

AGES

| 2013-2011

| 2010-2008

| 2007-2005

| **2004-2002**

4-WEEK TRAINING PLAN

**“And to learn, you have to be
willing to push yourself.”**

— Brandi Chastain



WEEK 1

PRACTICE #1

Fitness Test



****Beep Test****
Note Your Score

PRACTICE #2

Individual Training



Technical Skills

PRACTICE #3

Individual Training



Strength & Conditioning

WEEK 2

PRACTICE #4

Individual Training



Technical Skills

PRACTICE #5

Individual Training



Technical Skills,
Strength & Conditioning

PRACTICE #6

Partner Training



Passing & Receiving

WEEK 3

PRACTICE #7

Individual Training



Technical Skills

PRACTICE #8

Individual Training



Jesse Lingard
Session

PRACTICE #9

Individual Training



Strength & Conditioning

WEEK 4

PRACTICE #10

Individual Training



Strength & Conditioning

PRACTICE #11

Partner Training



Passing & Receiving

PRACTICE #12

Fitness Test



****Beep Test****
Beat Week 1



PRACTICES

PRACTICE #1

Individual Training



Technical Skills,
Strength &
Conditioning



Warm-Up Stretching

Practices are hyperlinked and can be followed step-by-step.

All practices require minimal space and can be completed on any surface.

Players need a ball and cones or objects that can be used as cones.

Additional Virtual Trainings will be released each week.

TRAINING PLAN

JUGGLE CHALLENGE



BALL MASTERY



COACH CHALLENGES



**Good players practice until they get it right.
Great players practice until they never get it wrong.**

EXCELLENCE IS A HABIT — FC TWENTE



LAGUNA UNITED FC