## Topic: Recovery Session for U15 and Above

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| Technical Dribbling Movement | • All players have a ball and dribble in an unrestricted space.  
• On their own, players work on change of directions moves, change of pace, using varying surfaces of the foot, moves to beat an opponent.  
Dribbling - Change of pace, deception, ball familiarity, using all surfaces of the foot  
Dynamic Stretching (Stretching while moving) |  
• Jogging, backward jogging, Side to side slides, High Knees, Bum Kicks, Straight leg kickouts, Side leg kickouts, Up-Over-outs, up-over-ins, Knee to chest into lunge,  
• Add a series of ¾ speed running patterns at the end.  
• To complete the warm-up, players should pair up and partner stretch  
Dynamic Stretching (Stretching while moving) |  
• Should focus on low intensity movement that improves flexibility in hips, ankles, knees, lower back, and hamstrings  
• Should aid in recovery by helping to remove Lactic Acid buildup in muscles.  
Aerobic: Low Intensity Activity |  
• Maintain HR at 40-65% of max  
• Should be short intervals that alternate low intensity work with a rest period  
• Activities should emphasize mobility and Flexibility |

### Variations:
Coach can ask players to perform various dribbling techniques and movements

### MATCH RELATED ACTIVITY

#### Technical Skills Window - 2 Groups of 8
- Inside players “visit” outside players in random order while performing a given skill.  
- Record team score for 90-second intervals. Rotate inside and outside players after each interval.  
- Change activity after two rounds.  

Windows Skills include: 1-2 touch passing, receiving and turning, Volleys, ½ volleys, thigh volleys, chest volleys, head volleys,  
**For increased repetition of skill sets, create two or more windows groups.**

#### MATCH RELATED ACTIVITY

**8v8 Possession**
- Area 40 yards x 35 yards  
- One team starts with the ball at their feet and tries to maintain possession.  
- The opposing team has two balls they can use to throw and attempt to hit the other teams ball while they are in possession.  
- If the defending team can successfully throw a ball and hit the other teams ball, possession immediately changes and roles reverse.  
- Play a series of 5 min games. The team who has possession of the ball at their feet last in the winner of that round.  

- Communication - both attacking and defending  
- Speed of play - clean technical passing and receiving  
- Angle and Distance of support  
- Creating width and depth when in possession  
- Changing the point of attack quickly  
- Shrinking the field defensively  
- Making play predictable defensively  
**Variations:** To increase speed of play, give defending team a 3rd ball.  
**For increased repetition of skill sets, create two groups of 4v4 possession**

### COOL DOWN

Light jogging and stretching