual build up		15 Min.
Skill	Strike, Catch, Touch	Various Striking		15 Min.
Game Component	Defending	Chase down- cover runners. Eg. Moving ball along rugby lines		10 Min.
Game Component	Backs & Forwards	Fwds-keep ball, don't let out. Backs, Long clear only. Work out		10 Min.
Game	15 v 15	Focus: Quick delivery Backs break out of defence Forwards cover runners		30 Min.
			<b>Total</b>	<b>75 Min</b>

Session 9	Area	Detail	Ref:	Time
Warmup	2 opp 3. Various, strike, handpass, rise, touch			15 Min.
Skill	Striking, Pass & Catch	Catch & Pass from inside 20M, Clear from 45m to far 20M		10 Min.
Skill	Striking, Shooting	3's. One behind goals. Rotate		15 Min.
Game Component	Dispossess & Speed striking	Piggy in Middle squares. 4 Players		15 Min.
Game	15 v 15	Focus: Ball to house early Focus: Forwards chase in Focus: No clearance, cover options		30 Min.
			<b>Total</b>	<b>85 Min</b>

Session 10	Area	Detail	Ref:	Time
Warmup	Mobilization, Rise, Hand-pass- Formal 2 opposite 3			15 Min.
Skill	Strike, Touch, Catch, Handpass	8's (3 Grids)		15 Min.
Skill	Blocking	Partners at Net. Various distances		20Min.
Game Component	Finish Goal	Carry ball, tap down & strike low		10 Min.
Game	15 v 15	Focus: Points only Focus: Goals only General		30 Min.
			<b>Total</b>	<b>90 Min</b>