



2013 - U10 - Spring Lesson Plans

Lesson Plan Topics			
INDEX			Page
Module 1 Dribbling	Week 1	Let's Learn the Rules – Let's Play	Page 2
	Week 2	Dribbling and turning	Page 3
	Week 3	Dribbling to beat an Opponent	Page 4
Module 2 Passing & Receiving	Week 4	Passing for Possession	Page 5
	Week 5	Passing for Penetration	Page 6
	Week 6	When to Dribble, When to Pass	Page 7
Module 3 Defending	Week 7	Pressing the Ball	Page 8
Module 4 Shooting and Finishing	Week 8	Shooting 1	Page 9
	Week 9	Shooting 2	Page 10
Module 5 Conditioned Game	Week 10	Fantastic 4	Page 11



2013 - U10 - Spring Lesson Plan - Week One



Module I: Let's Learn the Rules

Topic: Let's Play

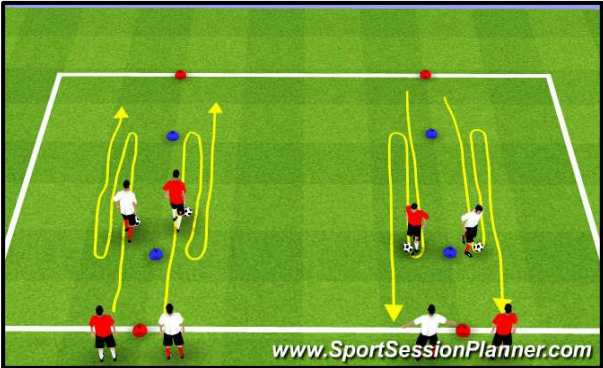
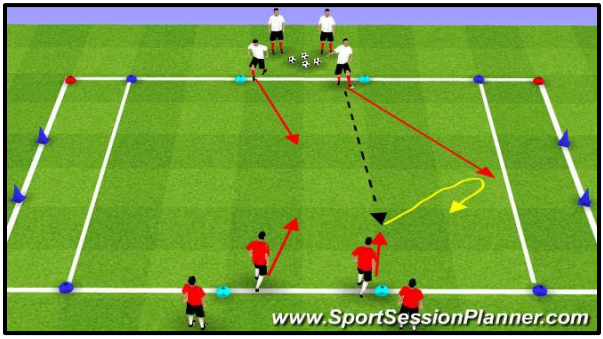
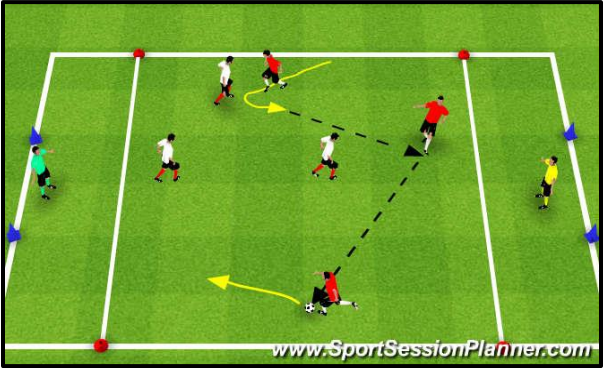


Possible Formations	GK-3-2 or GK- 2-1-2
Dimensions in Yards:	Long: 45 max-35 min yards Wide: 60 max-45 min yards
Ball	Size 4
Number of Players	A GK and 5 Players for a total of 6 players per team. The minimum number of players is 5 total
Referee	Referee needed, use club linesmen/women
Duration	Two halves of 25 minutes each
Fouls and Misconduct	Two cards: Yellow Card – Warning 2 Yellow Cards = Red Card – Expulsion
Free Kicks	Two kinds: Direct and Indirect. Defending players must be at least 8 yards away from the kick
Out of bounds - Side Line	Throw-ins
Out of Bounds – End Line	Goal Kicks
Corners	Place the ball on the corner and defenders must stay at least 8 yards away from the ball

