

## TRAINING STRUCTURE

Training goes much more smoothly when there is a consistent structure. The following is a suggested outline so your training session builds-up and flows along a central theme the team needs to work on. This system allows players to learn the sequence of training and what to expect over the hour or so they will be training.

- Warm-up. Players take a brief run down field and back at a very easy pace. A short drill should take place (dynamic exercise) so players warm up muscles. Move to -
- Conditioning – Introduce static exercises and stretch out muscles. Move to longer run at easy pace. This can involve dribbling, moving side-to-side, backwards, forwards, sprint and stop and sprint and stop and even tossing the ball in the air and catching it while running.
- Move to paired technique work – trapping, heading, passing or juggling.
- Full team drills based on theme. Start simply and move to more complex and strenuous.
- Short sided game incorporating theme of drills.
- Talk while cooling down and stretching out about the next match and other items the team needs to be informed about.