FC Barcelona Camp Session Plan Examples Individualized Sessions

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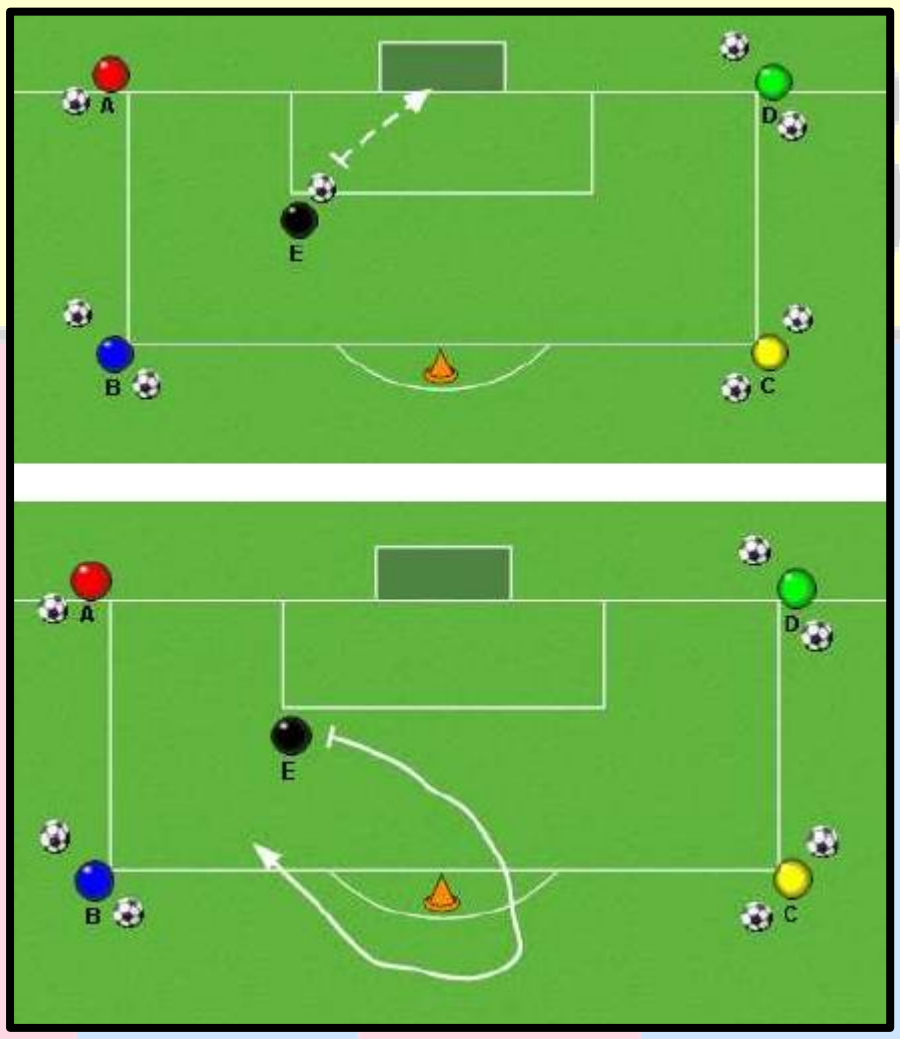
Session 1: (Finishing)

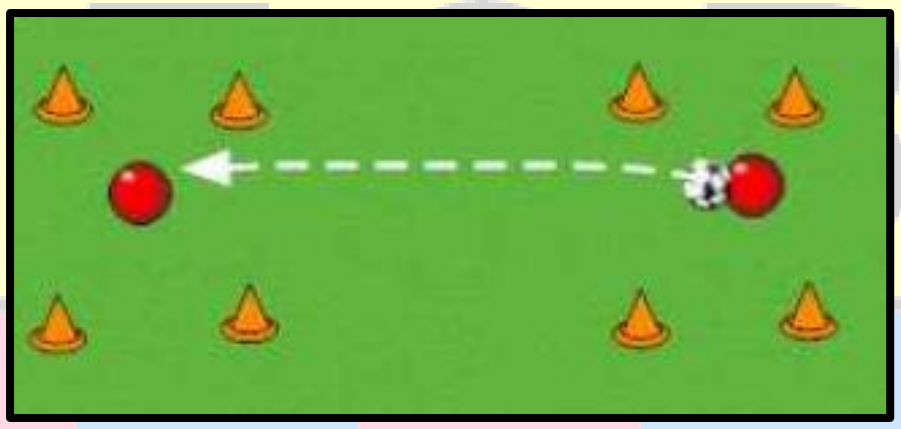


Instructions

Players will shoot eight footballs unopposed, encourage quick one touch finishing. Following each shot the player must sprint around the start cone. Use goalkeeper where available.

