

Draganov School of Soccer

FRIDAY: Topic of the day: Heading and crossing

Morning Session

9:00am	Warm-up, Speed & agility
9:30am	Heading and crossing technique
10:30am	Drills for Crossing and Heading; Overlapping
11:00am	Scrimmage

Afternoon Session

2:00pm	Warm-up, Fast foot Work
2:30pm	Review all topics and apply what you have learned
3:00pm	Scrimmage