

Under 13-18 Recreational Training Program

- Week 1: Warm Up – Dynamic Flex 1
Activity – Passing & Moving
Game Theme- Encourage players to pass to a team mate
- Week 2: Warm Up – Dynamic Flex 2, the zipper
Activity – Passing Combinations
Game Theme – Encourage players to pass and move into space
- Week 3: Warm Up – Dribbling & Moves
Activity – Attacking 2v1 / 3v1
Game Theme – Encourage players to dribble passed opponent
- Week 4: Warm Up – Passing & Moving
Activity – Passing & Movement
Game Theme – Encourage players to pass & move into space
- Week 5: Warm Up – Passing in 3's
Activity – Passing & Decision Making
Game Theme – Encourage players to play with head up and develop awareness
- Week 6: Warm Up – Dynamic Duo
Activity – Defending 1v1
Game Theme – Encourage players to delay opponent
- Week 7: Warm Up – Flexibility in 4's
Activity – Creating Overlaps
Game Theme – Encourage players to create an overlap
- Week 8: Warm Up – Dynamic Flex 1
Activity – Passing & Moving
Game Theme – Encourage players to create
- Week 9: Warm Up – Dynamic Flex 2, the zipper
Activity – Creating Wall Passes
Game Theme – Encourage players to create a wall pass
- Week 10: Warm Up – Dribbling & Moves
Activity – Shooting from Cross
Game Theme – Encourage players to lose the defender
- Week 11: Warm Up - Passing & Moving
Activity – 3v2 Attacking
Game Theme – Encourage players to combine quickly & interchange positions
- Week 12: Warm Up - Passing in 3's
Activity – Central Defending
Game Theme – Encourage players to pressure the ball quickly & cover teammates
- Week 13: Warm Up - Dynamic Duo
Activity – Central Attacking
Game Theme – Encourage players to pass and support team mate
- Week 14: Warm Up - Flexibility in 4's
Activity – Crossing & Finishing
Game Theme – Encourage players to use wide area's and get crosses in