PROGRESS: Introduce a defender. The attacking player is free to receive from any corner and must lose the defender to make space for a shot upon arrival into the box. No limit to touches during this opposed progression.

Session 2: (Touch Zone)



Instructions

Used as part of a warm up players will work in zones opposite one another. Players must pass to the player opposite them within their zonal area, the receiving player must kill the ball within his zonal area before returning a pass to the player opposite him. Points lost and gained for loss of control or poor passing accuracy.

PROGRESS: Distance between the zones is made greater. Players must deliver a lofted pass into the opposite zone avoiding the ground. Players receiving must control within their zone. Points lost and gained for loss of control or poor passing accuracy.

FC Barcelona Camp Session Plan Examples Team Sessions

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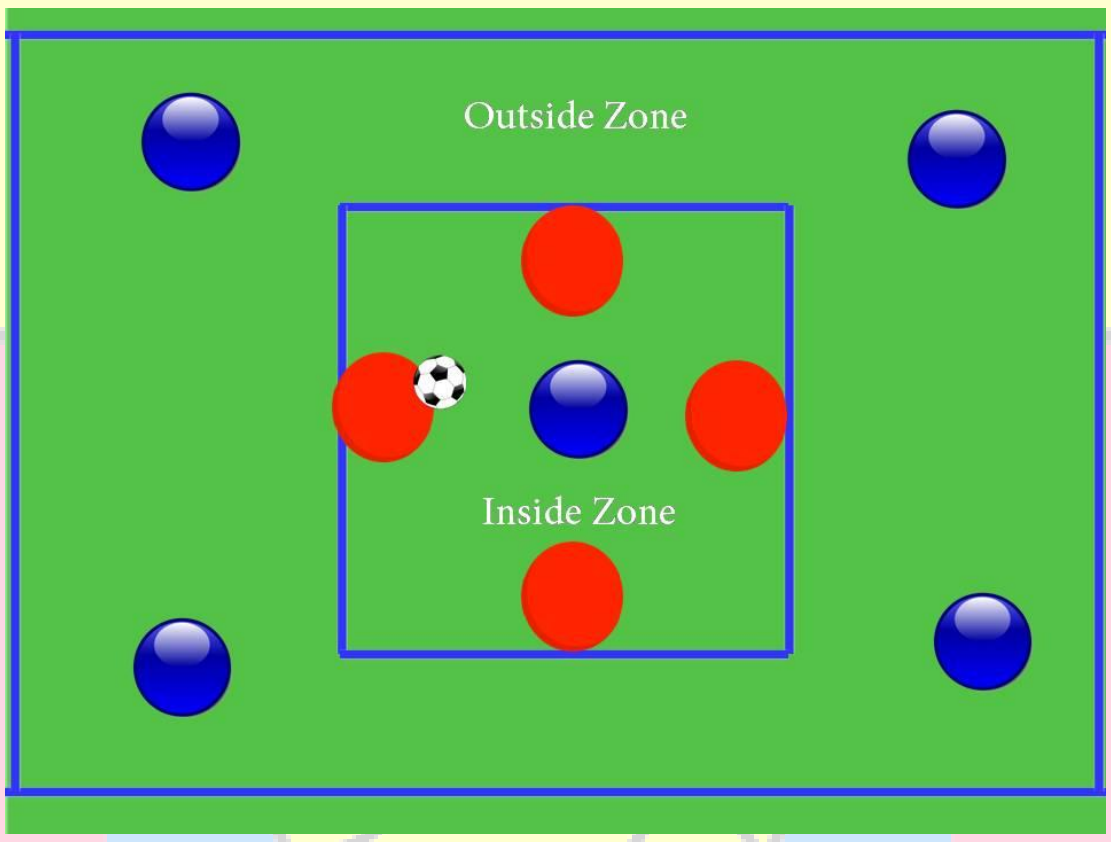
