

Under 9-12 Recreational Training Program

- Week 1: Warm Up – Dribbling & Moves
Activity – Dribbling & Close Control
Game Theme- Encourage players to beat an opponent
- Week 2: Warm Up – The Network, with ball
Activity – Dribbling, stopping & turning
Game Theme – Encourage players to dribble at speed into space
- Week 3: Warm Up – Passing & Moving
Activity – Basic passing technique
Game Theme – Encourage players to pass to teammates
- Week 4: Warm Up – Dynamic Duo
Activity – 3v2 Attacking
Game Theme – Encourage players to dribbling into space
- Week 5: Warm Up – Passing in 3's
Activity – Passing & Moving Technique
Game Theme – Encourage players to dribble & beat opponent
- Week 6: Warm Up – Gymnastic warm up
Activity – Shooting
Game Theme – Encourage players to pass to teammate & shoot into the goal
- Week 7: Warm Up – Flexibility in 4's
Activity – Passing & Moving
Game Theme – Encourage players to create an overlap
- Week 8: Warm Up – Dribbling & Moves
Activity – Running with the ball
Game Theme – Encourage players to create an overlap & shot at goal
- Week 9: Warm Up – The Network, with ball
Activity – 1v1 Attacking
Game Theme – Encourage players to create a wall pass
- Week 10: Warm Up – Passing & Moving
Activity – Creating Wall Passes
Game Theme – Encourage players to create a wall pass & shot at goal
- Week 11: Warm Up – Dynamic Duo
Activity – Passing Combinations & Overlaps
Game Theme – Encourage players to beat opponents
- Week 12: Warm Up – Passing in 3's
Activity – Fast Attacks
Game Theme – Encourage players to pass & move to space
- Week 13: Warm Up – Gymnastic warm up
Activity – Passing & Possession
Game Theme – Encourage players to pass and support team mate
- Week 14: Warm Up – Flexibility in 4's
Activity – Basic Crossing & Finishing
Game Theme – Encourage players to pass and support teammate

