

## **Skills, Practice and drills**

In Spain we learned lots of new skills, drills and practices from our coach Lorenzo. Lorenzo was a professional coach who taught us how to play football the Spanish way. Lorenzo made us work very hard and we practiced a lot of passing and one touch football. We also did a lot of drills such as corners into players in the box, two vs ones attacking drills ECT. Lorenzo made us made us work very hard and got us running a lot every day for a warm up and we also did some stretches that we have never heard of and done them but they were very effective. On our last day of football and before our game we had a practice game with the year 8's to improve our skills in a game situation.