	WEEKLY PRACTICE PLANNER								
CATEGORY	EXERCISES	TIME PER	MON	TUE	WED	<u>THU</u>	<u>FRI</u>	SAT	<u>SUN</u>
		<u>WEEK</u>							
Endurance									
Speed									
Warm-up	various forms of running								
	individual exercises with the ball								
	technique training in pairs								
	technique training in 3's								
	technique training in 4's								
	technique training in larger groups								
	warm-up games								
	3v1, 4v2, 5v2								
	warm-up exercises with the GK								
	stretching & strengthening								
Tackaia	duibblin a								
Technique	dribbling fakes and tricks								
	tackling								
	passing techniques - push pass (inside of the foot)								
	passing techniques - outside of the foot								
	passing techniques - laces (instep drive)								
	shooting with laces								
	shooting / bending the ball (inside and outside)								
	shooting volleys								
	shooting half volleys								
	shooting first time (1 touch)								
	finishing with inside of foot								
	chip								
	crossing long and short								
	heading - attacking								
	heading - defending								
	heading - diving								
	heading - flick on								
	receiving passes on the ground								
	receiving passes knees high								
	receiving passes waist high								
	receiving passes chest high								
	receiving passes in the air								
	controlling bouncing balls (inside, outside, laces and sole of the foot)								

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Individual	1v1 on two goals with GK					
Tactics	1v1 on one goal with GK					
1v1	1v1 + neutral player on goals					
	1v1 + passer in a field					
	1v1 after a pass on one goal					
	1v1 in the air after a cross					
	1v1 on small goals					
	defending - 1v1					
	defending - 1v2					
Group	keep away games (possession)					
Tactics	plays from passer to passer					
	4v4, 5v5, 6v6 on two goals (shooting)					
	2-goal games (defense, traveling with ball					
	combination plays ending with shots					
	games with attackers outnumbering defenders					
	games with defenders outnumbering attackers					
	4v4, 5v5, 6v6 on goal lines					
Team	games on goals in two or three zones					
Tactics	games on goals with wing zones					
	games on goal lines with large teams					
	games with various pressing zones					
	quick counter attacks in goal zones					
	set plays: corner kick					
	set plays: free kick					
	set plays: throw-in					
	formations					