



SEMI-PRIVATE LESSONS

Based on your needs

5 or 10 practices | 2 TO 5 PLAYERS

	1 st practice	2 nd practice	3 rd practice	4 th practice	5 th practice
Themes	Diagnostic Let's define your 3 first objectives	Objective 1 Qualities 1 and 2 (to choose in slide 2, one in the pink row, one in the blue row)	Objective 2 Qualities 3 and 4 (to choose in slide 3, one in the pink row, one in the blue row)	Objective 1 Qualities 5 and 6 (to choose in slide 4, one in the pink row, one in the blue row)	Let's start working on your 3 next objectives

Interactive program

The player chooses qualities he/she wants to work on,
FSI coaches prepare a very personal practice.

2nd practice

Two qualities to choose by the player (one in the pink row, one in the blue row)

Guiding principles	Player's roles	Main qualities to develop	
		Tactical-technical	
		Tactical	Technical
Attack the goal (OP1)	Ball carrier	<ul style="list-style-type: none"> • Adaptation to opponents positions • Organization in the offensive penalty area 	<ul style="list-style-type: none"> • Shot • Ball control • Passing • Dribbling • Volley play • Heading • Ball driving
	Partner	<ul style="list-style-type: none"> • Adaptation to opponents positions • Organization in the offensive penalty area 	
Protect the goal (DP3)	Duel defender	<ul style="list-style-type: none"> • Management of a defense crisis • Organisation of a dynamic alignment • Organisation of pressure on ball carrier • Organization in the defensive penalty area/ Organization of opponents control and marking 	<ul style="list-style-type: none"> • Defensive skills • Heading • Volley play
	Partner	<ul style="list-style-type: none"> • Management of a defense crisis • Organisation of a dynamic alignment • Organisation of pressure on ball carrier • Organization in the defensive penalty area/ Organization of opponents control and marking 	

3rd practice

Two qualities to choose by the player (one in the pink row, one in the blue row)

Guiding principles	Player's roles	Main qualities to develop	
		Tactical-technical	
		Tactical	Technical
Look for deep play (OP2)	Ball carrier	<ul style="list-style-type: none"> • Deep play / Transition defense-attack • Adaptation to opponents positions 	<ul style="list-style-type: none"> • Ball control • Passing
	Partner	<ul style="list-style-type: none"> • Deep play / Transition defense-attack • Adaptation to opponents positions • Creation and utilisation of space / Creation of a player surplus 	
Prevent deep play (DP2)	Duel defender	<ul style="list-style-type: none"> • Transition attack-defense • Respond to long direct play • Management of a defense crisis • Organization of a dynamic alignment 	<ul style="list-style-type: none"> • Defensive skills • Heading
	Partner	<ul style="list-style-type: none"> • Transition attack-defense • Respond to long direct play • Management of a defense crisis • Organization of a dynamic alignment 	

4th practice

Two qualities to choose by the player (one in the pink row, one in the blue row)

Guiding principles	Player's roles	Main qualities to develop	
		Tactical-technical	
		Tactical	Technical
Avoid duel (OP3)	Ball carrier	<ul style="list-style-type: none"> • Fast passing play • Continuous moving play • Adaptation to opponents positions • Creation and utilisation of space / Creation of a player surplus 	<ul style="list-style-type: none"> • Ball control • Passing • Ball driving
	Partner	<ul style="list-style-type: none"> • Fast passing play • Continuous moving play • Adaptation to opponents positions • Creation and utilisation of space / Creation of a player surplus 	
Cause duel (DP1)	Duel defender	<ul style="list-style-type: none"> • Transition attack-defense • Organization of pressure on ball carrier 	<ul style="list-style-type: none"> • Defensive skills
	Partner	<ul style="list-style-type: none"> • Transition attack-defense • Organization of pressure on ball carrier 	