

# 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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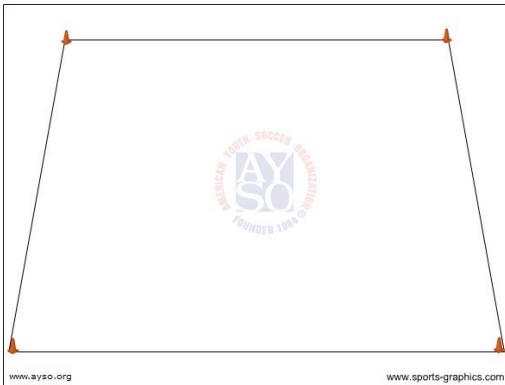
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**Coaching Points**

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PSYCHOSOCIAL [ ]

PHYSICAL [ ]

TECHNICAL [ ]

TACTICAL [ ]

ACTIVITY I

Individual & pair work

Competition & teamwork

2v2 and 3v3

**Organization/Rules**

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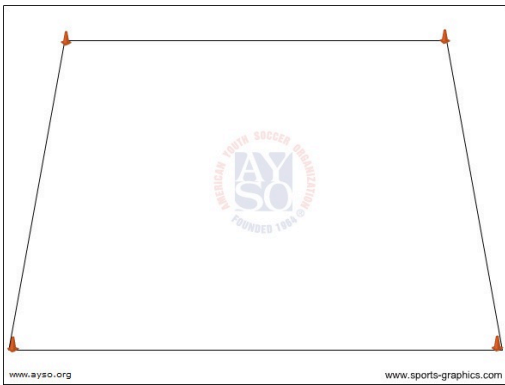
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**Coaching Points**

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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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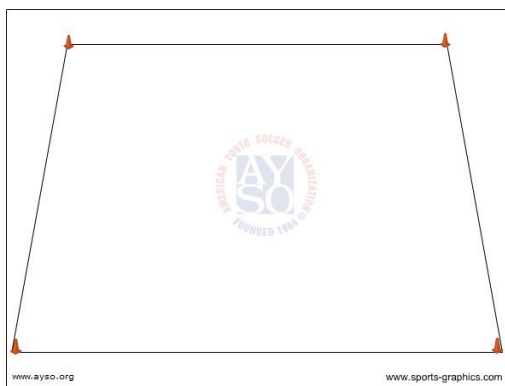
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**Coaching Points**

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PSYCHOSOCIAL [ ]

PHYSICAL [ ]

TECHNICAL [ ]

TACTICAL [ ]

SMALL-SIDED MATCH

COOL DOWN / DEBRIEF

**Organization/Rules**

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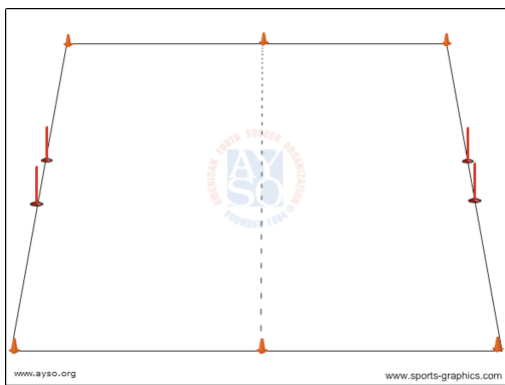
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**Coaching Points**

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PSYCHOSOCIAL [✓]

PHYSICAL [✓]

TECHNICAL [✓]

TACTICAL [✓]

APPENDIX F: TRAINING PLAN | MAKE YOUR OWN TRAINING PLAN