Module 1: Dribbling

Topic: Dribbling and Turning

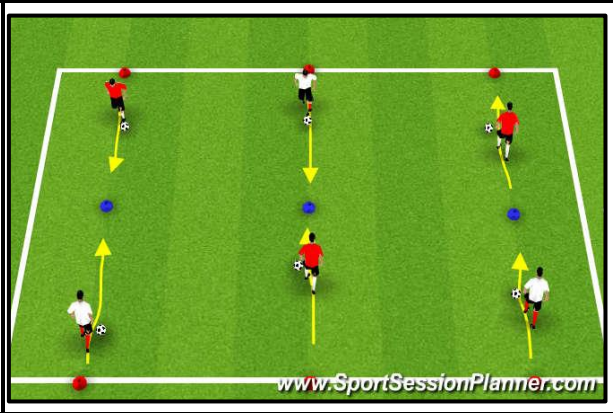
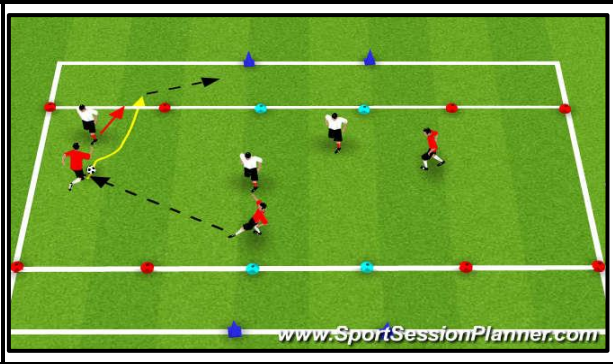
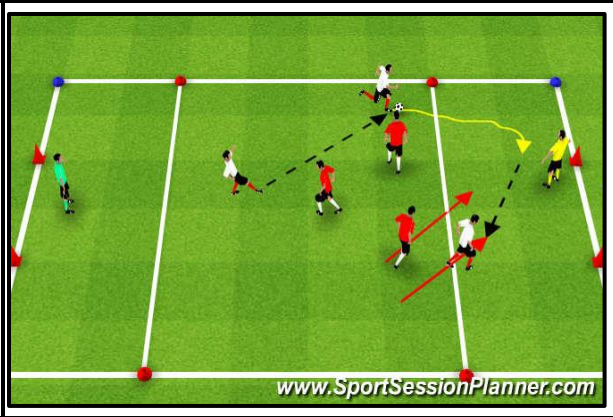
Objective: To improve the player's ability to dribble and turn when under pressure by an opponent

Stage	Organization	Diagram	Key Coaching Points
<p>Stage I Technical Warm up</p>	<p>Turning in Two's:</p> <ul style="list-style-type: none"> Place 4 cones (two red and two blue) in a 12-15 yard line Pair up the players and place them by the cones One player will give the go sign and both will dribble into the turning zone When the dribblers cross the other end line, the next players inline go <p>Turns: Inside of the foot cut, Outside of the foot hook, Drag back and Cruyff</p>		<p>Dribble:</p> <ul style="list-style-type: none"> Keep the ball close to your feet Keep head up Approach the defender under control Fake and acceleration Where to dribble When confronted with defenders, pass them by changing direction of the ball and take a big touch Look for space behind the defender to attack Use your teammate to create dribbling opportunities
<p>Stage II Small Sided Activity</p>	<p>2v2 to Two Lateral Goals:</p> <p>Area 20Lx25W yard grid with two Finish Zones of 3 yards each</p> <ul style="list-style-type: none"> Pair up the players and place them by the cones Place the groups of two between the light blue cones One group, the defenders, will serve the ball to the attackers When the attackers receive the ball, they will try to score in any of the lateral goals. If the defending team gets the ball, they can also score 		<p>Turning:</p> <ul style="list-style-type: none"> Use the appropriate surface for the appropriate turn Keep your body between the defender and the ball Players must accelerate after the turn When confronted by a defender, decide to dribble or turn Where and how to turn
<p>Stage III Expanded Small Sided Activity</p>	<p>4v4 (GK+4v4+GK):</p> <p>Area 30Wx40L yard grid with two finishing zones of 5 yards each</p> <ul style="list-style-type: none"> Two teams are trying to score in the opponent's goal The players will try to perform a turn under pressure and enter the Finishing Zone for a 100 point goal, any other goal is only 1 point 		
<p>Stage IV Game</p>	<p>5v5 or 6v6:</p> <ul style="list-style-type: none"> Two teams with a specific formation Play the game and encourage the players to recognize the moments to dribble, turn, and protect the ball 		

Module 1: Dribbling

Topic: Dribbling to Beat an Opponent

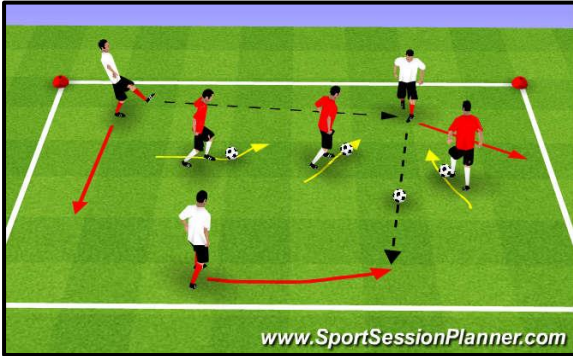
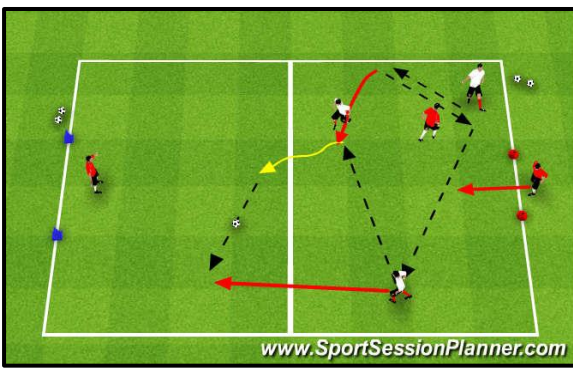
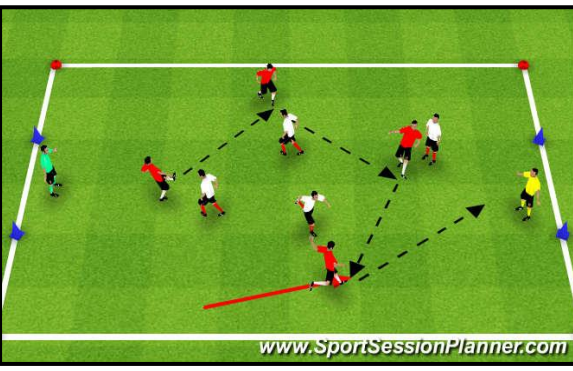
Objective: To improve the player's ability to dribble by an opponent

Stage	Organization	Diagram	Key Coaching Points
<p>Stage I Technical Warm up</p>	<p>Ball Mastery:</p> <ul style="list-style-type: none"> Place 3 cones in a line with a middle cone about 8 yards from the end cones and a player by each end cone with a soccer ball. At coach's command the players will dribble from their cone to the middle and back performing the following dribbling tasks <ul style="list-style-type: none"> Inside and outside of the foot Double touches with the outside and circle, switch foot Laces, laces, inside and outside Now dribble to the cone and <ul style="list-style-type: none"> Circle take, Fake take and Inside Step and Take 		<ul style="list-style-type: none"> Use all surfaces of the foot Keep the ball close and in control Use the outside of the foot and the laces for speed with the furthest foot from the opponent <ul style="list-style-type: none"> Execute a feint to unbalance the defender and dribble past him/her with a burst of speed Identification of Visual Cues to take an opponent <ul style="list-style-type: none"> Free space in front 1v1 with no defender behind Near the box Identification of Verbal Cues <ul style="list-style-type: none"> "Take space" "Time" "Take him on" Be deceptive Attack the defender at pace and set him up Be creative and take risks
<p>Stage II Small Sided Activity</p>	<p>3v3 to 3 Gates into the Finishing Zone:</p> <ul style="list-style-type: none"> Area: 30x30 yard grid with two Finishing Zones of 5 yards each. The gates are about 5 yards apart Players will play to score in the opponent's goal after they have dribbled through any of the three gates into the finishing zones Only one defender can get in the finishing zone when the ball is in the finishing zone 		
<p>Stage III Expanded Small Sided Activity</p>	<p>4v4(GK+3v3+GK) or 5v5- Dribble into the Finishing Zone:</p> <ul style="list-style-type: none"> Area 40LX35W yard grid with two Finishing Zones of 7 yards each Two teams playing to score in the opponent's goal by dribbling over the line into the finishing zone If a player dribbles... <ul style="list-style-type: none"> Over the line and dribbles the keeper – 1 billion points Over the line, shoots or passes to goal 10 points Any other goal 1 point Play to 2 billion points 		
<p>Stage IV Game</p>	<p>5v5 or 6v6:</p> <ul style="list-style-type: none"> Two teams with a specific formation Play the game and encourage the players to recognize the moments to penetrate off the dribble 		

Module 2: Passing and Receiving

Topic: Passing for Possession

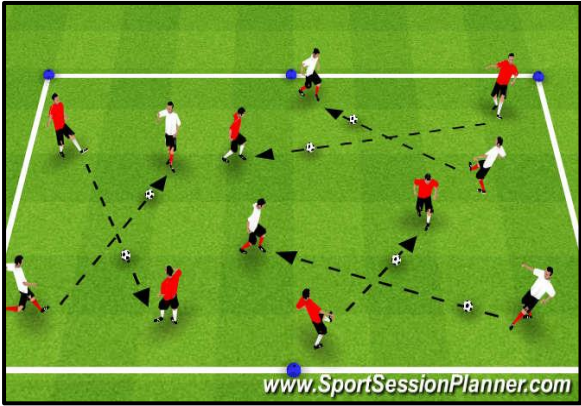
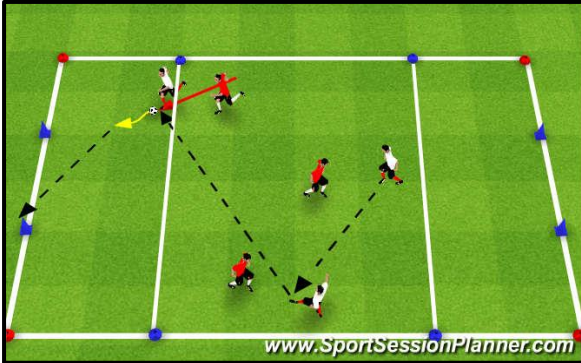
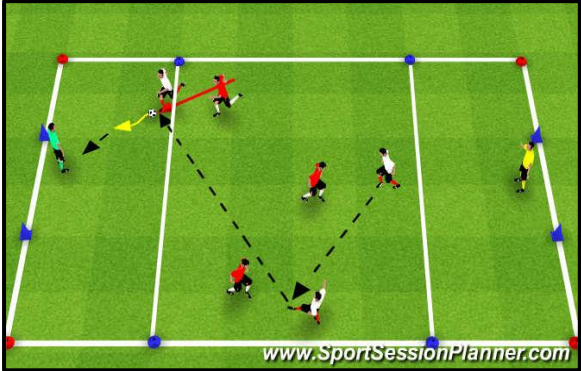
Objective: To improve the team's ability to retain possession of the ball

