

ESA+

SESSION

PLANS



Name: Passing 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 uses the Vision & Architect Vision Training Modes and focuses on passing

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 4 cones. 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 preparation.

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

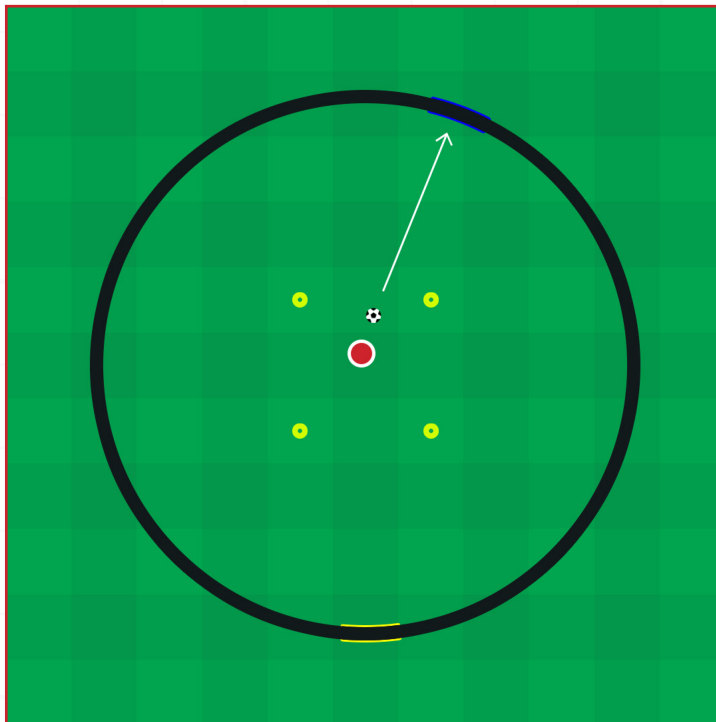
Info: Set-up four cones in the middle of the ICON/ICON V2 in the shape of a square. The focus of this set-up is to make accurate passes, whilst also controlling the ball in a desired space.

Follow these next steps with a 45 second rest period after each step:

Vision (60 Seconds) - 3 Touches (Inside of the Foot, Outside and Pass)

Vision (60 Seconds) - 2 Touches (1 with Each Foot/Including Pass)

Vision (60 Seconds) - 1 Touch (Pass)



Details: Put 4 cones down to create a square in the centre of your ICON/ICON V2. Player must stay within the square at all times when controlling the ball and passing the ball.

MAIN SESSION: SET-UP 2

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

Player(s): 1

Mode(s): Vision

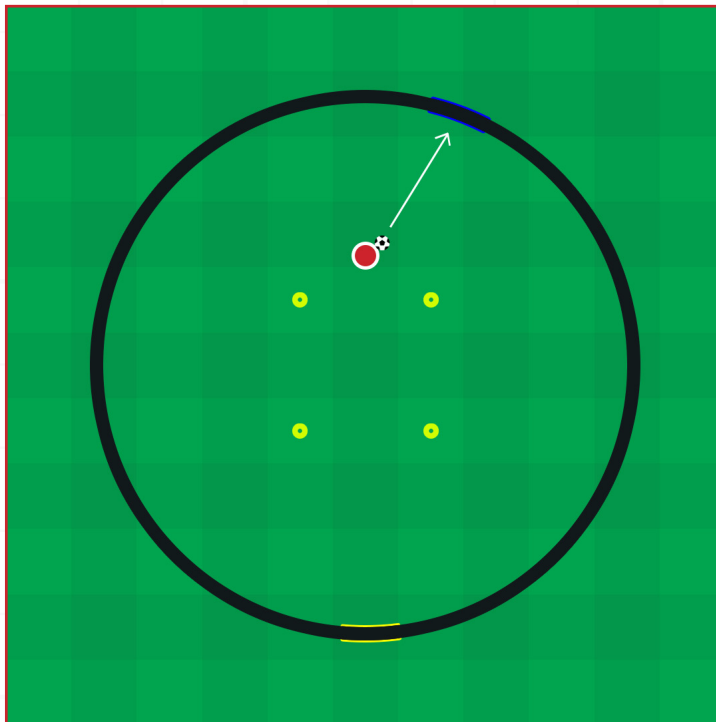
Info: Keep your cones in the shape of the square. The focus of this set-up is to make accurate passes from outside of the square, with your touch tested to manipulate the ball into the correct area for the pass.

Follow these next steps with a 45 second rest period after each step:

Vision (60 Seconds) - 3 Touches (Including Pass)

Vision (60 Seconds) - 2 Touches (Including Pass)

Vision (60 Seconds) - Alternate Between 2 and 3 Touches (with Pass)



Details: The player must be outside of the square when playing the pass. This means it is vitally important for the player to set the ball out towards the required area to make the pass.

