

APPENDIX F: TRAINING PLAN

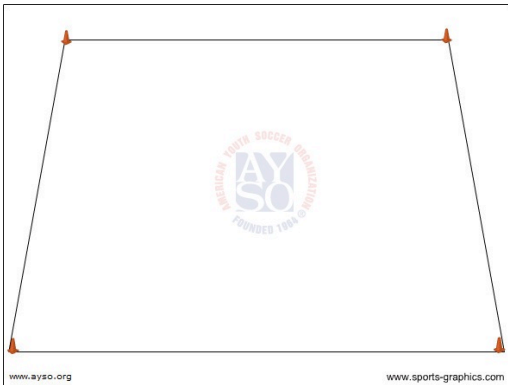
Topic: _____ Region: _____ Age: _____ Date: _____

everyone plays balanced teams open registration  good sportsmanship positive coaching player development

TECHNICAL WARM-UP

Organization/Rules

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Coaching Points

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PSYCHOSOCIAL []
PHYSICAL []
TECHNICAL []
TACTICAL []

ACTIVITY I

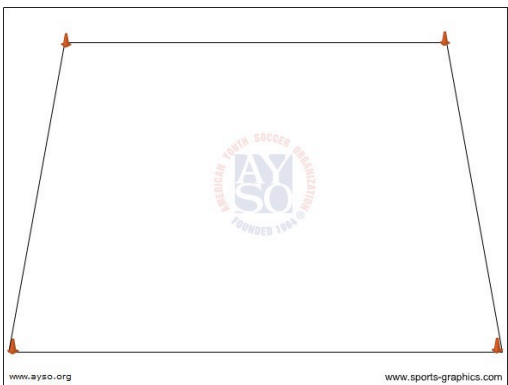
Individual & pair work

Competition & teamwork

2v2 and 3v3

Organization/Rules

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Coaching Points

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PSYCHOSOCIAL []
PHYSICAL []
TECHNICAL []
TACTICAL []

ACTIVITY II

Opposition (attack & defense)

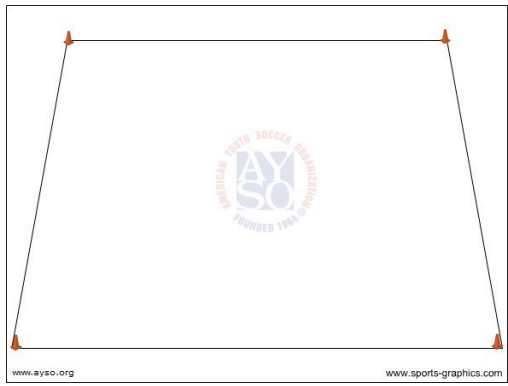
Directional play (w/ goals or targets)

Expanded numbers (3v3 to 6v6)

Most game aspects

Organization/Rules

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Coaching Points

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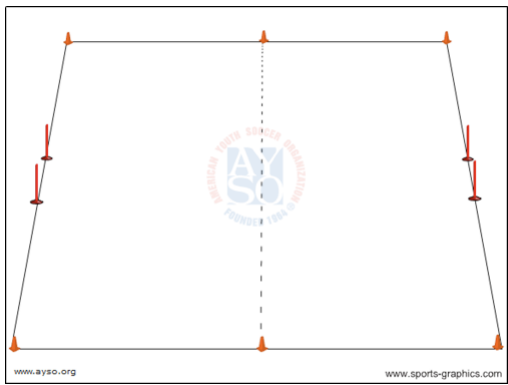
PSYCHOSOCIAL []
PHYSICAL []
TECHNICAL []
TACTICAL []

SMALL-SIDED MATCH

COOL DOWN / DEBRIEF

Organization/Rules

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Coaching Points

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PSYCHOSOCIAL [✓]
PHYSICAL [✓]
TECHNICAL [✓]
TACTICAL [✓]