Stage	Organization	Diagram	Key Coaching Points
<p>Stage I Technical Warm up</p>	<p><u>3 Passers and 3 Dribblers:</u></p> <ul style="list-style-type: none"> • Area: 15x15 yard grid • Start the activity with 3 players passing the ball and one dribbler trying to get in their way as the players are connecting passes • Add dribblers as the players continue to connect passes <ul style="list-style-type: none"> ○ 1-5 passes: 10 points – 1 dribbler ○ 6-10 passes: 10 points - 2 dribblers ○ 8+ passes: 10 points – 3 dribblers • If the passers lose possession 3 times, switch roles 	 <p>www.SportSessionPlanner.com</p>	<p>Passing</p> <ul style="list-style-type: none"> • Toe up (inside) or down and turned in (outside) • Placement of the non-kicking foot and good balance • Surface of the foot and Surface of the ball to strike <p>Receiving</p> <ul style="list-style-type: none"> • Keep your feet moving before the ball arrives and go to it • Keep ankle of receiving foot locked and body behind ball • Eyes on the ball at instant of reception • First touch is directional away from pressure
<p>Stage II Small Sided Activity</p>	<p><u>3v1(2) to One Goal and Small Goal:</u></p> <ul style="list-style-type: none"> • Area: 30Lx20W yard grid – Big Goal 6 yards – Small Goal 2 yards • 3 players are keeping possession of the ball and need 4 passes to go to goal; meanwhile, a defender is trying to get the ball and score in the small goal. After the attacking team makes 3 passes, a second defender comes in • When the defenders get the ball, they need to complete two passes before scoring • The attacking team will switch after three attempts 	 <p>www.SportSessionPlanner.com</p>	<p>Support</p> <ul style="list-style-type: none"> • Before and after the pass, move and create new passing lanes for your teammates • Do not stand behind a defender • Get in good supporting positions • Ask for the ball – Do not say HERE! • Play the way you face
<p>Stage III Expanded Small Sided Activity</p>	<p><u>5v5(GK+4v4+GK) Everyone Touches the Ball:</u></p> <ul style="list-style-type: none"> • Area: 35Lx30W yard grid with two 6 yard goals • Two teams playing to score in the opponent's goal • All the players in the possession team must touch the ball before scoring. If they lose possession they need to start the sequence again 	 <p>www.SportSessionPlanner.com</p>	
<p>Stage IV Game</p>	<p><u>5v5 or 6v6:</u></p> <ul style="list-style-type: none"> • Two teams with a specific formation • Play the game and encourage the players to recognize the moments to keep possession and when to penetrate 		

Module 2: Passing and Receiving

Topic: Passing for Penetration

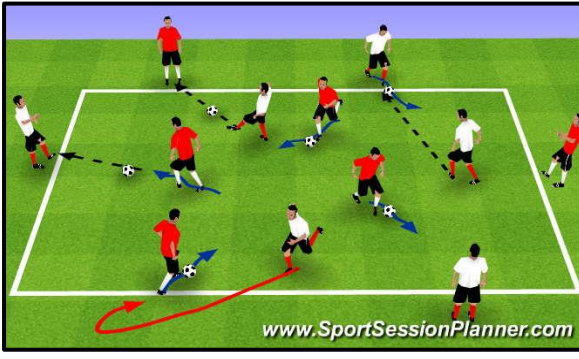
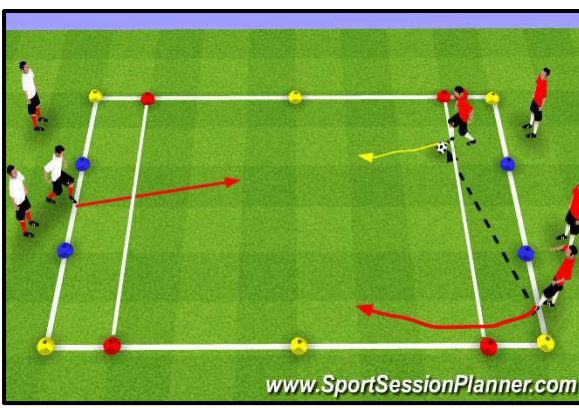
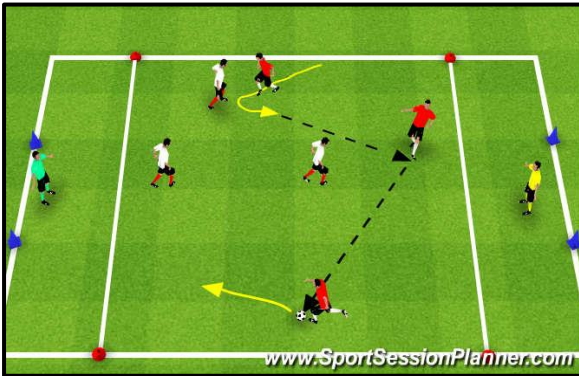
Objective: To improve the team's ability to pass between and through defenders to provide the final pass

