

# Draganov School of Soccer

**WEDNSDAY:** Topic of the day: Individual Attacking and Defending Skills

## Morning Session

<b>9:00am</b>	<b>Warm-up, Speed &amp; agility</b>
<b>9:30am</b>	<b>Individual Attacking and Defending Skills Fakes/Moves; Body position when defend</b>
<b>10:30am</b>	<b>1v1 Tournaments</b>
<b>11:00am</b>	<b>Scrimmage</b>

## Afternoon Session

<b>2:00pm</b>	<b>Warm-up, Fast foot Work</b>
<b>2:30pm</b>	<b>Tactics: Defending Principles of 1<sup>st</sup>; 2<sup>nd</sup> and 3<sup>rd</sup> defender. Press-Cover-Balance</b>
<b>3:00pm</b>	<b>Scrimmage</b>