## APPENDIX F: TRAINING PLAN

### TECHNICAL WARM-UP

#### Organization/Rules

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#### Coaching Points

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### ACTIVITY 1

**Individual & pair work**
- Competition & teamwork
- 2v2 and 3v3

#### Organization/Rules

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#### Coaching Points

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### ACTIVITY II

**Opposition**
- (attack & defense)
- Directional play (w/ goals or targets)
- Expanded numbers (3v3 to 6v6)
- Most game aspects

#### Organization/Rules

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#### Coaching Points

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### SMALL-SIDED MATCH

**COOL DOWN / DEBRIEF**

#### Organization/Rules

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#### Coaching Points

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### PSYCHOSOCIAL

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### PHYSICAL

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### TECHNICAL

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### TACTICAL

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