Stage	Organization	Diagram	Key Coaching Points
<p>Stage I Technical Warm up</p>	<p><u>Passing and Move in Two's</u></p> <ul style="list-style-type: none"> • Area: 30Lx20W yard grid • Divide the players into groups of 2's • All groups must play with a minimum of 3 touches (Receive, Dribble and Pass) • The players will perform the following tasks: <ul style="list-style-type: none"> ○ Complete ten passes ○ Complete 6 passes, 3 of them are splits ○ Complete 5 passes with 4 different partners each ○ Get in groups of 3's and complete 9 passes ○ Get as many split passes as your groups can in 2 minutes 	 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> • Technique of Passing and Receiving <ul style="list-style-type: none"> ○ Surface of the foot ○ Surface of the ball • Directional First touch • Vision to split defenders with a pass • Angle and distance of support • Supporting body position • Mobility to get in good positions or to open passing lanes • Demanding the ball • Play the way you face • Possession vs. Penetration
<p>Stage II Small Sided Activity</p>	<p><u>3v3 to Finishing Zones:</u></p> <ul style="list-style-type: none"> • Area: 30Lx25W yard grid with two Finishing Zones of 3 yards each • Two teams play to score in the opponent's goal • To score, the attacking team must pass to a teammate in the finishing zone. The attacker must time his/her run to receive the ball inside the zone as the ball arrives. Scoring: <ul style="list-style-type: none"> ○ Receive a timed pass after a split and score: 100 points ○ Receive a split pass and score: 5 points ○ Dribbling into the end zone and score: 1 point 	 <p>www.SportSessionPlanner.com</p>	
<p>Stage III Expanded Small Sided Activity</p>	<p><u>4v4(Gk+3v3+GK) to Finishing Zone:</u></p> <ul style="list-style-type: none"> • Area: 35Lx30W yard grid with two Finishing Zones of 5 yards each • Two teams to score in the opponent's goal • Any goal resulting from a pass that arrives in the end zone at the same time as the receiver is worth 1000 points • Any other goal is just 1 point 	 <p>www.SportSessionPlanner.com</p>	
<p>Stage IV Game</p>	<p><u>5v5 or 6v6:</u></p> <ul style="list-style-type: none"> • Two teams with a specific formation • Play the game and encourage the players to recognize the moments to keep possession and when to penetrate 		

Module 2: Passing and Receiving

Topic: When to Dribble, When to Pass

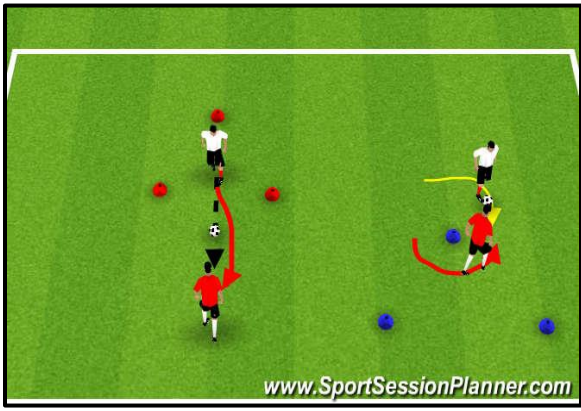


Objective: To improve the player's ability to recognize when and how to dribble and pass

Stage	Organization	Diagram	Key Coaching Points
<p>Stage I Technical Warm up</p>	<p>Passer & Dribbler Square:</p> <ul style="list-style-type: none"> • Half of the players on the inside of the square (with soccer balls), half on the outside. • The insiders (Passers) will pass the soccer ball to the outsiders. • The outsiders (Dribblers) will receive with a directional first touch to dribble away from the passer who is pressing him/her. 	 <p>www.SportSessionPlanner.com</p>	<p>To Dribble:</p> <ul style="list-style-type: none"> • First touch must be directional • Identify the visual cues to dribble <ul style="list-style-type: none"> ○ Space ○ 1v1 • Keep the ball close to your feet • Keep head up • Approach the defender under control • Fake and acceleration • Where to dribble • When confronted with defenders, pass them by changing direction and speed • Use your teammate to create dribbling opportunities
<p>Stage II Small Sided Activity</p>	<p>2v1 to End Zones:</p> <ul style="list-style-type: none"> • Area: 25Lx15W yard grid with two Finishing Zones of 3 yards each • Place a team behind the end-line behind the end zone and the defenders behind the opposite end zone. • The attackers will score by dribbling or passing the ball into the end zone. • If the defender gets the ball, he/she can also run with the ball into the end zone. • The activity starts when the player with the ball passes to his/her partner. 	 <p>www.SportSessionPlanner.com</p>	<p>To Pass - Technical</p> <ul style="list-style-type: none"> • Receiving ball/first touch • Implications of first and second touches • Movement after pass with speed • Weight of the pass • Type of pass
<p>Stage III Expanded Small Sided Activity</p>	<p>4v4 (GK+3v3+GK) to Finishing Zones:</p> <p>Area 30Wx40L yard grid with two finishing zones of 5 yards each</p> <ul style="list-style-type: none"> • Two teams are trying to score in the opponent's goal by dribbling or passing to a teammate in the end zone. • The attacking player must time his/her run to receive the ball inside the end zone and score. • A player cannot enter the end zone before the soccer ball. <p>Scoring:</p> <ul style="list-style-type: none"> • Receiving a timed pass into the end zone: 10 points. • Dribbling into the end zone: 5 point. 	 <p>www.SportSessionPlanner.com</p>	<p>To Pass - Tactical</p> <ul style="list-style-type: none"> • Supporting shape • Verbal communication: Turn, drop, wall, square, etc. • Visual cues identification • Awareness of space, teammates, and opponents • Best passing options: Possession pass or penetration pass • Change of rhythm to exploit opportunities to penetrate
<p>Stage IV Game</p>	<p>5v5 or 6v6:</p> <ul style="list-style-type: none"> • Two teams with a specific formation • Play the game and encourage the players to recognize the moments to keep possession and when to penetrate 	<p>Look for opportunities to change the point of attack</p>	