MAIN SESSION: SET-UP 3

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

Player(s): 1

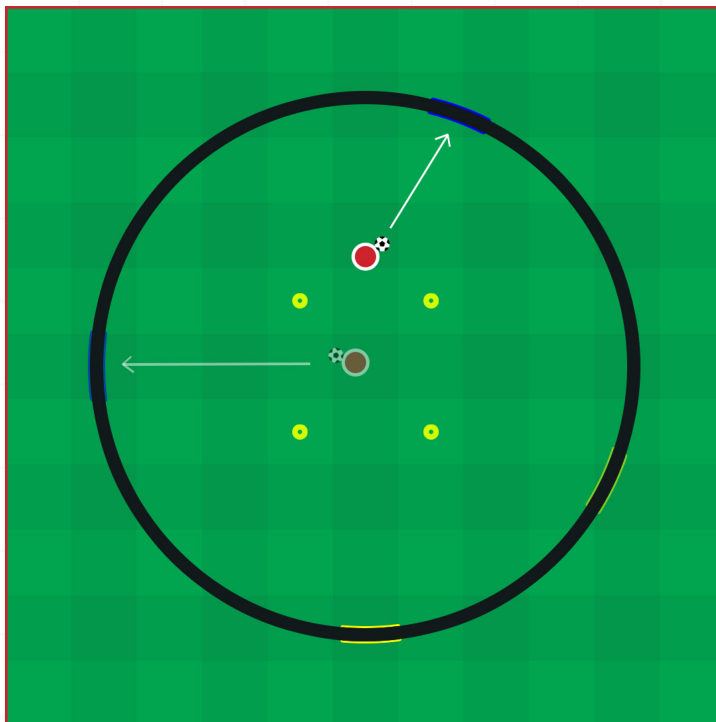
Mode(s): Vision

Info: Keep your cones in the shape of the square. The focus of this set-up is to focus on where you are making your first touch and the impact it will have on where you play your pass.

Follow these next steps with a 45 second rest period after each step:

Vision (60 Seconds) - First Touch Inside but Pass Outside Square

Vision (60 Seconds) - First Touch Outside but Pass Inside Square



Details: Being able to take the ball in and out of certain areas is key to being a strong playmaker. In this drill you will learn to be able to take the ball into an area with your first touch and also learn to play your pass outside of the same area.

MAIN SESSION: SET-UP 4

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

Player(s): 1

Mode(s): Architect Vision

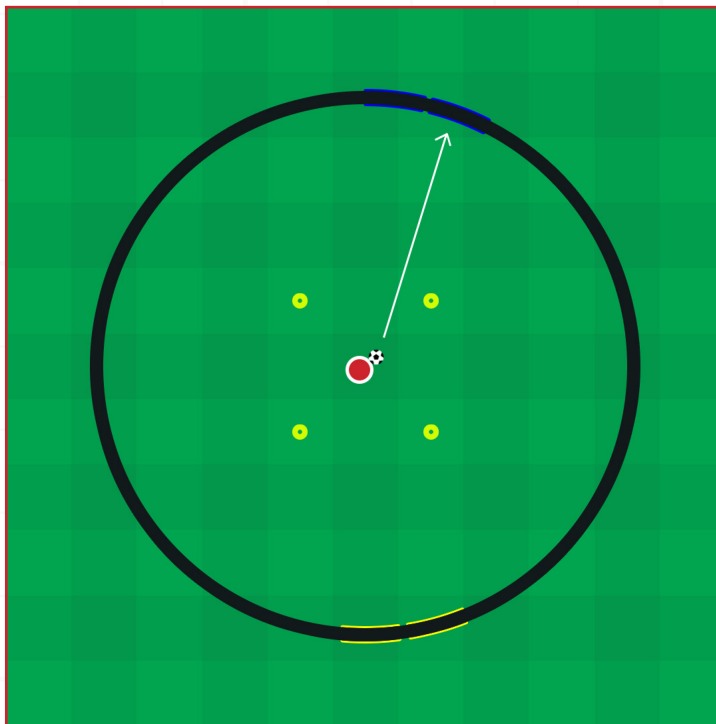
Info: Again keep your cones in the shape of the square however change the Training Mode to Architect Vision, which will now show you four targets. This set-up once again drills you to make passes in and out of the square.

Follow these next steps with a 45 second rest period after each step:

Architect Vision (60 Seconds) - Pass Inside Square

Architect Vision (60 Seconds) - Pass Inside Square (1 Pass Each Foot)

Architect Vision (60 Seconds) - 1 Pass Inside Square & 1 Outside



Details: Our last step is to continue the previous skills we have learnt and put them into practice with a 1-2 option. This now combines the need to pass with both feet, at the same as thinking about the weight of pass and where you next need to play from. These skills are translatable to a match.

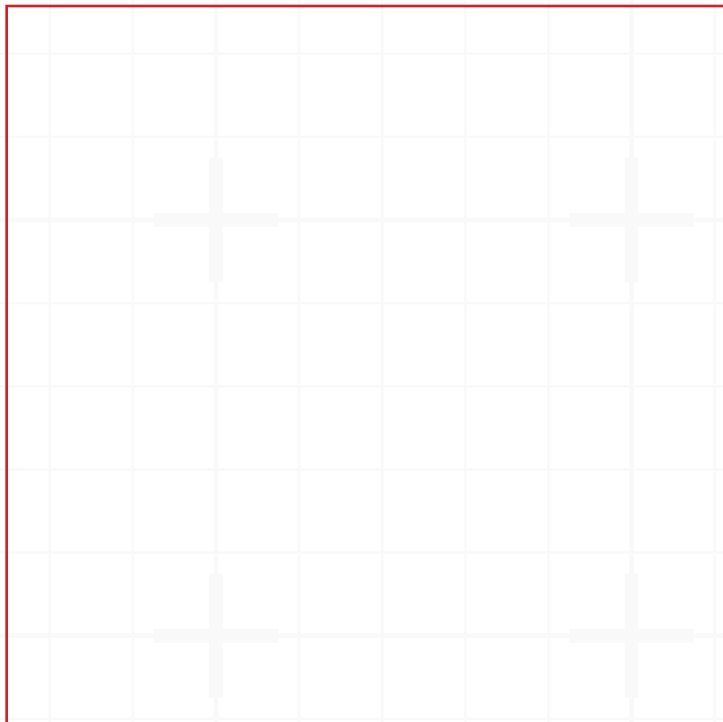
COACH NOTES

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

COACH STATIONS

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

Info:



Info:

