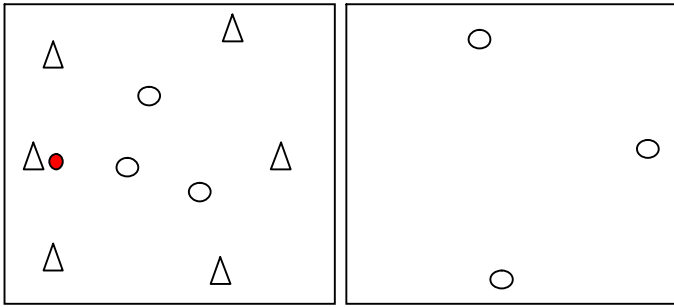


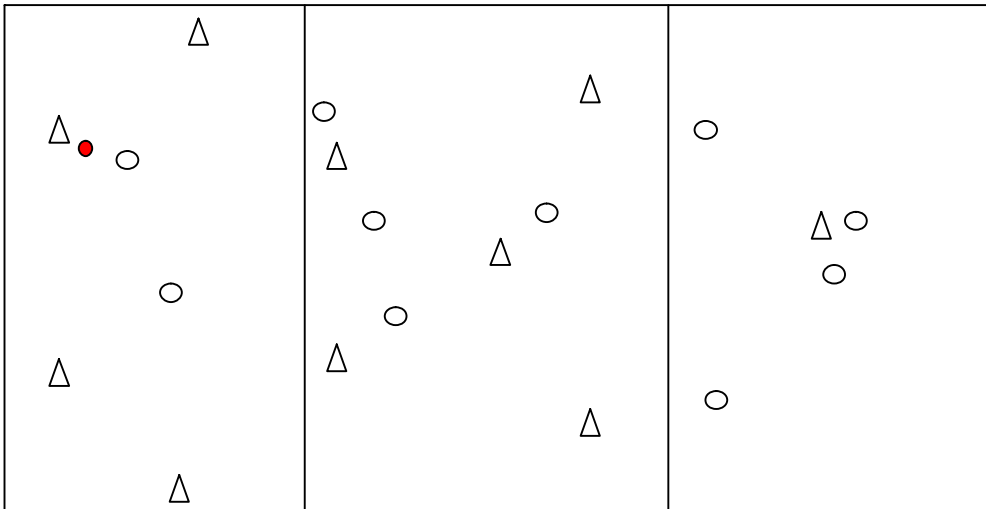
Monday		
9:00am	GK fitness w/ball	Basic ball catching and hand technique w/fitness
9:00 to 9:40	Functional	Fitness stations w/ and w/o the ball. Anaerobic focus
9:45 to 10:15 10:20 to 11:10	Def – fitness Match focus	1v1 defending small goal, high intense expectation. Loser runs First defending...
11:00am	Fitness (Pure)	P-spot run: work for 1-min, rest for 2-min. recovery/core: planks
Tuesday		
9:00am	GK Fitness w/o ball	General fitness hour for everyone (chutes, over-speed for function, agility circuit)
9:00am	Pair defending	2v2 defending small goals, high intensity expectation.
10:00am	Match focus	Focus on 2v2 defending during the match
11:00 to 11:30am	Fitness (Pure)	Hollow Sprints: 30yds sprints, 30yds coast, 30yds jog, 30yds walk 3 sets of 6 to 8 reps. recovery/core: planks
Wednesday		
9:00am	GK fitness w/ball	Receiving ball out of the air. Hand technique. Distributions
9:00-10:15am	Ball control	Serving ball and receiving ball.
10:20-11:10am	Match focus	Receiving balls out of the air, playing quick and precise.
10:55 to 11:30	Fitness (Pure)	Easy fitness due to test this evening
Thursday		
9:00am	GK fitness w/o ball	General fitness hour for everyone (chutes, over-speed for function, agility circuit)
9:00 – 9:40am	Functional	Fitness stations w/ and w/o the ball. Anaerobic focus
9:45/10:15am 10:20/11:00am	Attacking Match focus	1v1 attacking small goal, high intense expectation. Loser runs First attacking...
11:00am to 11:30am	Fitness (Pure)	Penalty spot star run: corner to 12 spot forward/backward 3 – 4 set w/5 reps each. recovery/CORE: planks
Friday		
9:00am	GK fitness w/ball	
9:00am to 9:40am	Functional	Fitness stations w/ and w/o the ball. Anaerobic focus
9:45/10:15	Attacking	1v1 attacking small goal, high intense expectation. Loser runs
10:20am to 10:50am	Match focus	First attacking...
10:55 to 11:30am	Fitness (Pure)	Color cone runs w/ and w/o ball. recovery/CORE: planks
	Midfield function	See write up

Monday		
5:00pm	GK	
5:00pm	Defending	Individual/Group defending: 1v1, 2v2, training the four backs
5:45pm	Match Training	8v8 plus GK
6:30pm to 7:00pm	Fitness (Pure)	Pairs(one partner does a sprint routine, other does plank for core 3 sets / 4 reps = 1 minutes per rep)
Tuesday		
5:00pm	GK	General fitness hour for everyone (chutes, over-speed for function, agility circuit)
5:00pm	Defending	Team defending: Zonal defending, Front defending
5:45pm		Training the back four and middle eight
6:15pm	Match Training	8v8
7:00pm to 7:30pm	Fitness (Pure)	Evolutions + 6 & 18yrd box sprint in between reps. 6 total reps. Recovery/core: planks
Wednesday		
5:00pm	Two-mile run	Test in the two-mile run. Must get a time of 13.3 or less
5:00pm	Attacking	Passing/Receiving, individual/group:
5:45pm	Group training	4v2, 6v2
6:15pm	Match Training	8v8 penetrating passes on the pitch and in the air
7:00pm to 7:30pm	Fitness (Pure)	Recovery/CORE: planks
Thursday		
5:00pm	GK	General fitness hour for everyone (chutes, over-speed for function, agility circuit)
5:00pm	Attacking	Individual/Group Attacking:
5:45pm	Group training	2v2, 3v3 Penetrating dribbles, working out of the back w/the 2 - #5
6:15pm	Match Training	8v8 speed of play w/focus creating triangles
7:00pm to 7:30pm	Fitness (Pure)	Section runs for half field 4 reps/ Recovery/CORE core: planks
Friday		
5:00pm	GK	
5:00pm	Team Attacking	Working out of the back with the wing MF
5:45pm	Front attack	Isolating defenders for 1v1 attacking
6:00pm	Meet the Team	Introduce players for the teams
6:15pm	Match Training	11v11 match for 50 minutes. /Recovery/CORE: planks



20yds x 15yds per grid 2-touch (6v3) w/10 passes for a point. **Progression:** 1-touch (6v3) w/10 passes for a point.

Progression 2: (5v3+1 target)



3 x 30yds by 20yds (2 – touch in the back third, 2/1 – touch in the middle third, unlimited in the final third). The goal is to be able to transition the attacking team into two-thirds of the field while maintaining possession to finish on goal.