Module 3: Defending - Closest Player to the ball

Topic: Defending - Pressing the ball

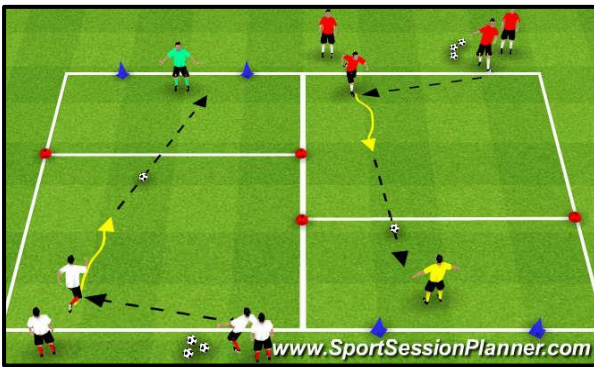

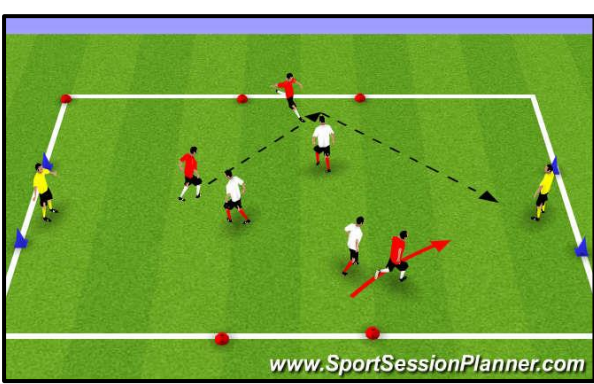
Objective: To improve the player's ability on when and how to press the ball

Stage	Organization	Diagram	Key Coaching Points
<p>Stage I Technical Warm up</p>	<p><u>1v1 Triangle Defending:</u></p> <ul style="list-style-type: none"> • Area: 2 yard triangle • Divide the team in groups of two's and assign them a triangle to play 1v1's <p>Procedure</p> <ul style="list-style-type: none"> • The defender starts inside the triangle with the ball • The defender serves the ball to attacker 5-7 yards outside the triangle • The attacker will try to score by dribbling through the triangle: 10 points • The defender approaches the attacker and prevents him/her from scoring 		<p>Pressing Defender</p> <ul style="list-style-type: none"> • Immediate pressure on the ball • Concentrate on the 6 D's <ul style="list-style-type: none"> ○ Close the attacker Down ○ Slow Down ○ Get Down ○ Stay Down ○ Decide and Destroy • Sideways on - one foot slightly in front of the other • Knees bent • Lift you heels • When and how to jockey the attacker • Delay the attacker • Do not over commit
<p>Stage II Small Sided Activity</p>	<p><u>3v3 to Small Goals:</u></p> <p>Area: 25Lx20W yard grid</p> <p>Two teams playing to score in the opponent's goal. Teams score by dribbling or passing through the goal</p> <p>Coach: Assist the players to identify when and how to press the attacker.</p>		<ul style="list-style-type: none"> • Recognize when to be the pressing defender • Funnel attacker towards touch line or a covering defender • Make the attacker put the head down and use the weaker foot
<p>Stage III Expanded Small Sided Activity</p>	<p><u>4v4(GK+3v3+GK) to Small Goals:</u></p> <p>Area: 30Lx25W yard grid</p> <p>Two teams playing to score in the opponent's goal. Teams score by dribbling or passing through the goal</p> <p>Coach: Assist the players to identify when and how to press the attacker.</p>		<ul style="list-style-type: none"> • Technique of Poking the ball • Technique of Block tackle
<p>Stage IV Game</p>	<p><u>5v5 or 6v6:</u></p> <ul style="list-style-type: none"> • Two teams with a specific formation • Play the game and encourage the players to recognize the moments to press closely and when to "wait" 		

