

ESA+ SESSION PLANS



Name: Moving Vision

Products: ICON (4M+) or ICON V2 (4M+)

Players: 1

Duration: 21 Minutes + Warm-Up/Cool-Down

Description: Using either the ICON or ICON V2, this individual session plan focuses on the Vision Training Mode and working in and out of possession

Organisation: Suitable for 1 player, however could expand the session with more players if adding rest periods in-between drills

To follow the session plan, you will need to have 9 cones and 4 footballs. This is not essential but it would be desired to follow the plan as accurately as possible

Warm-Up: 5 Minutes

Cool-Down: 5 Minutes

Instructions: *Next Page*

WARM-UP

Product(s): N/A

Player(s): 1

Mode(s): N/A

Info: For an effective 5-minute Warm-Up, follow these steps to make sure your body is fully ready for the activity.

Squats, Heel Flicks, High Knees, Star Jumps and Side Steps.

Dynamic Stretches: Open & Close Gates, Forward Lunges, Sideways Lunges, Kick Throughs and Kick Across.

Vision Free Play: To finish off your warm-up you will want to go to the product you are using for the session and play 60 seconds of Vision. Do not focus on the performing to your best, just treat the mode as a last step of preperation.

Rest 45 Seconds after completing the Warm-Up.

MAIN SESSION: SET-UP 1

Product(s): ICON (4M+) or ICON V2 (4M+)

Player(s): 1

Mode(s): Vision

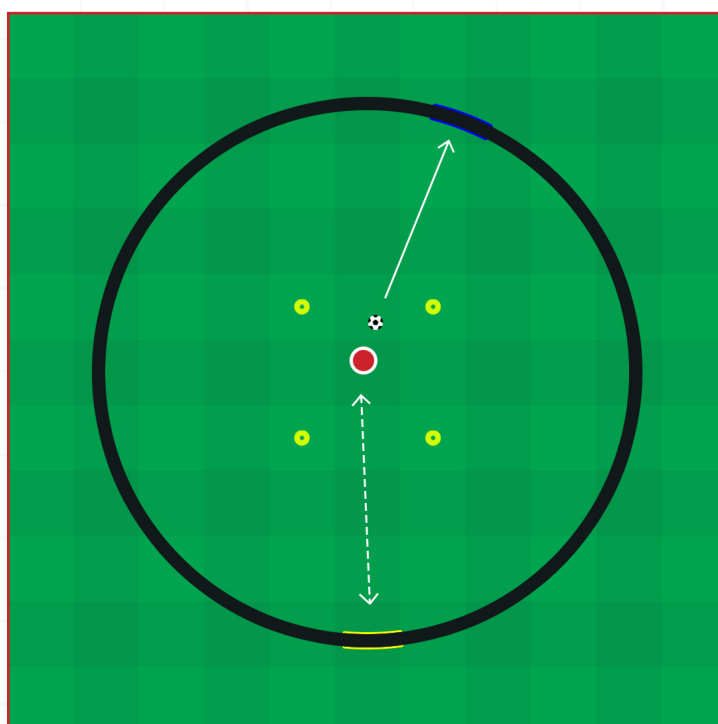
Info: Set-up four cones in the middle of the ICON/ICON V2 in the shape of a square. The focus of this set-up is get you running forwards and backwards, as well as low and fast side-stepping.

Follow these next steps:

Vision (60 Seconds) - Forward Running & 45 Seconds Rest

Vision (60 Seconds) - Low and Fast Side-Stepping & 45 Seconds Rest

Vision (60 Seconds) - Forward & Backward Shuffles & 45 Seconds Rest



Details: Pass to the target and then control the ball still upon return, whilst inside the square of cones. Leave the ball, run to the opposite side to the next target and then back to the ball to play the next pass.

MAIN SESSION: SET-UP 2

Product(s): ICON (4M+) or ICON V2 (4M+)

Player(s): 1

Mode(s): Vision

Info: Keep the four cones in the middle of the ICON/ICON V2. However, this time, the focus is running around the cones in a figure of 8 pattern. This can be done either forwards, sideways or a mixture the two.

