

VIRTUAL SOCCER SCHOOL FEBRUARY HALF TERM

VIRTUAL COURSES AVAILABLE AT:

www.chelseasoccerschools.co.uk

- VIRTUAL SOCCER SCHOOL – 4 DAY COURSE
(15th February – 18th February)
Course Code: VSS-01-S-3
- VIRTUAL SOCCER SCHOOL – SHOOTING SPECIFIC
(Friday 19th February – Must have access to a goal)
Course Code: VSS-01-S-1
Invitation Code: VSSDAY
- VIRTUAL SOCCER SCHOOL – GOALKEEPING SPECIFIC
(Friday 19th February)
Course Code: VSS-01-S-2
Invitation Code: VSSDAY





“ KEY INFORMATION

- DIFFERENT TOPIC EACH DAY
- X3 45 MINUTE TIME SLOTS PER DAY
- SESSIONS HELD ON ZOOM
- X1 NARRATOR X1 DEMONSTRATOR GIVING TECHNICAL FEEDBACK TO PLAYERS
- THE SESSION PLAN FOR THE DAY WILL BE EMAILED TO YOU BEFORE THE DAY OF THE SESSION TO ALLOW TIME TO SET UP / PREPARE.
- APPROPRIATE FOOTBALL ATTIRE.
- NON FIZZY DRINKS TO KEEP HYDRATED.
- PLEASE ENSURE A SAFE PLAYING AREA IS AVAILABLE.

SESSION STRUCTURE



09:00am – 09:45am

1

Warm up
Exercises /
Movement
of the week

2

Ball
Mastery
Skills

3

Challenge
the coach



12:00pm – 12:45pm

1

Technical
practice
(Themed)

2

Skill of the
day

3

Challenge
the coach



15:00pm – 15:45pm

1

Timed
Challenges
(Themed)

2

Challenge
the coach

3

Ball
Mastery
Finisher

SYLLABUS

MONDAY
FIRST TOUCH & BALL CONTROL

MATEO KOVACIC & SAM KERR DAY



TUESDAY
DRIBBLING

CHRISTIAN PULISIC & ERIN CUTHBERT DAY



WEDNESDAY
FOOTBALL FITNESS

MASON MOUNT & SOPHIE INGLE DAY



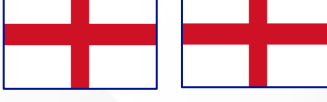

THURSDAY
TURNING

HAKIM ZIYECH & JI SO-YUN DAY



FRIDAY
SHOOTING

TAMMY ABRAHAM & FRAN KIRBY DAY



FRIDAY
GOALKEEPING

EDOUARD MENDY & ANN-KATRIN BERGER DAY



Virtual Soccer School



Virtual Soccer School
Additional Day (Optional
Courses)

Key Points

Individual Challenges - Group Challenges - Repetition Of Technique - Reflection Of Topics - Showcase Skills / Learning

