



CORE TRAINING STANDARDS

EACH SESSION IS DESIGNED TO MAXIMIZE PLAYER PERFORMANCE

Every session should have a cool down and recap with the players.

- The cool down has physical benefits as well as psychological benefits as we train the kids to be professional and take care of themselves at all times.
- The recap is to go over the sessions focus again along with final parting thoughts, assessments, etc before going home. It is important that players do not just go through a session because coach said so. They must engage in the learning process in their brain as well as their bodies.
- In each session we demand that the coach relates the activity to the game and should be using numbering system when organizing players and relating the training to the game concepts under the club system of play





WARM-UP

01

RUNNING / MOVEMENT

PREP / FINAL

PREP (BALL CAN BE USED OR NOT)

INTRODUCE THE PURPOSE OF THE SESSION

WARM-UP

TECHNICAL

FOCUS BLOCK

MATCH RELATED

PHYSICAL



TECHNICAL

02

TECHNICAL SPECIFIC – EXERCISE FOCUSING ON PRECISION AND DETAILS.

(PRESSURE MAY VARY IN TECHNICAL SECTION – PRESSURE ADDS DECISION MAKING)

WARM-UP

TECHNICAL

FOCUS BLOCK

MATCH RELATED

PHYSICAL





FOCUS BLOCK

03

WARM-UP

TECHNICAL

FOCUS BLOCK

MATCH RELATED

PHYSICAL

THE EMPHASIS OF THE SESSION IN SMALLER GROUPS TO KEEP IT LESS COMPLEX WITH MORE TEACHING AND REPETITION.

PLAYERS ARE PLACED INTO DECISION MAKING SITUATIONS WHERE SOLUTIONS ARE MORE EASILY RECOGNIZED



MATCH RELATED

04

WARM-UP

TECHNICAL

FOCUS BLOCK

MATCH RELATED

PHYSICAL

THE EMPHASIS OF THE SESSION WITH LARGER NUMBERS (UP TO 11V11)

TEACHING PLAYERS TO RECOGNIZE AND EXECUTE THE EMPHASIS IN A MORE COMPLEX/MATCH-LIKE SETTING.





PHYSICAL

05

WARM-UP

TECHNICAL

FOCUS BLOCK

MATCH RELATED

PHYSICAL

ADDITIONAL PHYSICAL DEVELOPMENT WORK THAT IS NEEDED THAT IS NOT BUILT INTO THE GENERAL TRAINING SESSION. THIS IS ON A NEED BASIS.

*THIS COULD BE INDIVIDUAL, GROUP OR TEAM TRAINING. GOAL IS TO HAVE ALL PLAYERS WITHIN THE CLUB BE HELD TO A FFC FIT STANDARD