Module 4: Shooting and Finishing

Topic: Shooting 1




Objective: To improve the player's ability to strike the ball and score more goals

Stage	Organization	Diagram	Key Coaching Points
<p>Stage I Technical Warm up</p>	<p>5 Minute Shooting Competition:</p> <ul style="list-style-type: none"> • Area: 20Lx12W yards station with a shooting line about 12 yards away from the goal • Divide the team into two groups. Have the group select a GK and place the GK in one of the goals • In one corner place the passers and in the other the shooters • The shooter receives the ball, runs and shoots before the shooting line. If the shooter shoots after the line the goal does not count • The passer becomes the shooter and the shooter the passer 		<p>Shooting Technique</p> <ul style="list-style-type: none"> • Body position and balance • Eye on the ball at moment of contact • Strike ball with ankle locked and hard bone on top of foot • Non-kicking foot directed at target • Surface of the Ball • Surface of the Foot to strike the ball
<p>Stage II Small Sided Activity</p>	<p>3v3+1(Gk+2v2+Gk) Shooting:</p> <ul style="list-style-type: none"> • 30Lx20W yard grid divided into 3 zones - two end zones of 8 yards and a central zone of 14 yards long • Encourage players to shoot from the middle zone. The neutral player plays with the attacking team • Scoring: <ul style="list-style-type: none"> ○ Directly from the middle zone: 100 pts. ○ Rebound goal: 50pts ○ Inside the zone shot: 1pt • Play to 300 pts. and switch teams if you have one standing by 		<p>Against a Goalkeeper</p> <ul style="list-style-type: none"> • Keep the shot low • Use instep for power or inside of the foot to place the ball • Surface of the ball and the foot to use • Proper technique and body control • Placement vs. power • Quality preparation touch • Proper selection of contact surface
<p>Stage III Expanded Small Sided Activity</p>	<p>3v3+GK's Long Shot and Rebound:</p> <ul style="list-style-type: none"> • Play in a 35Lx25W yard grid with goals. Players will be awarded points on the goals they scored depending on the distance from goal: <ul style="list-style-type: none"> ○ From the team's defending end: 10 points ○ From team's attacking end: 50 points ○ From Rebound: 100 points <p>Play to 300 points</p>		<p>During Game</p> <ul style="list-style-type: none"> • Timing and shape of attacking runs • Finishing rebounds • Creativity and deception • Combination Play • Rebounding
<p>Stage IV Game</p>	<p>5v5 or 6v6:</p> <ul style="list-style-type: none"> • Two teams with a specific formation • Play the game and encourage the players to recognize the moments to shoot and "crash" the goal on every shot 		

Module 4: Shooting and Finishing

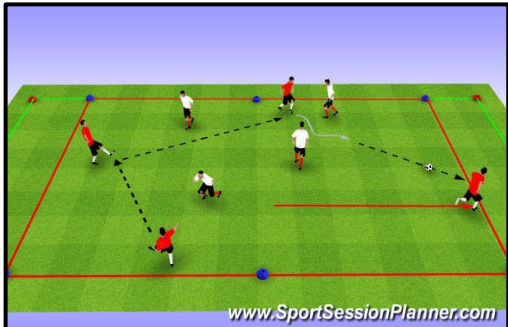
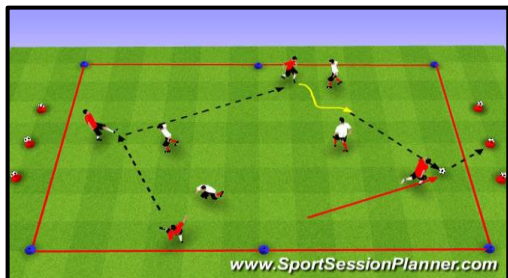
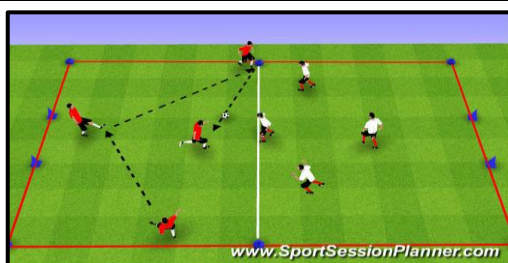
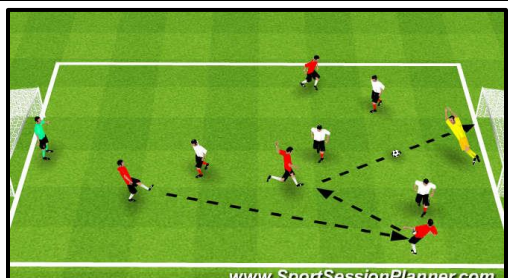
Topic: Shooting 2

Objective: To improve the player's ability to strike the ball and score more goals