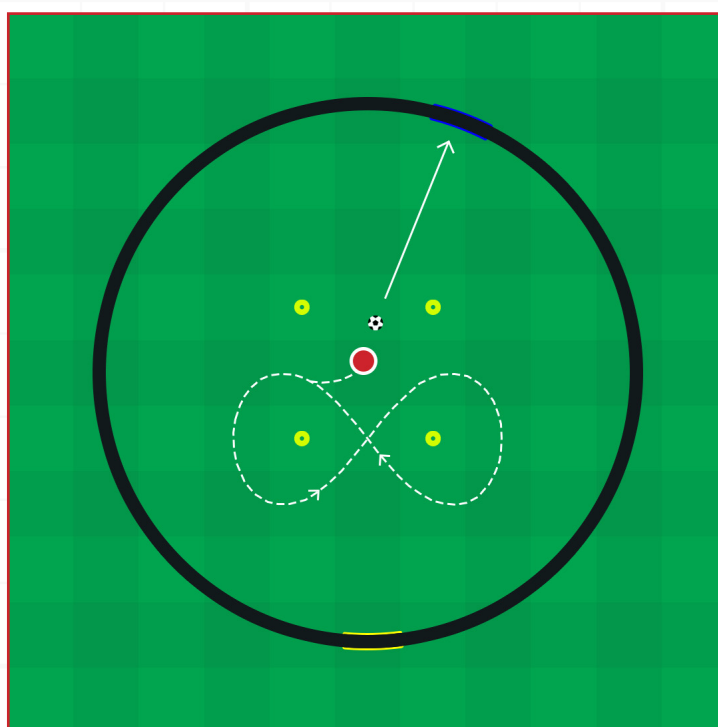
Follow these next steps, again with a 45 Second break in-between:

Vision (60 Seconds) - Forward and Backwards Figure of 8

Vision (60 Seconds) - Sideways Figure of 8

Vision (60 Seconds) - Alternate Between Figure of 8

Vision (60 Seconds) - 1 Forward & Sideways Figure of 8 Inbetween a Pass



Details: Pass to the target and then control the ball upon return, whilst still inside the square cones. Leave the ball, perform a figure of 8 and return to play the next pass.

MAIN SESSION: SET-UP 3

Product(s): ICON (4M+) or ICON V2 (4M+)

Player(s): 1

Mode(s): Vision

Info: Introduce 5 new cones to the set-up and move them into a cross formation. Place three new balls and the existing ball at each end of the cross.

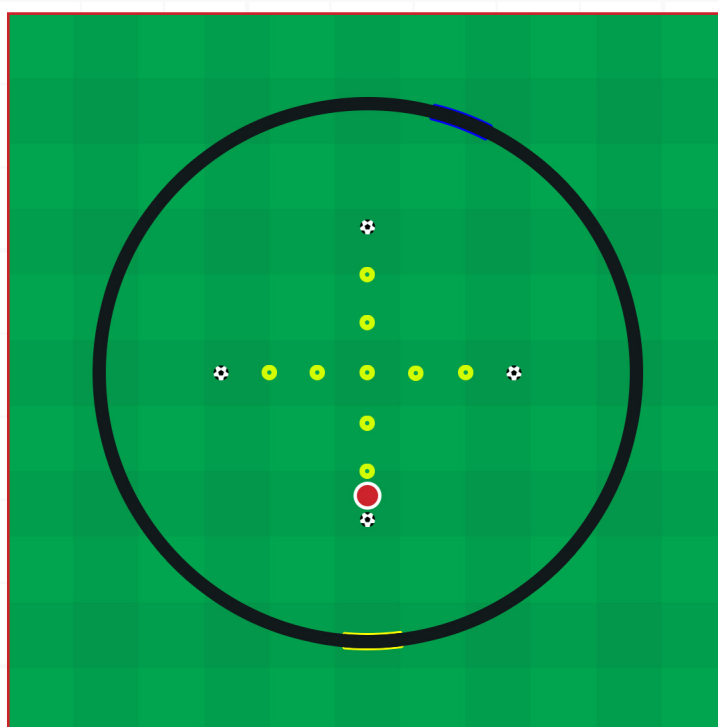
Follow these next steps, again with a 45 Second break in-between:

Vision (60 Seconds) - Forward Over Cones (2 Feet in Space)

Vision (60 Seconds) - Laterally Over Cones (2 Feet in Space)

Vision (60 Seconds) - Sideway Shuffles Through Cones

Vision (60 Seconds) - Forward/Back Shuffles Through Cones



Details: Start at the cone furthest away from the target panel. Quick feet through the cones, take the ball at the end of the line, pass to the target and then replace the ball. Move to the next start point and repeat.

COACH NOTES

Make your own personal notes on this
ESA+ Session Plan.

COACH STATIONS

Make your own station variations on this
ESA+ Session Plan.

Info:

Info: