



NORWICH CITY FC 1st TEAM SESSION PLAN

Date: _____

Time: _____

Physical Players

SESSION BASED ON CHANGING

Pitch: _____

THE POINT OF ATTACK

Squad List

1. David Marshall

2. Jon Otsemobor

3. Adam Drury

6. Dejan Stefanovic

7. Lee Croft

8. Sammy Clingan

12. Gary Doherty

13. Declan Rudd

14. Wes Hoolahan

16. Mark Fotheringham

17. David Bell

18. Arturo Lupoli

19. Simon Lappin

20. Darel Russell

21. Ryan Bertrand

22. Elliott Omosuzi

23. Omar Koroma

24. Matthew Pattison

KEEP BALL

CHANGING POINT OF ATTACK

25. Stuart Nelson

Total Time: 10 mins

26. Robert Eagle

X

29. Carl Cort

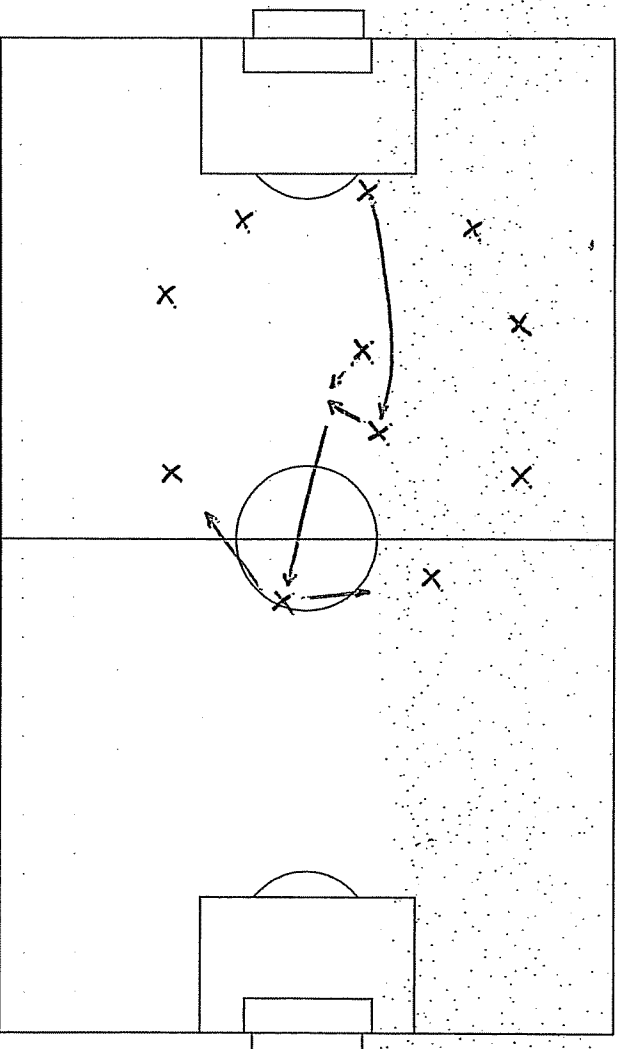
30. Korey Smith

33. Kris Renton

34. Tom Adeyemi

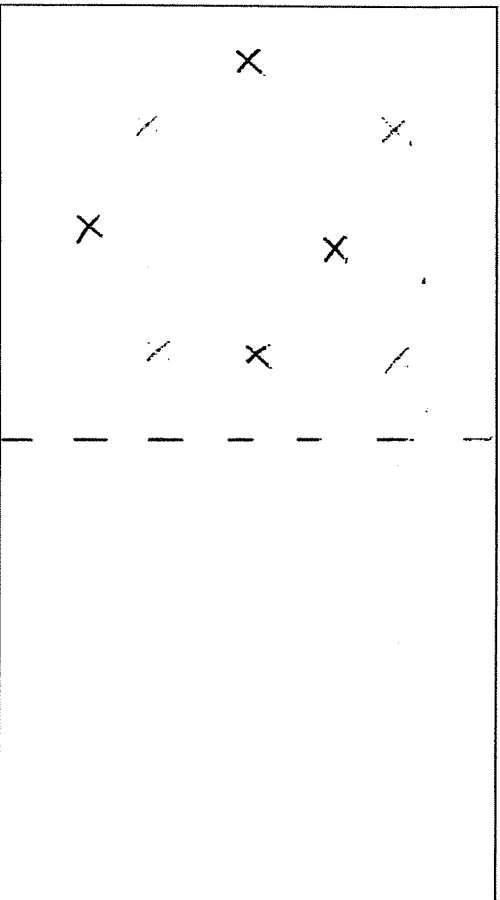
36. Damon Lathrope

37. Luke Daley



SET UP

PASSING = 5 mins



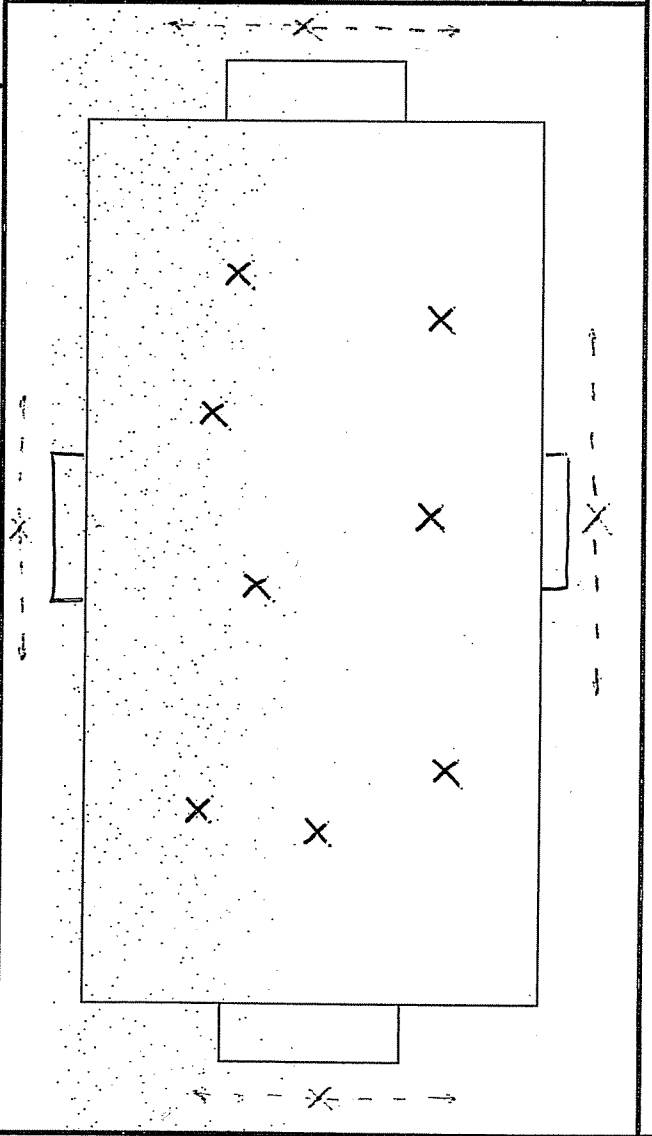
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Total Time: 15 mins



CROSSING & FINISHING

15 mins

VARIATIONS OF THIS THEME