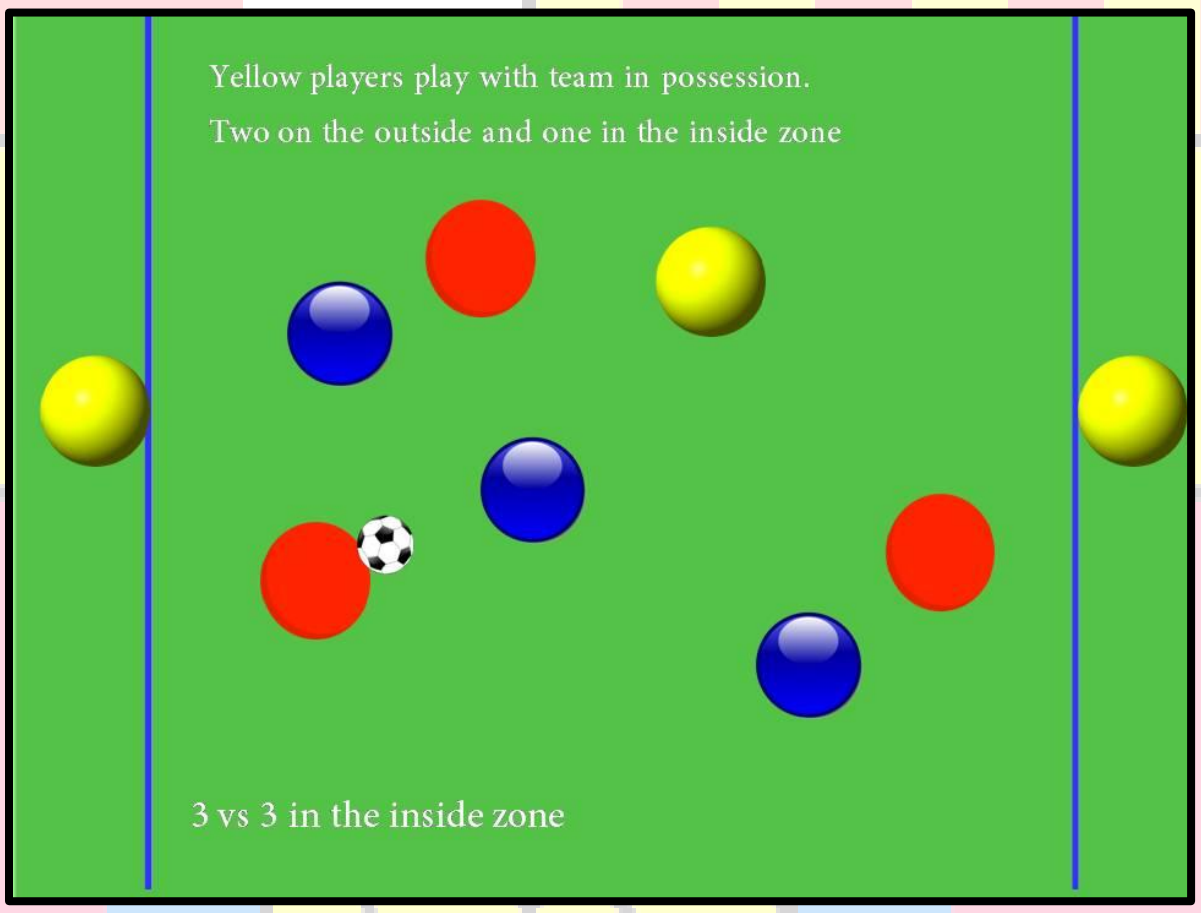
Session 3: (4 vs 1 into 5 vs 4)



Instructions

This transitional possession practice begins with a 4 vs 1 in the inside zone. When the blue player wins possession he must pass out to team mates in the outside zone. The entire then becomes in play for a 5 vs 4 possession game. Points given for set number of passes complete within zones. Reds must return the ball to the inside zone to re start the practice. Encourage fast counter pressing when possession is lost in either zones.

Session 4: Possession



Instructions

Three versus three located in the inside zone. Three neutral players will play with the team in possession. Two neutral players located at the end lines and one neutral player in the inside zone.

PROGRESS: Introduce goals at either end of the playing zone.

Please download the full document

using the coaching pin attached

with your camp form activation

number. Camp commences 23/7/2016.