

## Be like Todd Cantwell and Teemu Pukki

In school earlier this year, we have been engaging with Norwich City Community Schools Foundation in lessons and for after school club on a Friday. Here are some ideas that they have sent that you may like to try. Each week they will send another session plan based on a different Norwich City player.

Enjoy!

Mrs Henden

### Week 1 - Be like Todd Cantwell

- **Warm Up**

Dribble in your area around as many different objects as possible trying to avoid all the objects. Give yourself 2 minutes challenges.

- **Main Session**

Aim of the session is to dribble through the cones, trying to avoid hitting any of the cones and getting to the other side with the ball under control.

If you have a partner make it a race, if you don't try and time yourself to give yourself a target to beat.

- **Progression**

This time add in a goal to finish after dribbling through the cones. Use as many footballs as you can and keep count of the goals you score. Don't forget to celebrate like Todd too.



### Week 1 – Be like Todd Cantwell

<u>Warm Up</u>	<u>Main Session</u>	<u>Progression</u>
Using cones or any items around the house or at school dribble round as many objects as you can keeping close control of the ball like Todd would.	Either as an individual your task is to dribble in between the cones as quickly as possible, either race a partner or record a time and try and beat it.	Dribble through the cones as before, but this time looking to finish into the goal as quickly as possible. Don't forget to celebrate like Todd too.



## Week 2 – Be like Teemu Pukki

### • Warm Up:

Based on road to the world cup. The striker (Pukki) has to dribble past the defenders or cones to get a shot on target. Defenders could either be crabs or upright depending on groups skill level.

### • Main Session:

Based on Goalkeepers vs Strikers. Looking at the striker (Teemu Pukki) and how they strike the ball. They move the ball quickly through the cones to get a shot away. Try to encourage a realistic approach to striking the ball. Once the attacker has retrieved their ball they join the back of the attacker line, once the goalkeeper has had a turn they join the back of their line. If the attacker scores they get a point. Session timed and half way through the teams switch over, competition based against a partner.

### • Progression:

Based on Supershot. Looking at power and accuracy of the shot. Trying to beat 2 goalkeepers in the other goal. Players can not cross the half way line in the game. If a team concedes they swap over with a waiting pair.



## Week 2 – Be like Teemu Pukki

### Warm Up



#### Pukki's road to the Premier League

Use cones to dribble round or use players as defenders if you have enough people to do so in the shape as shown above.

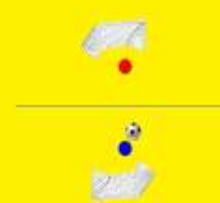
### Main Session



#### Pukki vs Premier League goalkeepers

Using cones or different objects to dribble round. If you have a partner then take it in turns being the GK and the strikers.

### Progression



#### Teemu Pukki Supershot

Playing against a partner create a halfway line in which you will compete against each other to try and score the most goals.

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