

# F.T.C



## DEVELOPMENT CENTRES

**TUESDAYS**

Witham Leisure Centre

**WEDNESDAYS**

Braintree Leisure Centre

**TIME: 5.00-6.00pm**

**SURFACE: 3G**

Scan here to book





# SESSION STRUCTURE

1.

## 0-20 mins - Ball Mastery

We combine our warm up with 20 minutes of pure ball manipulation. This will develop the players individual ability in possession of the football. We will cover dribbling, skills, turns, tricks and mastering multiple surfaces.

2.

## 20-40 mins - Technical

This will be the part of the session where we focus heavily on technical development. We will break down different technical attributes and make learning fun. Just some of the topics we will cover are possession, passing, shooting, 1v1s etc.

3.

## 40-60 mins - Match Play

This is the players favourite part of the session. Our match play will be both developmental and fun. The coaches will perfect the balance between coaching in game and allowing the players to play free and enjoy/express themselves.