



Club: Demo Verein 2012/2013

Team: SV Real Madrid

Coach: Support Easy2Coach, Support Easy2Coach, Jörg Spieler, Tom Jackson, Info CC, Trainer Rotsünder, Trainer123 TeamBarca, easy2coach2 interactive, Jörg Pollmeier, Sales easy2coach, Thomas Dooley, Jörg Pollmeier

Training day: Saturday, 08/23/2014

Meeting: **Place:**
Start: 03:00pm **Type:** Regular Training
End: 05:00pm **Part 1:** Total time: 55 mins - Duration: 55 mins
Intensity: 50% **Total:** 55min

Notes:

#	Position	Players	Cell phone	A	Excuse	Grade
1	Goalkeeper	Allen, Paulter	0177/1112254	X	-	
2		Müller, David		X	-	
3	Defender	Davis, Christian		X	-	
4		Lee, Daniel		X(t)	-	
5	Midfielder	Miller, Robert	0177/22356	X	-	
6		Moore, Ruben	0178/225698	X	-	
7	Forward	Wright, Oliver	0174/66525	X	-	
8		White, William	0172/2222212	X	-	
9	No position	Pollmeier, Joerg		X	-	
10	Absent	Meyer, David		E	Excused	
11		McKaully, John		I	Injured	
12		Easy2coach, Vertrieb		E	Excused	
13		Barrera, Carlos		E	Excused	
14		easy2coach, Sales		E	Excused	
15		Former, Michael		E	Excused	
16		Coneh, Masamar		E	Excused	
17		Moore, Steven		E	Excused	
18		Thompson, Robert		E	Excused	
19		Stevens, Jeff		E	Excused	
20		NFan, VFan		E	Excused	
21		Reek, John		E	Excused	
22		Deßter, Charlés		E	Excused	

A = Attendance list, X = Present, X(t) = Present (tardy), E = Excused, I = Injured, Empty space = Unexcused absence



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Training day: Saturday, 08/23/2014

#	Drill	Training structure	Training target	Players	Duration
1.1	Half Field Attaching Work	Main point/Emphasis		10 and more players	45 min
1.2	One Touch Passing in a Square	Progression		1 - 5 players	10 min
					Total: 55 min



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Training day: Saturday, 08/23/2014

Meeting: **Drill:** 2 / 2 **Duration:** 10min **Notes:**

Start: 03:00 PM **Intensity:** 50% **Sets:** 1

End: 05:00 PM **Type:** Regular Training **Pause:** 0min

Place: **Total time:** 10min

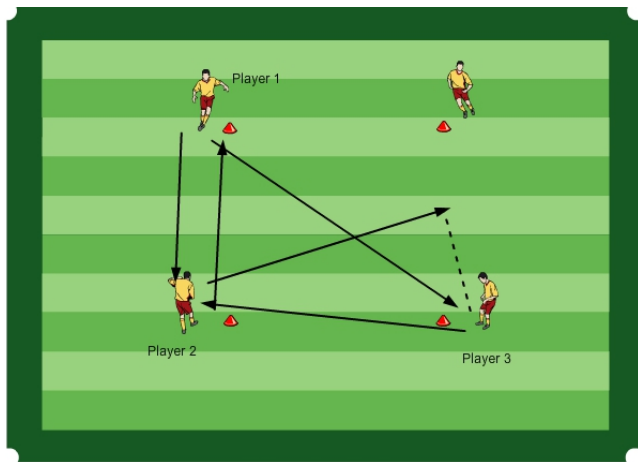
Training part (Group 1)

Drill 1.2: One Touch Passing in a Square

Training structure	Training target	Players	Duration
Progression		1 - 5 players	10 min

Players:

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40



Organisation:

Start with a 20 M Square and make smaller as you go to increase speed of play -- one touch passing

Process:

Forward- Back - Diagonal - Lateral - Into his path

Player 1 plays an ball direct forward to player 2, Player 2 plays the ball back to Player 1. Player 1 plays a diagonal ball to Player 3, Player 3 plays a lateral ball to Player 2, Player 2 plays a ball into the path of Player 3 - rotate counter clockwise.

Tip:

Reverse to use the left foot. -- Variation 2 Add Check in and out -- Variation 3 Add Goal Behind Player 1 for a shot - Variation 4 - make a game - two sets side by side with a small goal behind player 2 - who ever scores the most goals in 2 minutes.

Field size:

Speed dependent