



AZAM U13 JUNE ATHLETES TRAINING SESSIONS: COACH SHABANI YASSIN

SESSION: **BALL CONTROL** Technique

This session Means ;

- .Effectively receiving a pass or dribbling cleanly under pressure.
- .It requires using different body surfaces (feet,thighs,chest)with precise timing and relaxation.
- .You can control a ball using almost any part of your body.

| Week 1 (3-7) | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-----------------------|-----------------------------|-----------------------------|-----------------------------|-------------------|---------------|
| Warm up | Techniques warm | Techniques warm | Co-ordinations | Attackers session | FRIENDLY GAME |
| Main part | Ball control (Juggling) | Ball control (juggling) | Ball control (juggling) | Set pieces | |
| Application | SSG and 8v8 game | SSG and 8v8 game | SSG and 8v8 game | SSG and 8v8 game | |
| TIME | 3:30 PM | 3:30 PM | 3:30 PM | 7:30 AM | 8:00 AM |
| DURATION | 90mins | 90mins | 90mins | 80mins | 80mins |
| Week 2 (10-14) | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| Warm up | Techniques warm | Techniques warm | Co-ordinations | Attackers session | FRIENDLY GAME |
| Main part | Close control and dribbling | Close control and dribbling | Close control and dribbling | Set pieces | |
| Application | SSG and 8v8 game | SSG and 8v8 game | SSG and 8v8 game | SSG and 8v8 game | |
| TIME | 3:30 PM | 3:30 PM | 3:30 PM | 7:30 AM | 7:30 AM |
| DURATION | 90mins | 90mins | 90mins | 80mins | 80mins |
| Week 3 (17-21) | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| Warm up | Techniques warm | Techniques warm | Co-ordinations | Attackers session | FRIENDLY GAME |
| Main part | The first touch | The first touch | The first touch | Set pieces | |
| Application | SSG and 8v8 game | SSG and 8v8 game | SSG and 8v8 game | SSG and 8v8 game | |

| | | | | | |
|---------------|--------------------------|--------------------------|--------------------------|-------------------|------------------|
| TIME | 3:30 PM | 3:30 PM | 3:30PM | 7:30 AM | 7:30 AM |
| DURATION | 90mins | 90mins | 90mins | 80mins | 80mins |
| Week 4(24-28) | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| Warm up | Technique warm | Techniques warm | Co-ordinations | Attackers session | FRIENDLY GAME |
| Main part | Controlling Aerial balls | Controlling Aerial balls | Controlling Aerial balls | Set pieces | |
| Application | SSG and 8v8 game | SSG and 8v8 game | SSG and 8v8 game | SSG and 8v8 game | |
| TIME | 3:30 PM | 3:30 PM | 3:30 PM | 7:30 AM | 8:00 AM |
| DURATION | 90mins | 90mins | 90mins | 80mins | 80mins |