

TRAINING SCHEDULE



	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
MONDAY	Warm-Up: Stabilisation Basic endurance: 4x4 minute line runs			Warm-Up: Coordination Sports-specific endurance: Box-to-box runs, 3x7 rounds	Meeting with two teammates: Dribbling	
TUESDAY	TEAM TRAINING					
WEDNESDAY		Warm-Up: Stabilisation Sports-specific endurance: Box-to-box runs, 3x6 rounds				Warm-Up: Coordination Speed training
THURSDAY	Warm-Up: Coordination Basic endurance: 5x4 minute line runs		Warm-Up: Coordination Basic endurance: 6x4 minute line runs	Meeting with two teammates: Passing	Warm-Up: Stabilisation Speed training	
FRIDAY	TEAM TRAINING					
SATURDAY						
SUNDAY	Meeting with two teammates: Passing	Friendly Match		Friendly Match	Friendly Match	1. Official Match