HERNANDO SOCCER CLUB

WEEKLY TRAINING PACKET



WEEK:

CYCLE:

EMAIL: DOC@HERNANDOSC.COM PHONE: 727-564-6470

4 WEEK BLOCKS = 1 CYCLE (10 TOTAL CYCLES)

WEEK 1: ATTACKING PRINCIPLES & TRANSITION: A < D

WEEK 2: ATTACKING PRINCIPLES & TRANSITION: A < D

WEEK 3: DEFENDING PRINCIPLES & TRANSITION: D < A

WEEK 4: DEFENDING PRINCIPLES & TRANSITION: D < A

AUGUST	SEPTEMBER	OCTOBER
ATTACKING PRINCIPLES	ATTACKING PRINCIPLES	ATTACKING PRINCIPLES
ATTACKING PRINCIPLES	ATTACKING PRINCIPLES	ATTACKING PRINCIPLES
DEFENDING PRINCIPLES	DEFENDING PRINCIPLES	DEFENDING PRINCIPLES
DEFENDING PRINCIPLES	DEFENDING PRINCIPLES	DEFENDING PRINCIPLES
		ATTACKING PRINCIPLES

NOVEMBER	DECEMBER	JANUARY
ATTACKING PRINCIPLES	DEFENDING PRINCIPLES	DEFENDING PRINCIPLES
DEFENDING PRINCIPLES	DEFENDING PRINCIPLES	ATTACKING PRINCIPLES
DEFENDING PRINCIPLES	DEFENDING PRINCIPLES	ATTACKING PRINCIPLES
X	X	DEFENDING PRINCIPLES
		DEFENDING PRINCIPLES

FEBRUARY	MARCH	APRIL
ATTACKING PRINCIPLES	ATTACKING PRINCIPLES	DEFENDING PRINCIPLES
ATTACKING PRINCIPLES	ATTACKING PRINCIPLES	ATTACKING PRINCIPLES
DEFENDING PRINCIPLES	X	ATTACKING PRINCIPLES
DEFENDING PRINCIPLES	DEFENDING PRINCIPLES	DEFENDING PRINCIPLES
		DEFENDING PRINCIPLES

MAY	JUNE	JULY
ATTACKING PRINCIPLES	X	X
ATTACKING PRINCIPLES	X	X
DEFENDING PRINCIPLES	X	X
DEFENDING PRINCIPLES	X	X



CYCLE 1 - WEEK 1

TRAINING SESSIONS

ATTACKING PRINCIPLES & TRANSITION: A < D

ATTACKING PRINCIPLES & TRANSITION: A < D

PERIODIZATION | WEEK 1 | CYCLE 1

SESSION #1

DATE: | TIME: | FIELD #: | WEATHER: | TEMP:

TOPIC:

TOPIC GROUP: | COUNTER TOPIC GROUP:

PERIODIZATION: | DEMAND: | INTENSITY: | DURATION: | MATCH DAY:

SESSION #2

DATE: | TIME:

TOPIC:

TOPIC GROUP: | COUNTER TOPIC GROUP:

PERIODIZATION: | DEMAND: | INTENSITY: | DURATION: | MATCH DAY:

SESSION #3

DATE: | TIME:

TOPIC:

TOPIC GROUP: | COUNTER TOPIC GROUP:

PERIODIZATION: | DEMAND: | INTENSITY: | DURATION: | MATCH DAY:

SESSION #4

DATE: | TIME:

TOPIC:

TOPIC GROUP: | COUNTER TOPIC GROUP:

PERIODIZATION: | DEMAND: | INTENSITY: | DURATION: | MATCH DAY:

GAME #1

DATE: | TIME:

HOME: | AWAY:

TOPIC:

NOTES:

GAME #2

DATE: | TIME:

HOME: | AWAY:

TOPIC:

NOTES:

SESSION PLAN

SESSION #1 | WEEK 1 | CYCLE 1

SESSION PLAN	DATE:	TIME:	FIELD #:	WEATHER:	TEMP:

TOPIC:

TOPIC GROUP: | COUNTER TOPIC GROUP:

PERIODIZATION: | DEMAND: | INTENSITY: | DURATION: | MATCH DAY:

5 W'S	TOPIC GROUP (BLACK PENNIES):	COUNTER TOPIC GROUP (WHITE PENNIES):

WARM UP / ACTIVATION

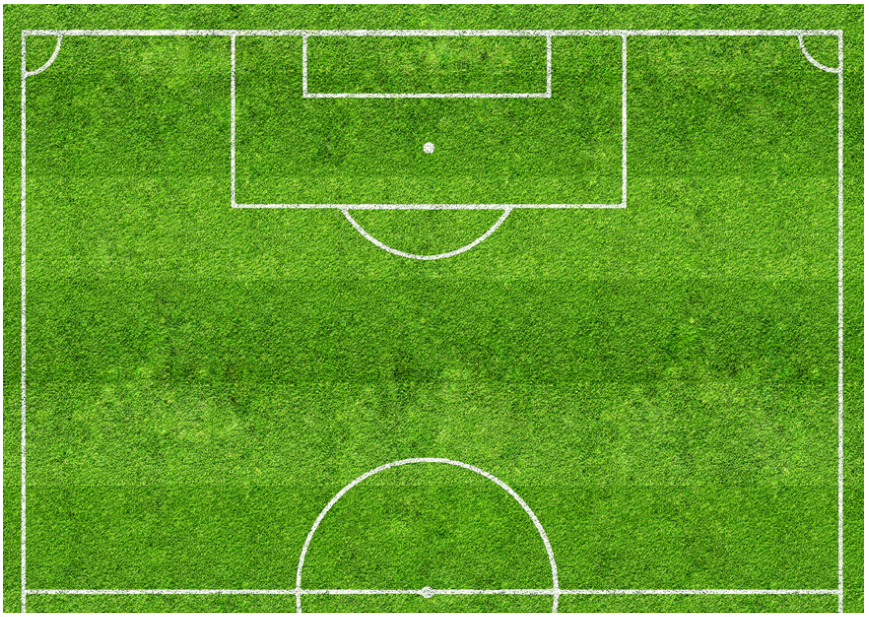
SET UP:

EQUIPMENT:

CONCEPT:

PHYSICAL:

MENTAL:



ACTIVITY 1: ORIENTATION (PRESENT THE PROBLEM)

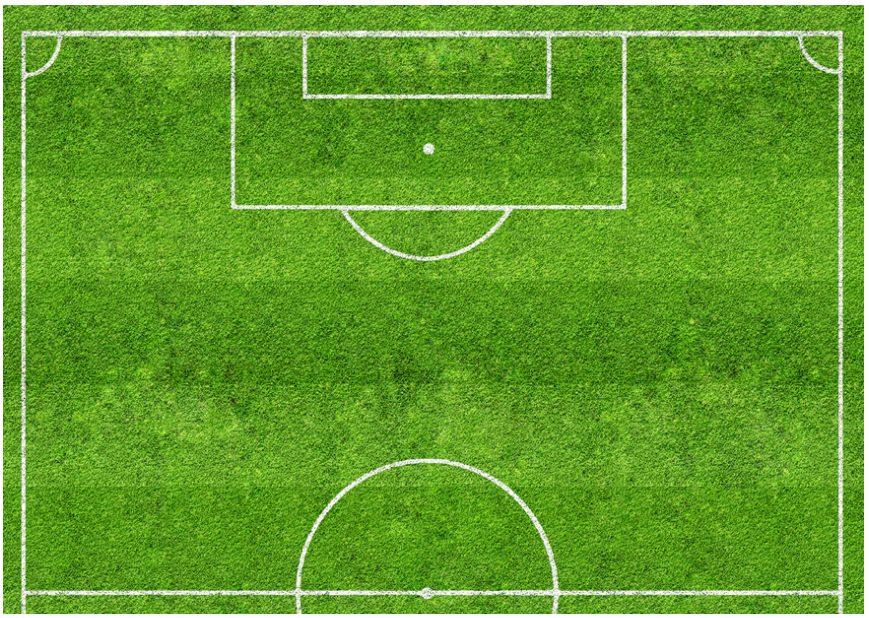
SET UP:

EQUIPMENT:

CONCEPT:

PRINCIPALS:

COUNTER PRINCIPALS:



SESSION PLAN

SESSION #1 | WEEK 1 | CYCLE 1

ACTIVITY 2: LEARNING (TEACH THE SOLUTION)

SET UP:

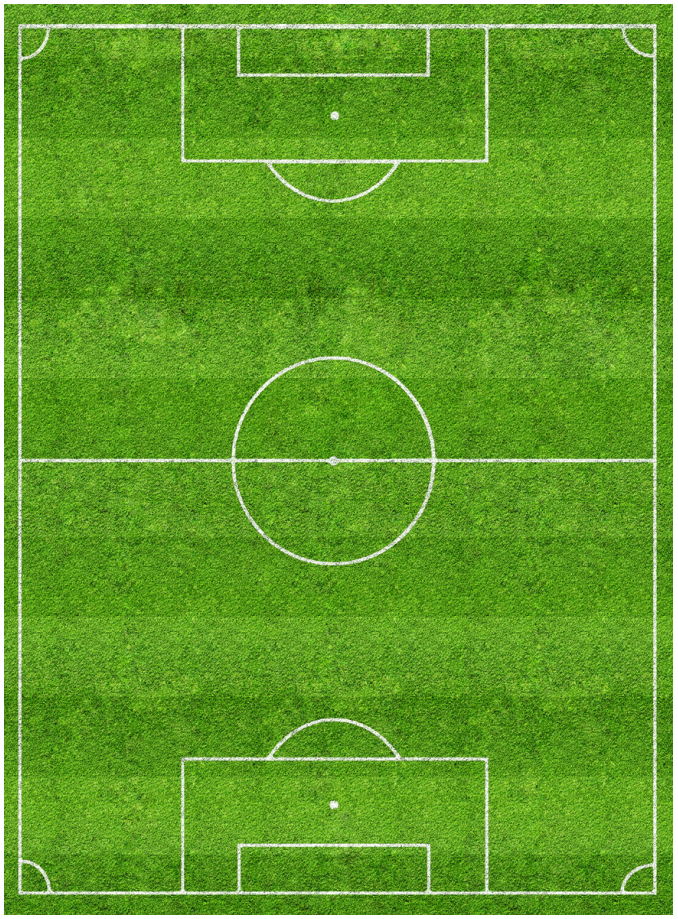
EQUIPMENT:

CONCEPT:

PRINCIPALS:

COUNTER PRINCIPALS:

GUIDED QUESTION:



ACTIVITY 3: IMPLEMENTATION (APPLY THE SOLUTION)

SET UP:

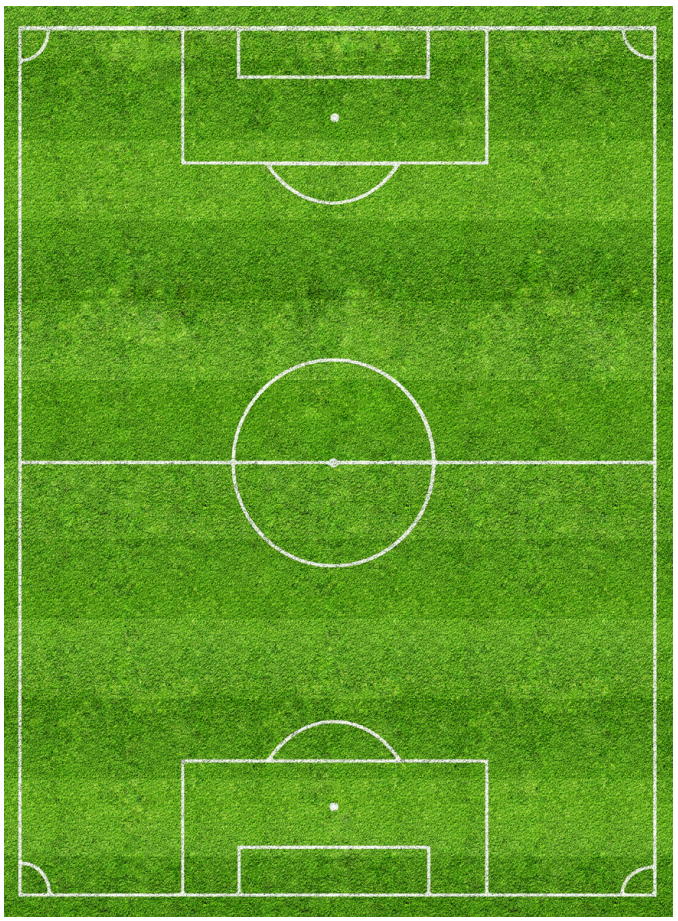
EQUIPMENT:

CONCEPT:

PRINCIPALS:

COUNTER PRINCIPALS:

GUIDED QUESTION:



SESSION PLAN

SESSION #2 | WEEK 1 | CYCLE 1

SESSION PLAN	DATE:	TIME:	FIELD #:	WEATHER:	TEMP:

TOPIC:

TOPIC GROUP: | COUNTER TOPIC GROUP:

PERIODIZATION: | DEMAND: | INTENSITY: | DURATION: | MATCH DAY:

5 W'S	TOPIC GROUP (BLACK PENNIES):	COUNTER TOPIC GROUP (WHITE PENNIES):

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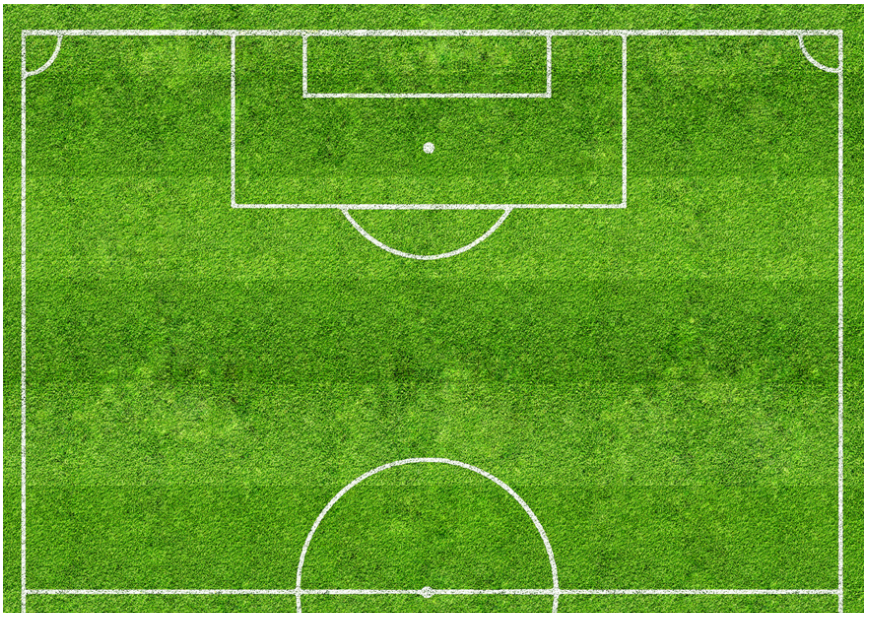
EQUIPMENT:

CONCEPT:

PHYSICAL:

MENTAL:



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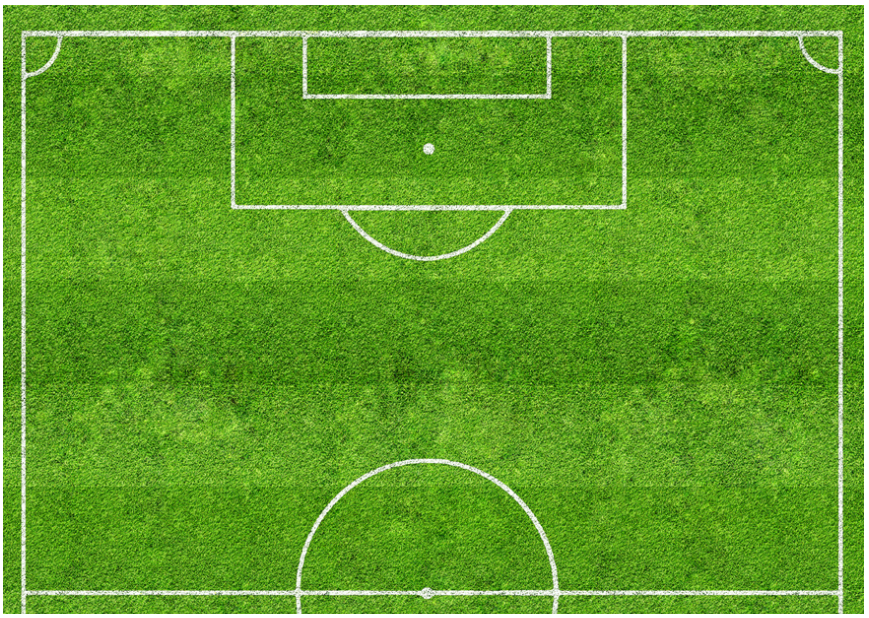
CONCEPT:

PRINCIPALS:

COUNTER PRINCIPALS:



SESSION PLAN

SESSION #2 | WEEK 1 | CYCLE 1

ACTIVITY 2: LEARNING (TEACH THE SOLUTION)

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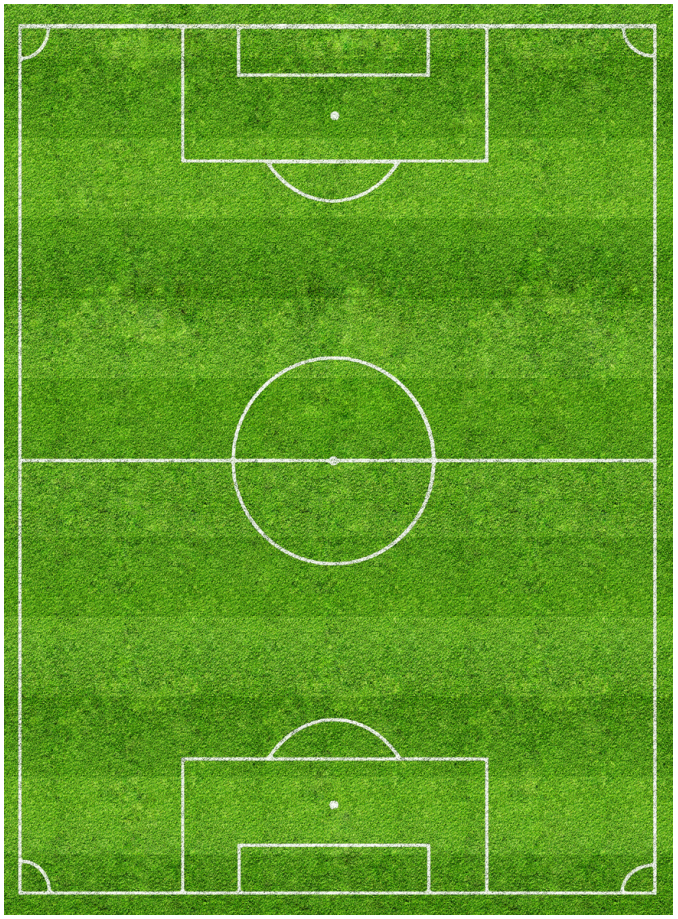
EQUIPMENT:

CONCEPT:

PRINCIPALS:

COUNTER PRINCIPALS:

GUIDED QUESTION:



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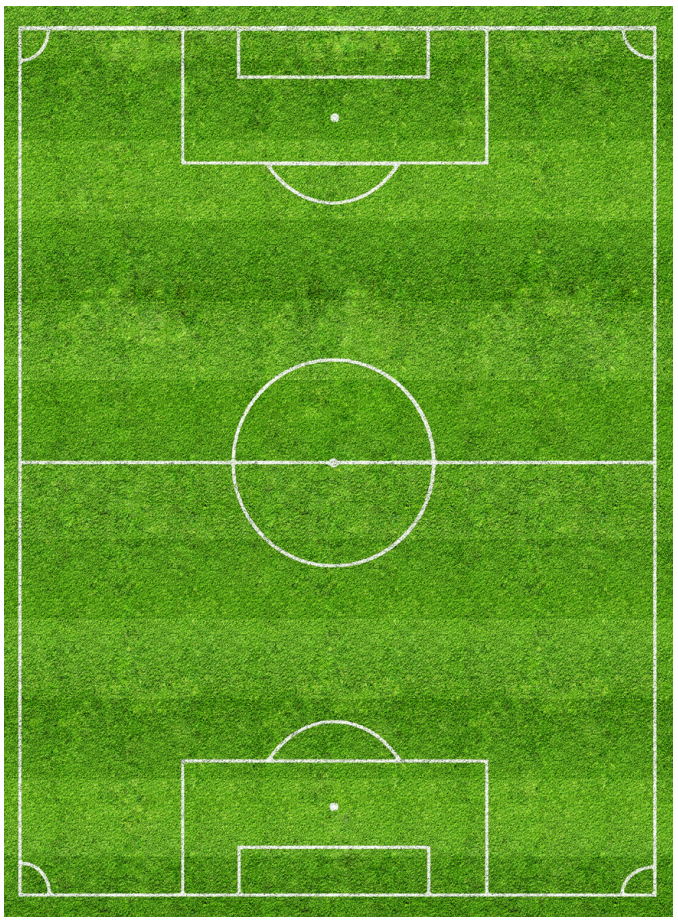

SESSION PLAN

SESSION #3 | WEEK 1 | CYCLE 1

SESSION PLAN	DATE:	TIME:	FIELD #:	WEATHER:	TEMP:

TOPIC:

TOPIC GROUP: | COUNTER TOPIC GROUP:

PERIODIZATION: | DEMAND: | INTENSITY: | DURATION: | MATCH DAY:

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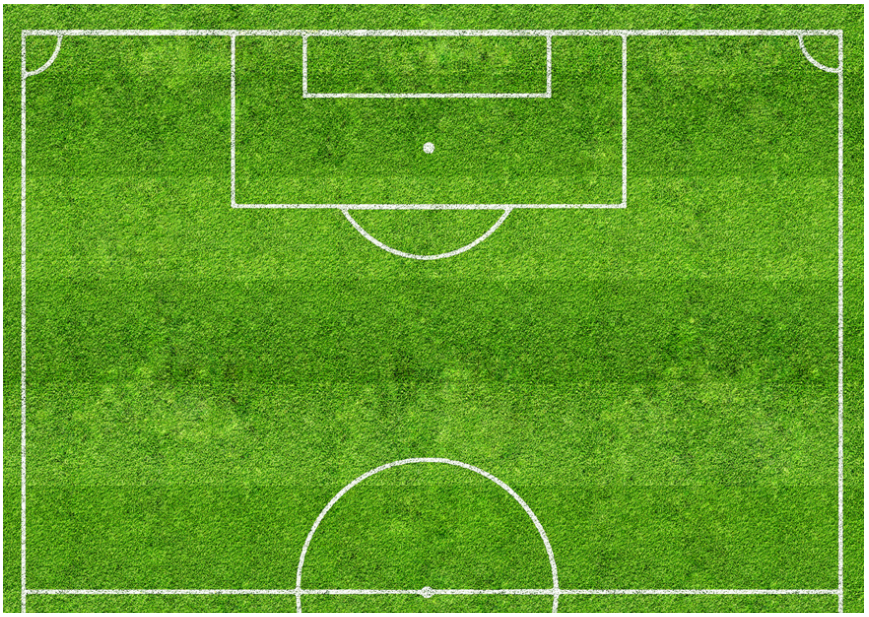

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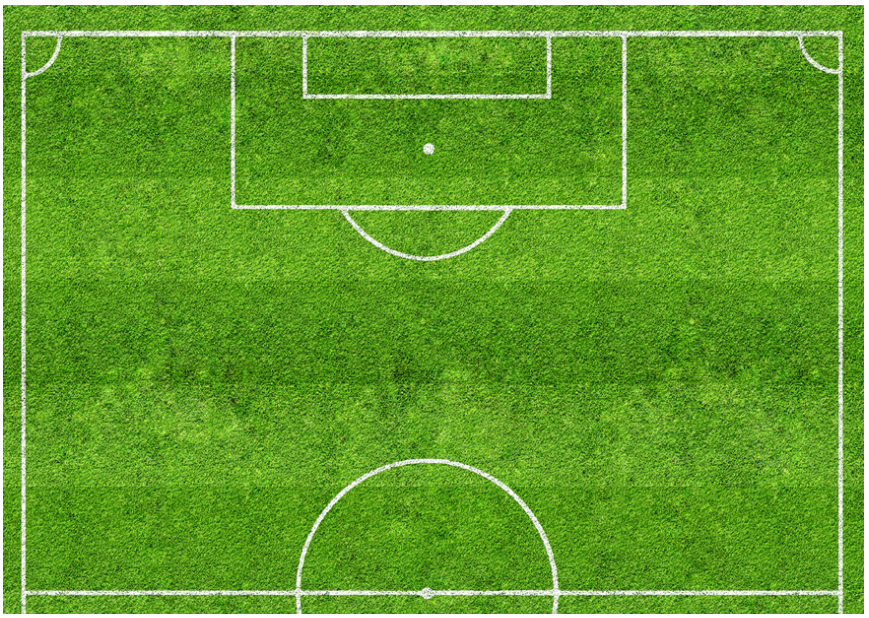


SESSION PLAN

SESSION #3 | WEEK 1 | CYCLE 1

ACTIVITY 2: LEARNING (TEACH THE SOLUTION)

SET UP:

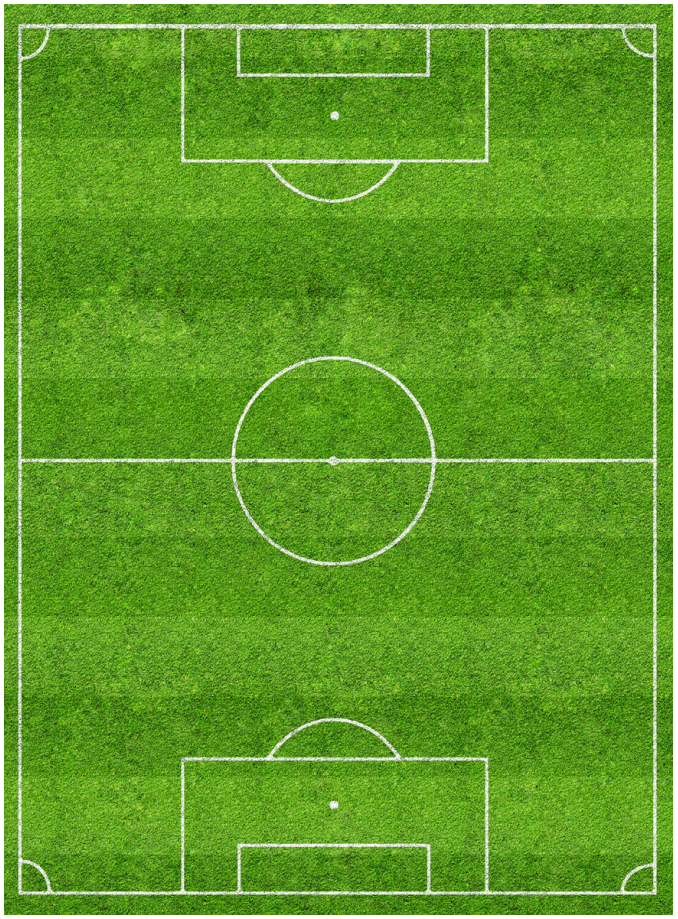
EQUIPMENT:

CONCEPT:

PRINCIPALS:

COUNTER PRINCIPALS:

GUIDED QUESTION:



ACTIVITY 3: IMPLEMENTATION (APPLY THE SOLUTION)

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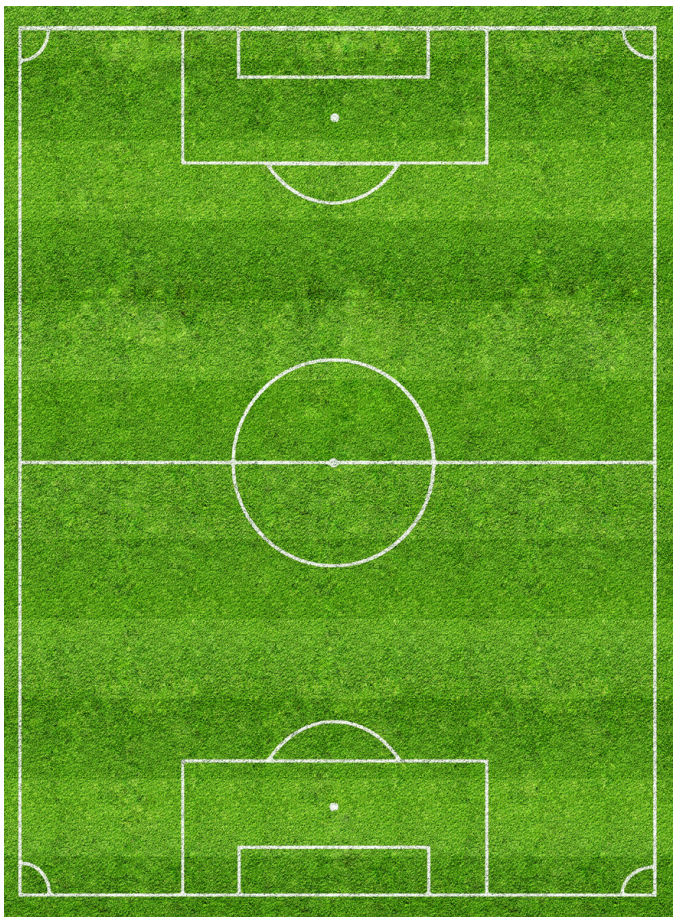
GUIDED QUESTION:



SESSION PLAN

SESSION #4 | WEEK 1 | CYCLE 1

SESSION PLAN	DATE:	TIME:	FIELD #:	WEATHER:	TEMP:

TOPIC:

TOPIC GROUP: | COUNTER TOPIC GROUP:

PERIODIZATION: | DEMAND: | INTENSITY: | DURATION: | MATCH DAY:

5 W'S	TOPIC GROUP (BLACK PENNIES):	COUNTER TOPIC GROUP (WHITE PENNIES):

WARM UP / ACTIVATION

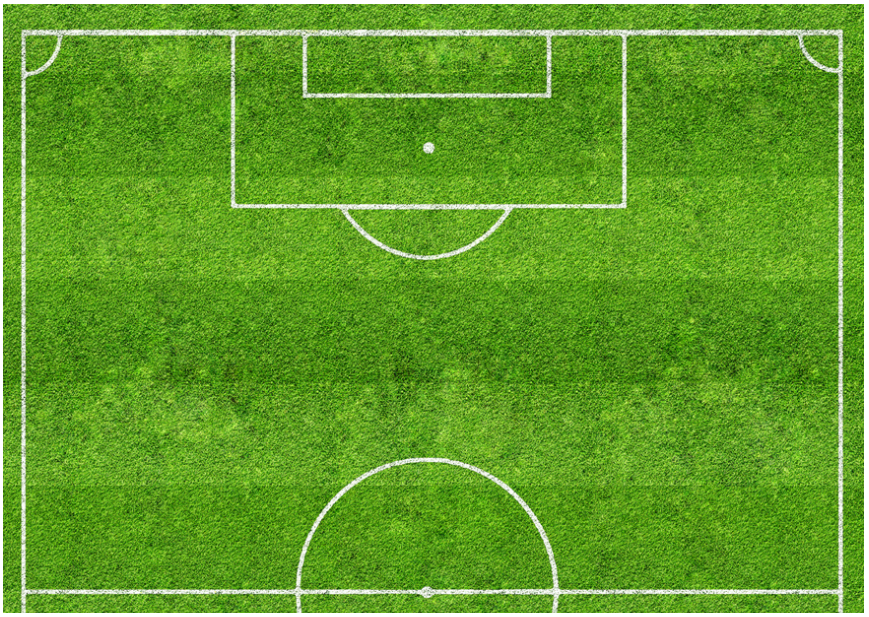
SET UP:

EQUIPMENT:

CONCEPT:

PHYSICAL:

MENTAL:



ACTIVITY 1: ORIENTATION (PRESENT THE PROBLEM)

SET UP:

EQUIPMENT:

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PRINCIPALS:

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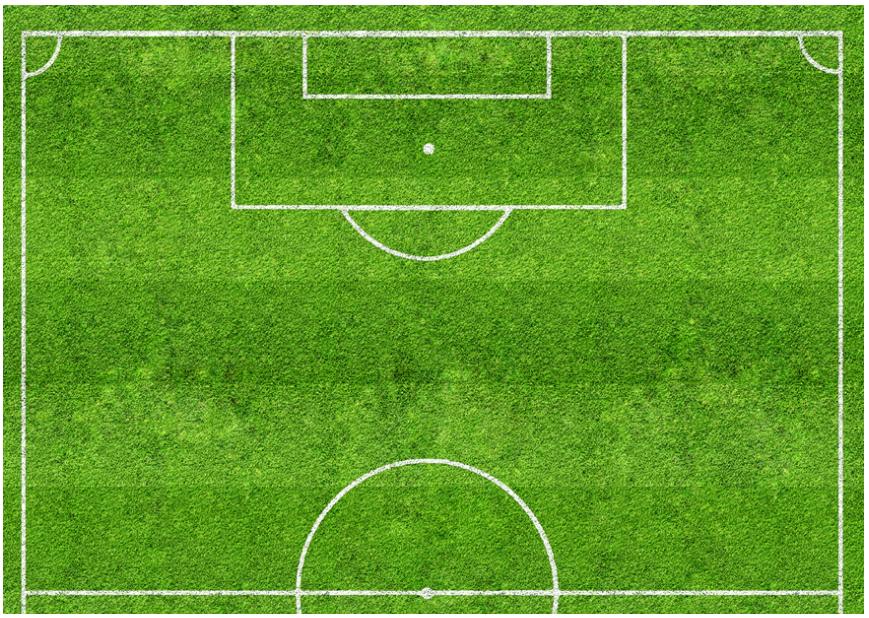


SESSION PLAN

SESSION #4 | WEEK 1 | CYCLE 1

ACTIVITY 2: LEARNING (TEACH THE SOLUTION)

SET UP:

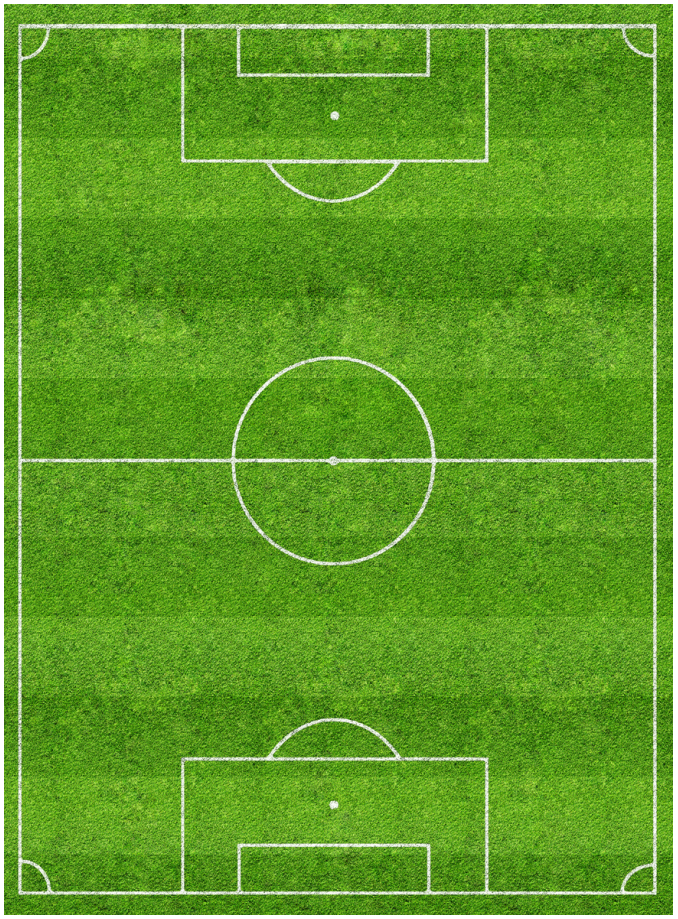
EQUIPMENT:

CONCEPT:

PRINCIPALS:

COUNTER PRINCIPALS:

GUIDED QUESTION:



ACTIVITY 3: IMPLEMENTATION (APPLY THE SOLUTION)

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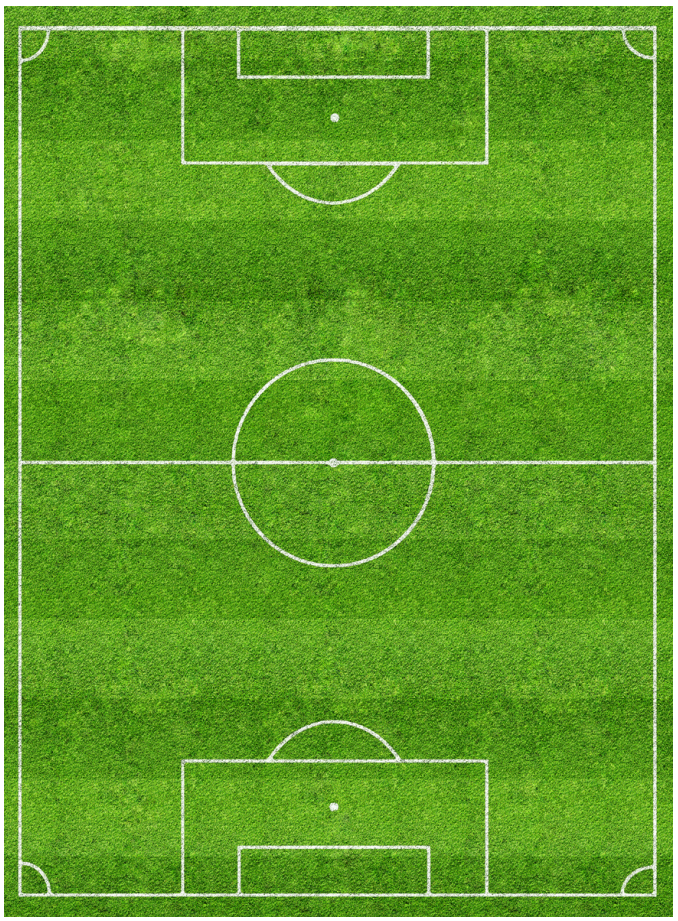




CYCLE 1 - WEEK 1

GAME PLANS

ATTACKING PRINCIPLES & TRANSITION: A < D

GAME PLAN

GAME # 1 | WEEK 1 | CYCLE 1

GAME PLAN	DATE:	TIME:	FIELD #:	WEATHER:	TEMP:

HOME TEAM: AWAY TEAM:

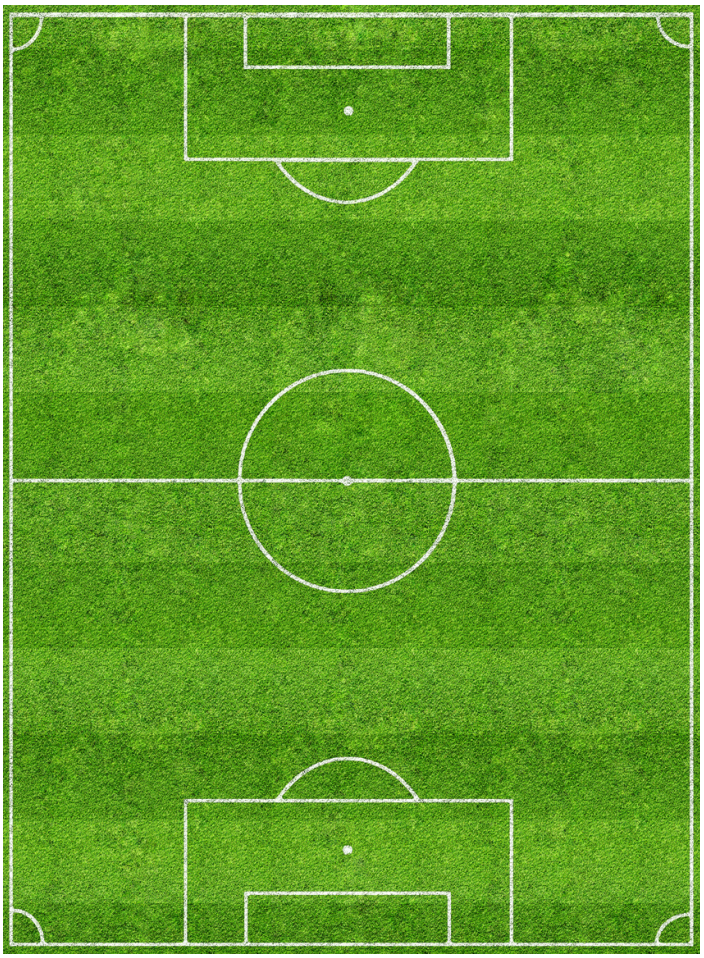
ROLE OF THE HEAD COACH:

ROLE OF THE ASSISTANT COACH:

ROLE OF THE TEAM MANAGER::

LINE UP

POS	NAME	#	PK	FK	CK



PLAN A - START OF GAME

FORMATION:
(+) UP A PLAYER:
(-) UP A PLAYER:

PLAN B - WINNING GAME

FORMATION:
(+) UP A PLAYER:
(-) UP A PLAYER:

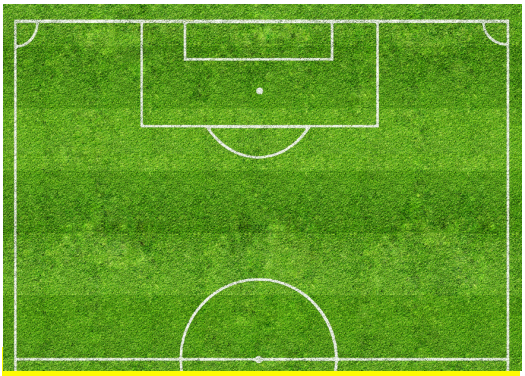
PLAN C - LOSING GAME

FORMATION:
(+) UP A PLAYER:
(-) UP A PLAYER:

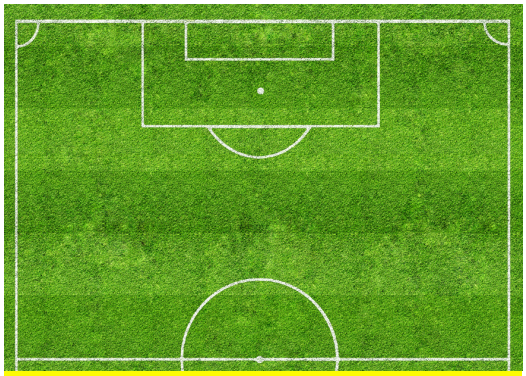
GAME PLAN

GAME # 1 | WEEK 1 | CYCLE 1

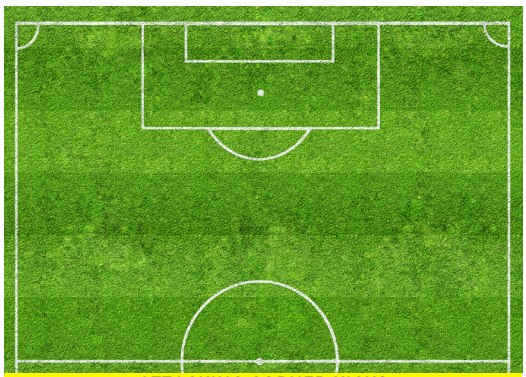
ATTACKING RESTARTS



ATTACKING KICK OFF

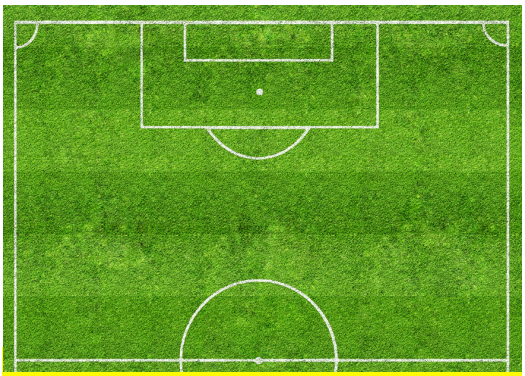


ATTACKING FREE KICKS

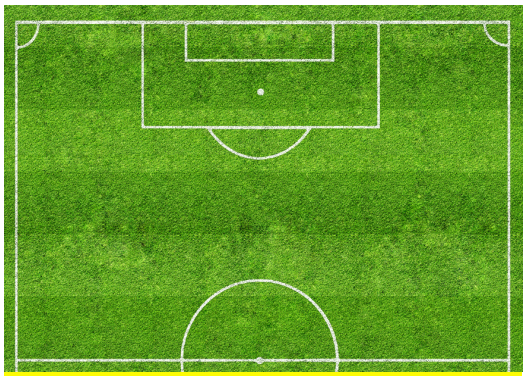


ATTACKING CORNER KICKS

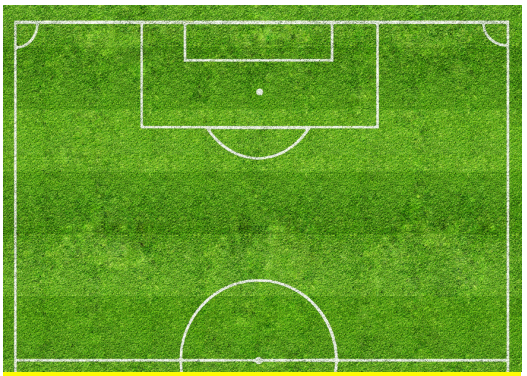
DEFENDING RESTARTS



DEFENDING KICK OFF



DEFENDING FREE KICKS



DEFENDING CORNER KICKS

PRE SCOUT

TEAM NAME:

ATTACKING:

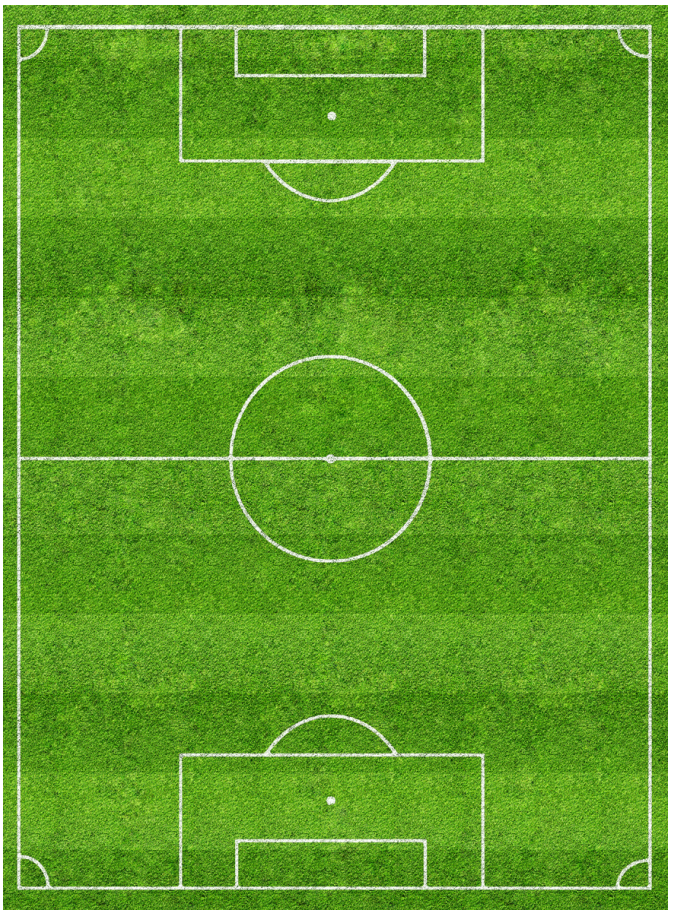
TRANSITION A < D:

DEFENDING:

TRANSITION D< A:

RESTARTS:

KEY PLAYERS:



GAME PLAN

GAME #2 | WEEK 1 | CYCLE 1

GAME PLAN	DATE:	TIME:	FIELD #:	WEATHER:	TEMP:

HOME TEAM: AWAY TEAM:

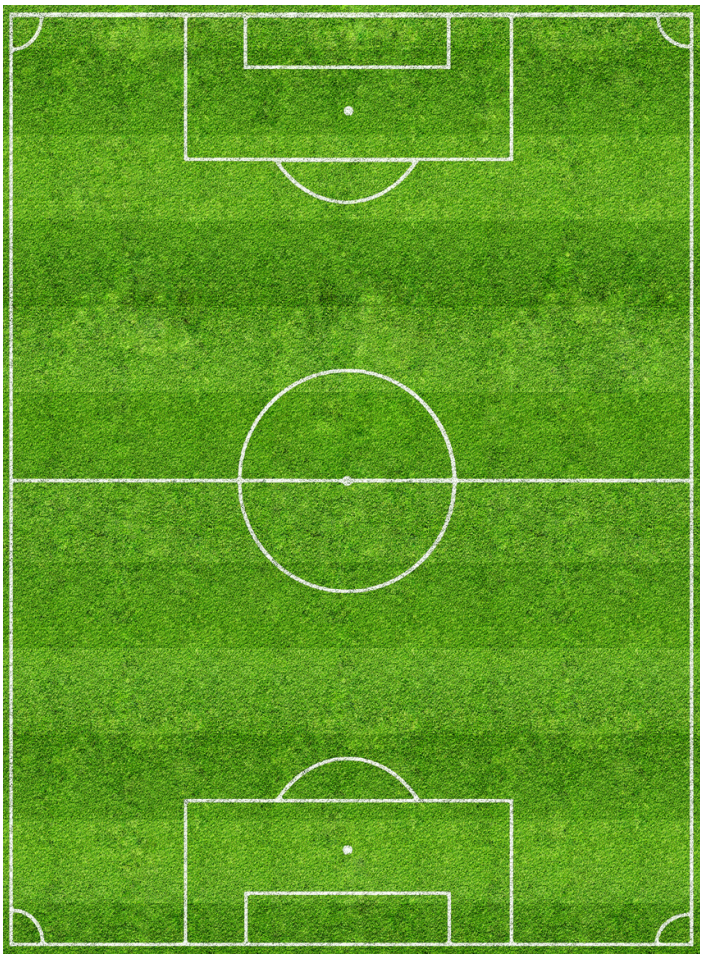
ROLE OF THE HEAD COACH:

ROLE OF THE ASSISTANT COACH:

ROLE OF THE TEAM MANAGER::

LINE UP

POS	NAME	#	PK	FK	CK



PLAN A - START OF GAME

FORMATION:
(+) UP A PLAYER:
(-) UP A PLAYER:

PLAN B - WINNING GAME

FORMATION:
(+) UP A PLAYER:
(-) UP A PLAYER:

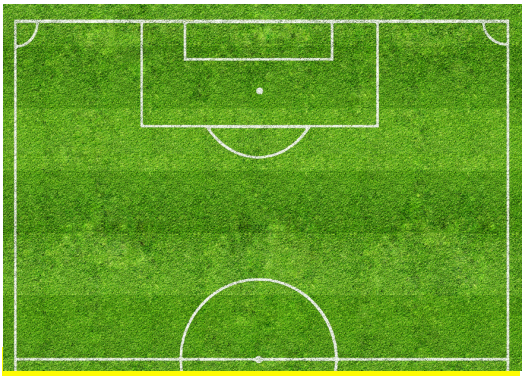
PLAN C - LOSING GAME

FORMATION:
(+) UP A PLAYER:
(-) UP A PLAYER:

