

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

Individual Training



Technical Skills,
Strength &
Conditioning



WEEK 2

PRACTICE #3

Individual Training



Technical Skills,
Strength &
Conditioning

WEEK 3

PRACTICE #5

Individual Training



Technical Skills
& Fitness Focus



WEEK 4

PRACTICE #7

Individual Training



Technical Skills
& Fitness Focus



PRACTICE #2

Individual Training



Technical Skills,
Strength &
Conditioning



PRACTICE #4

Individual Training



Technical Skills,
Strength &
Conditioning

PRACTICE #6

Partner Training



Passing &
Receiving



PRACTICE #8

Partner Training



Passing &
Receiving



AGES 2010-2008



LAGUNA UNITED FC

PRACTICES

PRACTICE #1

Individual Training



Technical Skills,
Strength &
Conditioning



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

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

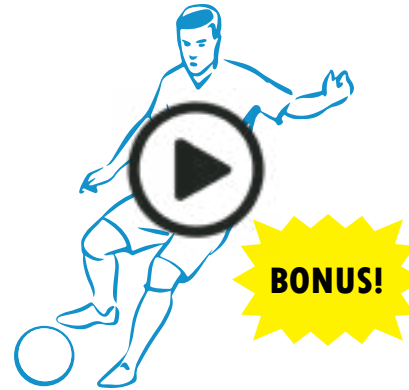
Players need a ball and cones or objects that can be used as cones.

Additional Virtual Trainings will be released each week.

JUGGLE CHALLENGE



BALL MASTERY



COACH CHALLENGES



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