

Training Calendar

The training timeline and activities for the 6-week training include:

April	Weekly Training Areas	Training Areas Throughout
Week of April 29 th	<ul style="list-style-type: none"> ❖ SPEED ❖ QUICKNESS <ul style="list-style-type: none"> ▪ On the ball ▪ Without the ball 	<ul style="list-style-type: none"> ❖ ENTHUSIASM <ul style="list-style-type: none"> ➤ Punctuality ➤ Attitude ➤ Competitiveness ➤ Work Ethic ➤ Engagement ❖ PERSONALITY <ul style="list-style-type: none"> ➤ Coachability ➤ Sportsmanship
May		
Week of the 6 th	<ul style="list-style-type: none"> ❖ AGILITY <ul style="list-style-type: none"> ▪ On the ball ▪ Without the ball ❖ STRENGTH 	
Week of the 13 th	<ul style="list-style-type: none"> ❖ TECHNIQUE <ul style="list-style-type: none"> ➤ Dribbling ➤ Ball Control 	
Week of the 20 th	<ul style="list-style-type: none"> ❖ TECHNIQUE <ul style="list-style-type: none"> ➤ Passing <ul style="list-style-type: none"> ▪ On the move ▪ Stationary ➤ Receiving <ul style="list-style-type: none"> ▪ On the move ▪ Stationary 	
Week of the 27 th	<ul style="list-style-type: none"> ❖ TECHNIQUE <ul style="list-style-type: none"> ➤ Shooting <ul style="list-style-type: none"> ▪ On the move ▪ Stationary ❖ SPEED OF THOUGHT <ul style="list-style-type: none"> ➤ Attacking <ul style="list-style-type: none"> ▪ 1v1 	
June		
Week of the 3 rd	<ul style="list-style-type: none"> ❖ SPEED OF THOUGHT <ul style="list-style-type: none"> ➤ Defending <ul style="list-style-type: none"> ▪ 1v1 ➤ Decision making 	