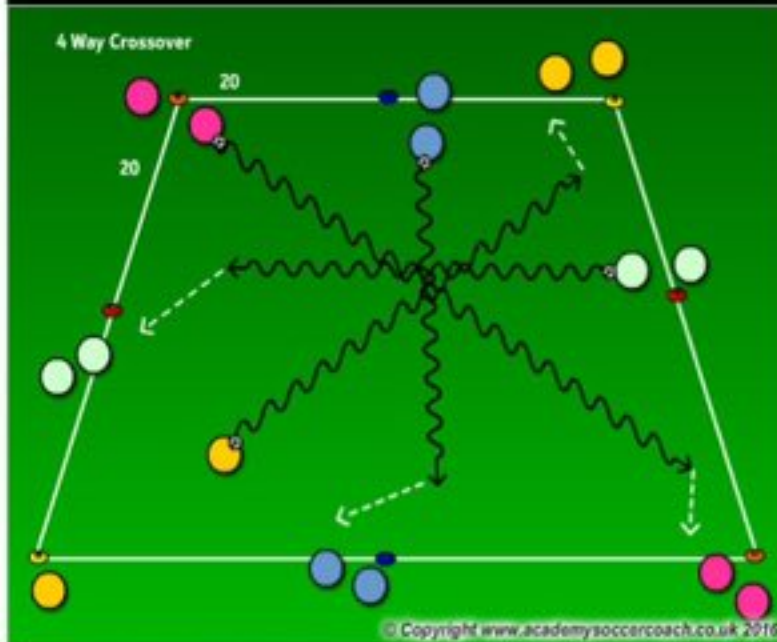


Martin Lee Herdman Session Planner

Session; Counter Attacking (fast break – 1)

Part 1; Arrival



Part 2 ; Technique



Part 3; Skill



Part 4; SSG



Technical Challenges;

1. Receive the ball facing forward
2. When to take big touches and little touches
3. First touch into space
4. Change speed and direction quickly
5. Finishing on the move

Key Individual Challenges, "TRY TO";

1. Use both feet when RWB
2. Try to support team mates – where & why?
3. recognise when pass and when to RWB

Four Corner Focus;

Running with the ball	Solution box – players spend time in there
Speed	Failure

Triggers;

1. "Recognise"
2. "Race"
3. "Release"

Team/Player Mentor;

1. Real Madrid
2. Ronaldo & Bale