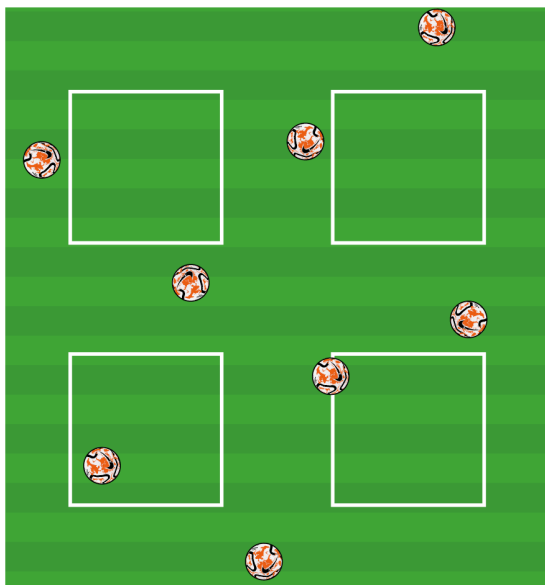


# Chelsea FC Foundation Session Plan



## SET-UP

4 squares placed 6 steps apart and 4x4m in size.

## EQUIPMENT

- Balls (one per participant if possible, if not, one per group of two or three).
- Cones to mark out the squares.

## WARM UP

Move around the area with a ball in hand.

Practice changing direction when you reach a box (if in pairs, one follows the other, swapping on command).

## VARIATIONS

1. Use balance to hop on one leg.
2. Power to bounce high on two legs.
3. Balance the ball on different parts of your body as you move around.
4. Use other parts of the body to move the ball round the area.
5. Pretend to be an animal to show different speeds.

## ACTIVITY (BALL EACH)

1. Dribble around the area.  
Turn in a box = 1 point.  
Turn out the box towards another box = 3 points.
2. Set a timer of 1 min to set a score, then try to beat your own score!

## ACTIVITY (BALL BETWEEN 2)

1. Dribble around the area.  
Turn in a box = 1 point.  
Turn out the box towards partner = 3 points.
2. Swap the ball and repeat.
3. Set a timer of 1 min to set a score, accelerate away from your partner after every turn, if you go through a box without your partner get an extra point. Swap over and see who has the most points!

## CHALLENGES

1. Use both feet.
2. Combine turns to multiply score!
3. Place objects around area to avoid.

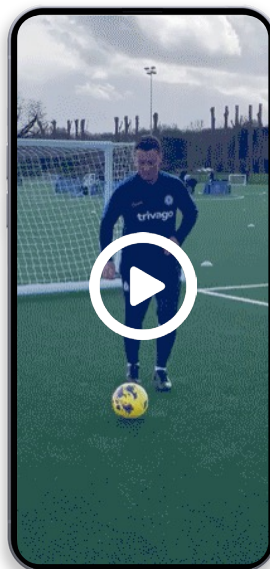
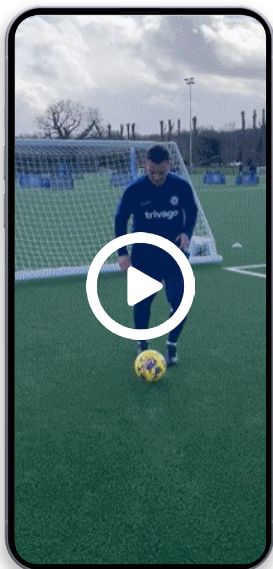
## MATCHES - IF TIME PERMITS

4v4 / 5v5 depending on players and space.

Goal = 1 point.  
Goal after a turn = 3 points.

Turn away from a defender and have a shot = 1 bonus point.

# Chelsea FC Foundation Session Plan



## HOOK TURN

Move the ball with one foot, keeping contact on the ball with the foot at all times.

Using either the inside or outside of the foot to turn 90 degrees.

Standing foot pivots around.

### CHALLENGE:

Try with right and left foot.

## SOLE ROLL

Place one foot on top of the ball and the other next to the ball.

Drag the ball back and rotate your body with the ball to turn 180 degrees.

### CHALLENGE:

Attempt 10 in a row, right foot then left, without losing control of the ball.

## CHOP

Place your standing foot ahead of the ball and hit down on the outside of the ball with the inside of your foot to punch the ball behind your standing leg, changing direction 90 degrees.

### CHALLENGE:

Dribble the ball into this turn to maximise impact.

## CRUYFF

Standing foot ahead of the ball. Rotate your hips over the ball and towards your standing foot.

The inside of your foot will make contact beyond the ball to drag the ball back behind you.

### CHALLENGE:

Take a touch with your standing foot after the ball is released, then turn back the other way, do this 10 times.