



**VIRTUAL SOCCER ACADEMY...train like a pro - play like a pro!**

## **BONUS #1 - 2 FREE TRAINING LESSONS** as used by premiership clubs

### **Training Session # 1- Running with the Ball**

In this session the player will have the ball at their feet and in front of them will be 6 different coloured cones, in a single straight line. The player will be 5 yards away from the first cone and when instructed by the coach who will call out the colour of the cone, the player will run to that specific cone with the ball at their feet. As soon as the player arrives at the cone, another coloured cone will be called out which the player has to get to with the ball at his feet. The coach can call out as many cones colours as they wish and in any order they feel necessary.

**Objectives:** The objectives of this session are for the players to have close ball control all times, running and dribbling with the ball to each cone, using various turns to get back and fourth. This will also improve awareness as the player is listening for instructions that have to be acted upon in an instant.

**Progressions:** This session can be progressed by introducing an extra player who stand the other side of the cones and determines which cone the other player goes to by running there with a ball himself. The original player has to beat him to the cones, or get there as quickly as possible.

**Equipment:** 2x Footballs, 6 x different coloured cones or markers and 2 x players.

### **Training Sessions # 2- Shooting**

In this session, we look at quick reactions and shooting at the goal. The goal should be a normal size with a 10 x 10 yard box surrounding and facing the goal. Players should be positioned as follows: - 3 on the left and 3 on the right side of the box making 6 players in total standing around the outside of the box. The box should feel tight and compact.

To begin the session each player is assigned a number, at the coaches command any player numbered between 1 & 6 will be called out. The player has 3 seconds to retrieve the ball from inside the box (coach plays the ball into the box) and have a shot at the goal. The coach will call out a random number each time. The session should be completed after each player has had a go. The session should be quick and fast, setting a high tempo each time.

**Objectives:** The player will benefit from quick reactions when taking part in this session. The skill set learnt should demonstrate fast movement and quick awareness to get to the ball and take a shot at the goal. The player should demonstrate the ability to retrieve the ball within 3 seconds and strike a decent shot at goal to test the goalkeeper.

**Progressions:** To progress this session, the coach should call out two or three players at any one time. This will help the players to become a lot sharper on the ball. To make sure a player is first to the ball and get a shot off at the goal introduce a defender who automatically stays in the box at all times. Including a defender will improve the awareness of the striker when coming into the box.

**Equipment:** One Football, Goalkeeper, Six attackers, Defender, Ten cones or markers

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