



# Training Plan



Team/Coach: _____	Date: _____
Age Group: _____	Theme: _____

Activity		Coaching Points
<b>1<sup>st</sup> Activity (warm-up)</b>	<b>Duration:</b>	
<b>2<sup>nd</sup> Activity (individual/technical)</b>	<b>Duration:</b>	
<b>3<sup>rd</sup> Activity (small group/technical)</b>	<b>Duration:</b>	
<b>4<sup>th</sup> Activity (small-sided game)</b>	<b>Duration:</b>	
<b>5<sup>th</sup> Activity (the game)</b>	<b>Duration:</b>	

**Cool Down:**

# Training Plan

## Developing a Training Plan

- **ESTABLISH A THEME**
  - Analysis of last game or training (i.e. Dribbling)
- **BEGINNING PRACTICE**
  - No laps, No lines, No lectures
  - Have something for those players who are early
- **WARM-UP (Older age groups should learn to do this on their own)**
  - Fun Games - Rondo, Possession Games
  - Dynamic Stretching and Fluid Break
- **TECHNICAL TRAINING – SLANTY LINE**
  - Beginning
  - Intermediate
  - Advanced
- **SMALL-SIDED GAMES**
  - Possession with theme in mind
  - Toward two small goals
  - Toward four small goals
- **CONTROLLED (TEACHING) GAME**
  - Dribbling Game
  - Line Soccer
- **FREE GAME**
  - Unrestricted
  - FUN
- **COOL-DOWN (Older age groups should learn to do this on their own)**
  - Dynamic Stretching
- **END-TRAINING**
  - Review and Compliment
  - Set tone for next training