**Season Training Plan:**

**Preseason Homework: Parts of the Field & Rules Review**

**Preseason Sessions:**

 **1) Skills Assessment & Homework Review**

**2) Penalties, Walls, Indirect/Direct Free kicks**

 **3) Goalie Work: ‘W’ catch, positioning, ball distribution**

 **4) Review: Passing, Trapping, & Shooting Form**

**Week 1: A) Stoppages: Throw-ins, Free-Kicks, Penalties, Walls**

 **B) Individual Defense: Positioning, Shielding, Clearing**

**Week 2: A) Individual Defense: Tackling & Goalie Work**

 **B) Team Defense: Pressure, Cover, Recovery, Depth**

**Week 3: A) Team Attack: Run to Space, Crash the goal, overlapping runs, drawing defenders**

 **B) Individual Attack: Dribbling-Feints, Fakes, Turns**

**Week 4: A) Team Defense: Man Marking, Offsides Trap, Zone Defense**

 **B) Individual Defense: Goalie Work & defensive coordination**

**Week 5: A) Individual Defense: Tackles (block, poke, slide)**

 **B) Team Attack: Passing (wall, thru, lofted, chip)**

**Week 6: A) Tactics: Set Pieces**

 **B) Individual Attack: Feints, Fakes, Turns**