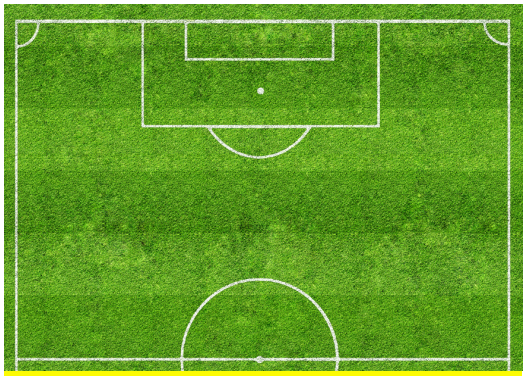
GAME PLAN

GAME #2 | WEEK 1 | CYCLE 1

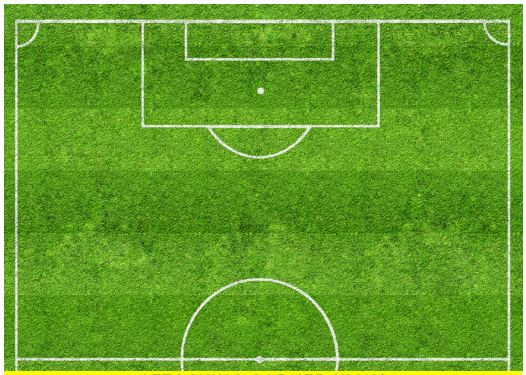
ATTACKING RESTARTS



ATTACKING KICK OFF

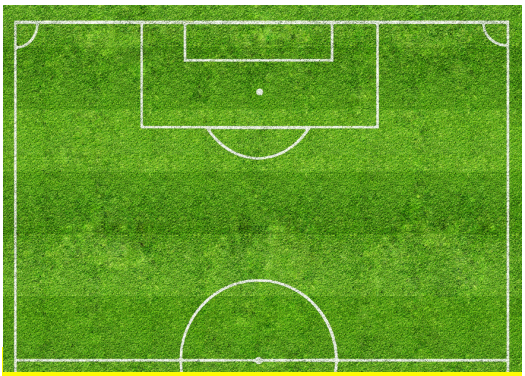


ATTACKING FREE KICKS



ATTACKING CORNER KICKS

DEFENDING RESTARTS



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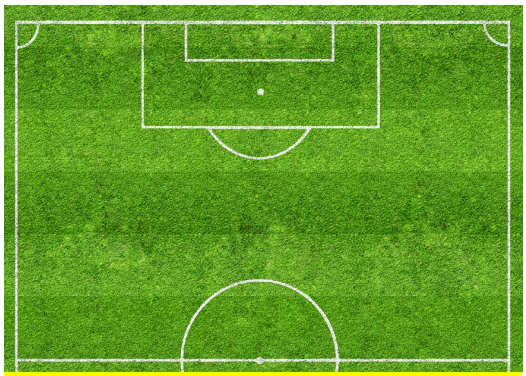
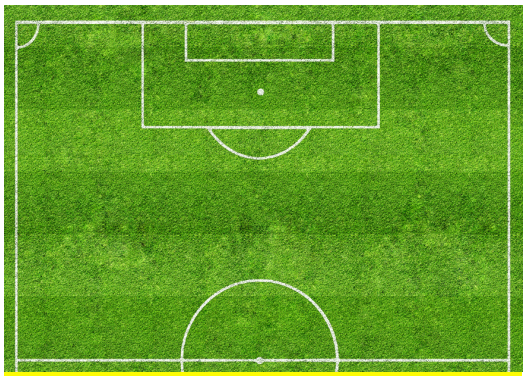


DEFENDING FREE KICKS



DEFENDING CORNER KICKS

PRE SCOUT

TEAM NAME:

ATTACKING:

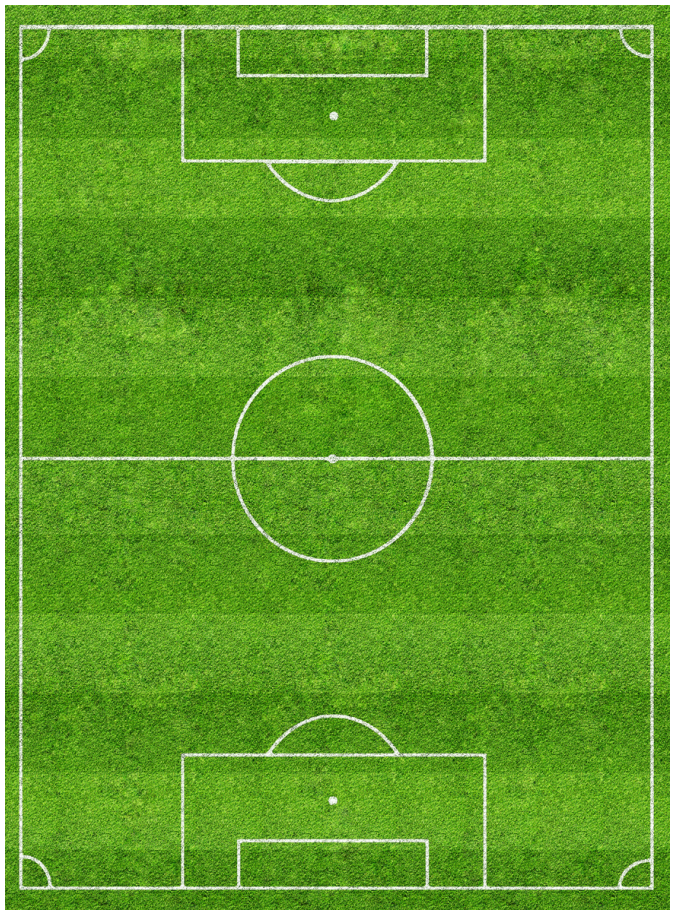
TRANSITION A < D:

DEFENDING:

TRANSITION D< A:

RESTARTS:

KEY PLAYERS:





CYCLE 1 - WEEK 1

GAME DAY NOTES

ATTACKING PRINCIPLES & TRANSITION: A < D

GAME DAY NOTES

GAME #1 | WEEK 1 | CYCLE 1

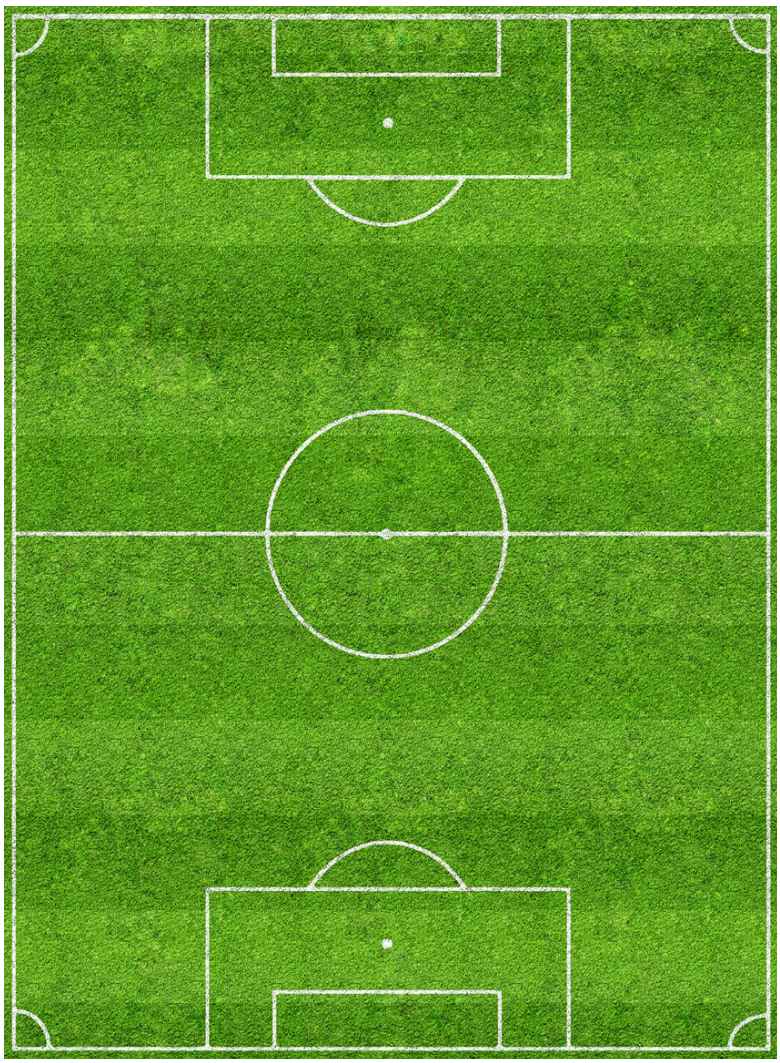
GAME NOTES	DATE:	TIME:	FIELD #:	WEATHER:	TEMP:

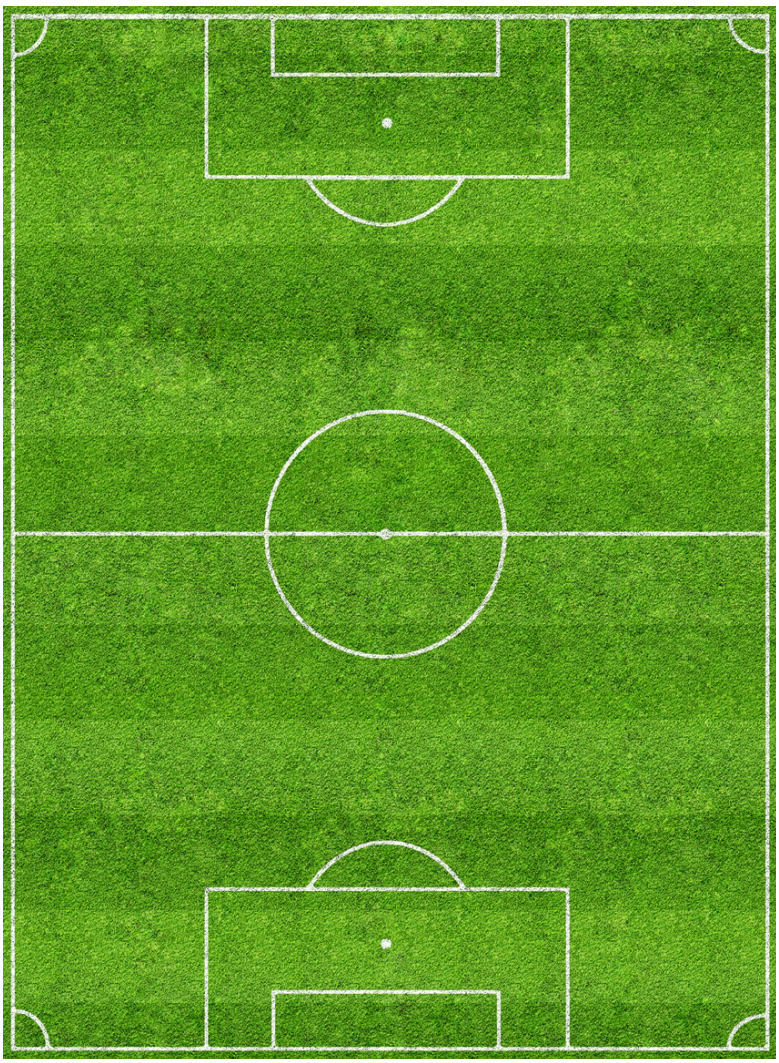
HOME TEAM: AWAY TEAM:

ROLE OF THE HEAD COACH:

ROLE OF THE ASSISTANT COACH:

ROLE OF THE TEAM MANAGER::





1ST HALF FORMATION

1ST HALF PROBLEMS AND ADJUSTMENTS

1ST HALF SUBS

2ND HALF FORMATION

2ND HALF PROBLEMS AND ADJUSTMENTS

2ND HALF SUBS

GAME REFLECTION

GAME #1 | WEEK 1 | CYCLE 1

TEAM DATA

ATTACKING: BUILDING BACK 1/3

ATTACKING: BUILDING MIDDLE 1/3

ATTACKING: FRONT 1/3

DEFENDING: FRONT 1/3

DEFENDING: MIDDLE 1/3

DEFENDING: BACK 1/3

ATTACKING: RESTARTS

DEFENDING: RESTARTS

WHAT WENT WELL?

AREAS WE CAN IMPROVE?

WHAT WOULD WE DO DIFFERENT?

GAME DAY NOTES

GAME #2 | WEEK 1 | CYCLE 1

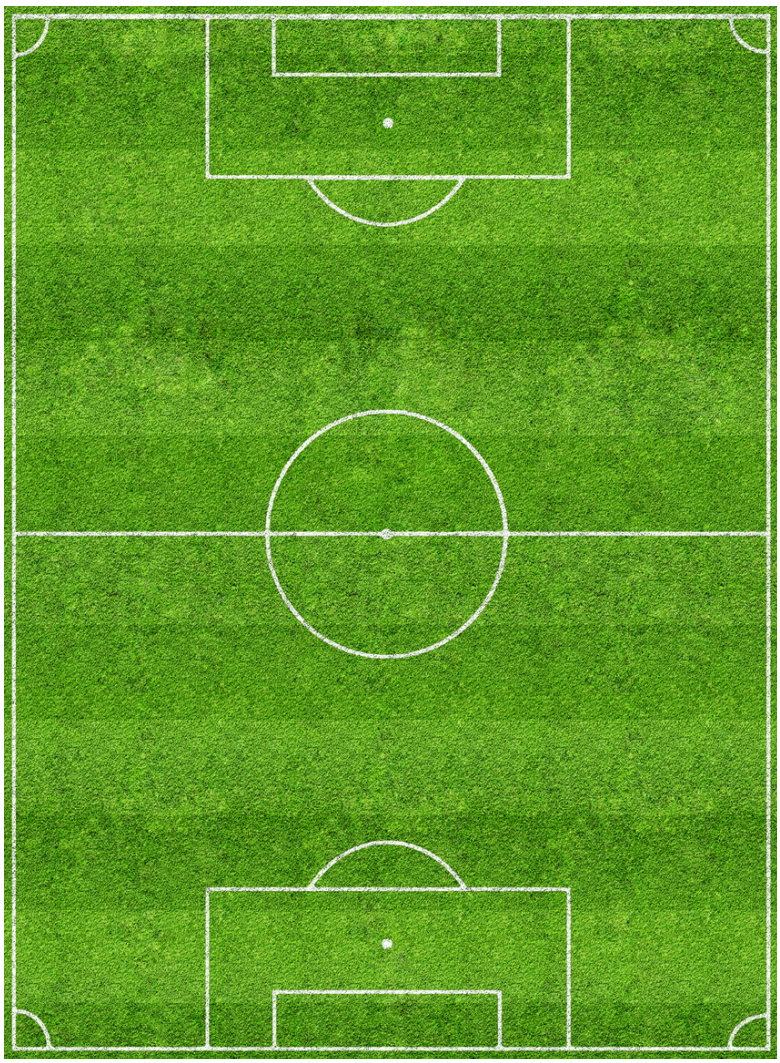
GAME NOTES	DATE:	TIME:	FIELD #:	WEATHER:	TEMP:

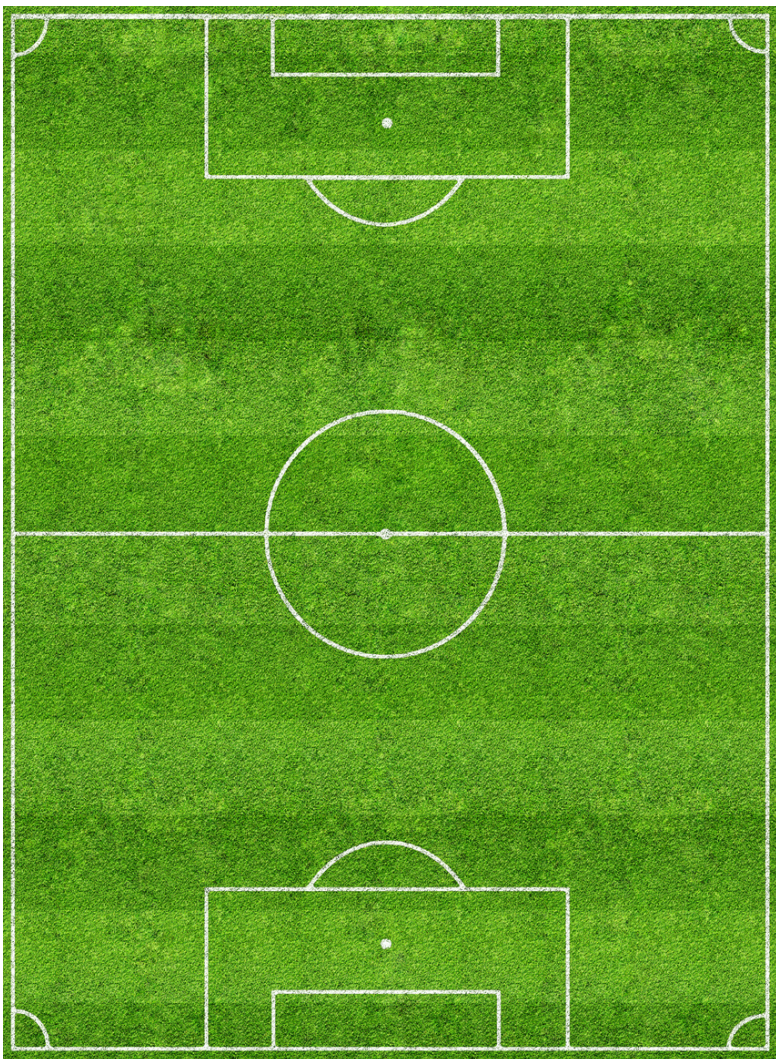
HOME TEAM: | AWAY TEAM:

ROLE OF THE HEAD COACH:

ROLE OF THE ASSISTANT COACH:

ROLE OF THE TEAM MANAGER::





1ST HALF FORMATION

1ST HALF PROBLEMS AND ADJUSTMENTS

1ST HALF SUBS

2ND HALF FORMATION

2ND HALF PROBLEMS AND ADJUSTMENTS

2ND HALF SUBS

GAME REFLECTION

GAME #2 | WEEK 1 | CYCLE 1

TEAM DATA

ATTACKING: BUILDING BACK 1/3

ATTACKING: BUILDING MIDDLE 1/3

ATTACKING: FRONT 1/3

DEFENDING: FRONT 1/3

DEFENDING: MIDDLE 1/3

DEFENDING: BACK 1/3

ATTACKING: RESTARTS

DEFENDING: RESTARTS

WHAT WENT WELL?

AREAS WE CAN IMPROVE?

WHAT WOULD WE DO DIFFERENT?

CYCLE 1 - WEEK 1

REFLECTION

ATTACKING PRINCIPLES & TRANSITION: A < D

WEEKLY REFLECTION

WEEK 1 | CYCLE 1

TRAINING SESSION REFLECTIONS

WHAT WENT WELL?

AREAS WE CAN IMPROVE?

WHAT WOULDWE DO DIFFERENT?

GAME REFLECTIONS

WHAT WENT WELL?

AREAS WE CAN IMPROVE?

WHAT WOULDWE DO DIFFERENT?

GIVE 100% TO YOUR PLAYERS 100% OF THE TIME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