Stage	Organization	Diagram	Key Coaching Points
Stage I Technical Warm up	<p>Numbered Shooting to 4 Goals:</p> <ul style="list-style-type: none"> • Area: One Large square of 40x40 and smaller inner square of 20x20 • Four goals with GK's set up at the side of the large square • Two teams of 4 players, Each player with a number is dribbling inside the inner square • When coach calls a number, the player dribbles out of area and shoots on the goal. Shots should be taken about 10-12 yards out • The teams can only score in the assigned goals 	 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> • Body position and balance • Eye on the ball at moment of contact • Strike ball with ankle locked and hard bone on top of foot • Non-kicking foot directed at target • Strike the center of the ball and follow through towards target landing on shooting foot • Shooting technique of a moving ball
Stage II Small Sided Activity	<p>4v4 (GK+3v3+GK) Top Gun:</p> <ul style="list-style-type: none"> • Area: Two - 20x20 yard Grids • Teams are trying to score in the opponent's goal. • Teams play for 5 minutes, and try to score as many goals as they can in that time • After 5 minutes the winner gets 100 points added to their score • Play a total of 3 games. The Top Gun Team is the team with the most points 	 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> • Proper technique and body control • Placement vs. power • Quality preparation touch • Proper selection of contact surface • Timing and shape of attacking runs • Creativity and deception • Combination Play • Follow the shot • Rebounds
Stage III Expanded Small Sided Activity	<p>Team on Deck:</p> <ul style="list-style-type: none"> • Area: 30Lx25W yard grid • Place GK in each goal and have three teams. • The team is divided into 3 groups. Two teams compete to score a goal • The team that scores defends that goal. The team on deck comes onto the field with a ball to attack quickly while the team scored on quickly leaves the playing field • This game teaches teams to go to goal with pace and to take chances quickly 	 <p>www.SportSessionPlanner.com</p>	
Stage IV Game	<p>5v5 or 6v6:</p> <ul style="list-style-type: none"> • Two teams with a specific formation • Play the game and encourage the players to recognize the moments to shoot and when to "crash" the goal 		

Module 5: Conditioned Games

Topic: Games for Understanding

Warm Up	6 Surface Dribble: Players will dribble the soccer. Start with one foot: perform the 6 surfaces - Outside of the foot touch - Inside of the foot touch - Laces (instep) to push ball away - Bottom (sole) to drag ball back - Toe to push the ball away - Heel to bring the ball back behind you to turn and - Pass Use both feet do the 6 surfaces and pass		
Stage	Organization	Diagram	Key Coaching Points
Conditioned Game 1	<p>4v4 to End Zones: Set up a 30Wx40L yard grid. Play 4v4 with 2 yard end-zones behind the 35 yd. line. To score, the attacking team needs to pass to a teammate in the end zone. The attacking player must time his/her run to receive the ball inside the end zone and score. A player cannot enter the end zone before the soccer ball. Coach: Help the players to time their runs into the end zone to receive the ball. Scoring:</p> <ul style="list-style-type: none"> Receiving a timed pass into the end zone: 10 points Dribbling into the end zone: 1 point 	 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> When to dribble, when to pass Identification of visual cues <ul style="list-style-type: none"> 1v1 space to attack behind defender Free space in front of dribbler Near the attacking area Good team shape & body position open to field First Touch – Directional Penetration vs. Possession Communication
Conditioned Game 2	<p>4v4 Hit the Ball Off the Cone: In a 30Wx40L yard grid with a 3 yard end zone, place 3 soccer balls on top of three cones. Two cones are about 5 yards from the corners and one is central. Place a soccer ball on each cone. Two teams of 4 players each will try to score by knocking the soccer ball off the cone. Scoring:</p> <ul style="list-style-type: none"> Hit the ball on the cone: 10 points Put the soccer ball between the cones: 1point <p>No players are allowed in the end zone.</p>	 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> Possess the ball to look for an opportunity to hit the ball on the cone Weight and accuracy of the pass First touch (To prepare the ball) Players in good supporting positions Decision making: safety versus risk <ul style="list-style-type: none"> ✓ Possession vs. Penetration Communication Good team shape
Conditioned Game 3	<p>Everyone Gets Back 4v4: In a 30Wx35L grid, two teams of 4 players each will try to defend by getting behind the ball ASAP. The defensive team should get organized behind their own Midline. As soon as the defending team regains possession, the attacking team will try to set up a defensive block. Scoring: If the attacking team scores, they will get an extra point for every defensive player not in their defensive half.</p>	 <p>www.SportSessionPlanner.com</p>	<p>Working as a Unit</p> <ul style="list-style-type: none"> Working together as a unit When and how to pressure and cover Learning to stay in a defensive block Transition & Angles of recovery
Conditioned Game 4	<p>GK's + 4v4 "THE LAST GOAL": In a 30Wx35L yard grid, two teams of 4 players each with a Gk will play to score the last goal. Play 5 minute bouts. The team with the last goal wins</p>	 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> Proper technique and body control Quality preparation touch Proper selection of contact surface Type of shot Timing and shape of attacking runs Creativity and deception Rebounding

