

Training Session



DATE: _____ SESSION'S FOCUS _____

WARM UP & STRETCHES:

5 Minutes

FITNESS / FOOTWORK SKILLS:

5 Minutes

BALL WORK:

10 Minutes

SKILL DEVELOPMENT: Focus Attack one week / Defence next / Combination next week

10 Minutes

SPECIFIC DRILL / S:

10 Minutes

TEAM STRATEGY / TACTIC / SYSTEM:

5 Minutes

GAME PLAY:

12 Minutes

WARM DOWN:

3 Minutes