

SHORT TERM PLANNING

01

MONTH 1: SCOUTING AND TEAM BUILDING/ASSESSMENT

Week 1-2: Scouting, Team introductions and icebreaker activities.

Week 3-4: Fitness assessments and skills evaluation sessions to gauge the team's strengths and areas for improvement.

02

MONTH 2: SKILL DEVELOPMENT AND TRAINING

Week 1-4: Regular training sessions focusing on individual skills, tactical awareness, and team cohesion.

03

MONTH 3: FRIENDLY MATCHES AND TACTICS

Week 1-2: Arrange friendly matches against local teams to apply skills in a competitive setting.

Week 3-4: Analyze match performances, identify tactical adjustments, and implement new strategies in training.

04

MONTH 4: FITNESS AND CONDITIONING

Week 1-4: Intensify fitness training with a focus on endurance, speed, agility, and injury prevention.

05

MONTH 5: MENTAL PREPARATION AND LEADERSHIP

Week 1-4: Intensify fitness training with a focus on endurance, speed, agility, and injury prevention.

06

MONTH 6: COMPETITIVE MATCHES AND REVIEW

Week 1-3: Participate in league matches or tournaments.

Week 4: Reflect on the season's achievements and areas for improvement. Begin planning for the next season.

