



## Individual training

(16-11-15)

Pass (*look behind control*) (*Are you well profiling?*)

(23-11-15)

Running with the ball (*fix and pass*)

(30-11-15)

Dribbling (*the feint, lie the defender in order to move where I want*)

(11-01-16)

Get away (*to free spaces and support*)

(18-01-16)

Shoot and analyze which is the best zone to finish the action

(25-01-16)

Running with the ball (*protect the ball / using in lateral sides*)

(1-02-16)

Bad leg (*all the train the players will train with their bad leg*)

(8-02-16)

Depth pass (*find spaces behind defenders*)

(15-02-16)

Dribbling and analyze if we have space behind the opponent

(22-02-16)

Fly Game (*controls and head*)

(29-02-16)

Bad leg (*controls, pass, shoot and running with the ball*)

(7-03-16)

Profiling (*Profiling before control*)

(14-03-16)



Lie the opponent using our body (*give opposite information*)

(21-03-16)

Dribbling (*analyze the defensive position*)

(28-03-16)

Shoot pass (*how and where we have to shoot pass?*)

(4-04-16)

Fix and pass (*create distance between defensive lines*)

(11-04-16)

Get away (*Free spaces and support*)

(18-04-16)

Shoot and analyze which is the best zone to finish the action

(25-04-16)

Running with the ball (*protection the ball and when we will use static and dynamic protection?*)

(2-05-16)

Bad leg (*all the train the players will train with their bad leg*)

(9-05-16)

Dribbling (*When we will use static or dynamic dribbling*) Relation with situations 1vs1

(16-05-16)

Fly Game (*controls and head*) a lot of ending!!!!