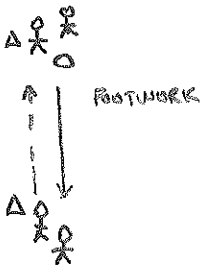


TRAINING PROGRAMME T12

3WK PROGRAMME

WARMUP.

LAYOUT (A)



LAYOUT (B)



LAYOUT (C)



Warmups will involve elements of the 7-minute drill with fast footwork, turns and moves or change of direction.

FOOTWORK

TURN

MOVE

WK1

- SIDE TO SIDE
- SIDE TO SIDE PUSH-FULL
- INSIDE OF FOOT
- OUTSIDE OF FOOT

WK2

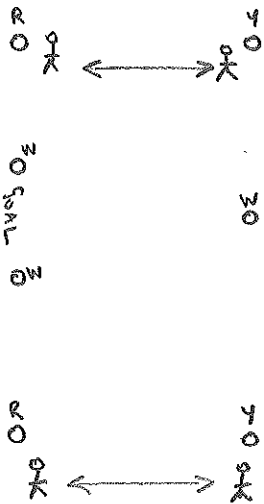
- SIDE TO SIDE
- SIDE TO SIDE STEP-ON
- PULL TURN
- CRUIFF
- CAP
- STEPOVER

WK3

- SIDE TO SIDE
- SIDE TO SIDE FRONT ROLL
- STEPOVER TURN OUTSIDE
- STEPOVER TURN CRUIFF
- SCISSORS
- RIVELINO

SKILL.

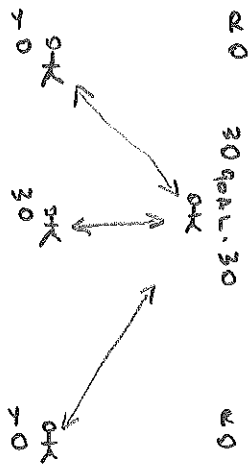
LAYOUT (A-1)



WK1 HEADERS

1. Throw themselves and header
2. Straight Standing Headers
3. Downwards Standing Headers
4. Repeat 2 & 3 for jumping
5. Throw 1/2 way & come meet ball
6. Repeat for any with Layout A-2

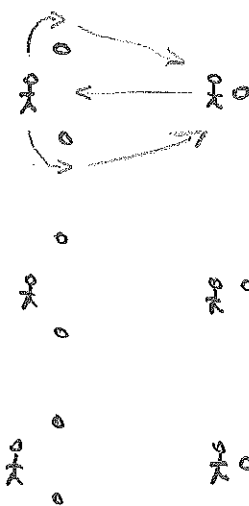
LAYOUT (A-2)



WK2 CONTROL

1. Bounce downwards, control with feet & pass.
2. Throw in air, control with feet & pass
3. Repeat 1 & 2 with thigh
4. Repeat 1 & 2 with chest
5. Repeat 1 & 2 with head
6. Repeat all above, but encourage them to come and meet ball 1/2 way.
7. Repeat any for Layout A-2

LAYOUT (A-3) [WK3 ONLY]
Replaces A-1



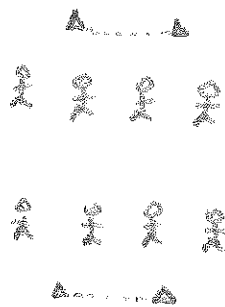
WK3 PASSING. LAYOUT A-3

1. Repeat all of wk2, but they must control and pass ball back around the cones.
2. Play ball along the ground encourage one touch pass to side & pass back.
3. Repeat any for Layout A-2.

Fun Games.

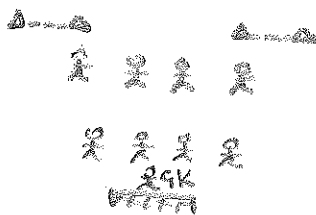
WK 1.

Throw football, but you must score with a header.



WK 2

Big goals, little goals



Team with big goals get a GK.

WK 3

Goal Tennis



Each player must only touch ball once to get over the goal line
Advance by moving goals closer.

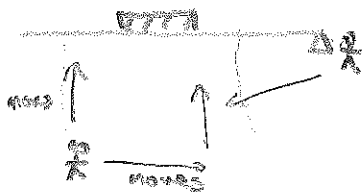
Set Plays

WK 1

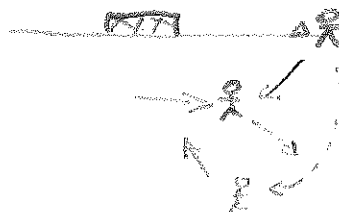


1. Player B throws the ball to A to header into goal
2. Player A passes to B who then kicks ball for header to A
3. Advance by adding GK.
4. Advance by adding defender & getting Player A to move to position to header.

WK 2



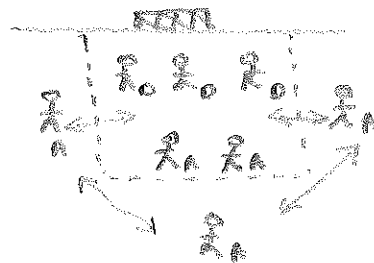
1. Corner kicks, moving to position to meet ball & score.



1. Flick corners
Corner kick taker can score or introduce 3 players on edge of 18yd box

WK 3

Zonal Defence



Change or add to Set Plays however you see fit, what is missing from a Saturday game? What do the players need to learn?

GAME

7v7