

Monday.

1. speed

(4:15pm - 5:00pm)

- pure acceleration
- transition acceleration
- maximum speed
- speed endurance

2. Agility

(5:10pm - 5:40pm)

3. Ball possession

(5:45pm - 6:25pm)

Tuesday.

1. Power

(4:10pm - 4:40pm)

- general body power

2. strength

(5:45pm - 6:00pm)

- leg strength
- upper body system
- muscle strength

3. small sided games (SSGs)

(6:05pm - 6:30pm)

Wednesday.

1. balance/ co-ordination

(4:20pm - 4:50pm)

- general body balance

- general body co-ordination

2. playing using the wings

(4:55pm - 5:15pm)

3. crossing the ball from the wings

(5:20pm - 5:50pm)

4. control and passing

(5:55pm - 6:10pm)

5. SSG

(6:10pm - 6:30pm)

Thursday.

1. position specific training

(4:20pm - 5:00pm)

- all positions

2. ball work

(5:10pm - 5:20pm)

- dribbling

- Passing

3. building play from defense

(5:25pm - 5:55pm)

4. SSG

(6:00pm - 6:30pm)

Friday.

1. monitoring and testing

(4:20pm - 4:50pm)

2. total football

(4:55pm - 5:55pm)

3. recovery

(6:00pm - 6:20pm)

Saturday.

1. Power and strength

(9:00am - 10:00am)

2. Endurance

(10:10am-10:50am)

3. Ball session

(11:00am-11:45am)

- shooting

- penalty kicks

- set pieces (free kicks)