

Draganov School of Soccer

MONDAY: Topic of the day: Passing and receiving (trapping)

Morning Session

9:00am	Warm-up, Speed & agility
9:30am	Passing & receiving technique
10:30am	Passing games(ball possession 3v1; 4v2)
11:00am	Scrimmage

Afternoon Session

2:00pm	Warm-up, Fast foot Work
2:30pm	Tactics: Give and Go, Movement of the Ball, Passing Drills and Combinations
3:00pm	Scrimmage