

GREEN CARD # 1

People Required:	1 or 2	Intensity:	Low
Total Time:	60 minutes	Variation:	Low
Skills:	Passing, Shooting, Dribbling	Difficulty:	Easy

	Activities	Level / Intensity	Time (mins)
1	Harry High Pants (Two 1 minute intervals with 15 sec break between)	Level 1	2
2	Physical Activity (stationary bike, moderate rpm, 70% max HR)	Low	10
3	The Spider (Two 1 minute intervals with 15 sec break between)	Level 1	2
4	Long Passing (Use chest and one handed passes)	Level 1	1
5	Physical Activity (stationary bike, moderate rpm, 70% max HR)	Low	15
6	Partner Passing	Level 1	1
	Drinks Break		2
7	Partner Passing	Level 2	2
8	Shooting (20 set shots with 4 in a row from five different locations)	Low	5
9	Physical Activity (bike, 5min 70%, 5min 80%, 5min 70% of max HR)	Low	12
10	Partner Passing (Faster than last time & with two 1 min intervals)	Level 1	2
11	Harry High Pants	Level 2	1
12	Shooting (20 set shots with 4 in a row from five different locations)	Low	5
13	Stretching		

Hints:

- * Keep your head up in the dribbling drills once you improve.
- * If only 1 person is present, do Pick 'n Mix (Short-Sharp Passing)