

## Under 19 - 8 Week Training Plan

### **Week 1-2: Technical Training**

- **Day 1:** Passing and Receiving
  - Warm-up: Jogging and dynamic stretching (10 minutes)
  - Passing drills: Triangle passing, wall passes (20 minutes)
  - Receiving drills: Inside and outside foot control, chest and thigh control (20 minutes)
  - Small-sided game focusing on quick passing (20 minutes)
- **Day 2:** Dribbling and 1v1
  - Warm-up: Agility ladder drills (10 minutes)
  - Dribbling exercises: Cone dribbling, dribbling through cones at speed (20 minutes)
  - 1v1 drills: Attacker vs defender situations (20 minutes)
  - Small-sided game with emphasis on 1v1 situations (20 minutes)
- **Day 3:** Shooting and Finishing
  - Warm-up: Dynamic stretching and shooting drills (10 minutes)
  - Shooting techniques: Instep drive, side-foot finish, volleys (20 minutes)
  - Finishing drills: Breakaway finishing, shooting under pressure (20 minutes)
  - Shooting and finishing in game-like scenarios (20 minutes)

### **Week 3-4: Tactical Training**

- **Day 1:** Defensive Shape and Pressing
  - Warm-up: Jogging and dynamic stretching (10 minutes)
  - Defensive positioning drills: Maintaining shape, closing down opponents (20 minutes)
  - Pressing exercises: High press, mid press, low block (20 minutes)
  - Small-sided game focusing on defensive shape and pressing (20 minutes)
- **Day 2:** Attacking Patterns
  - Warm-up: Passing and receiving drills (10 minutes)
  - Attacking patterns: Overlaps, give-and-goes, through balls (20 minutes)
  - Combination play: 2v1, 3v2 situations (20 minutes)
  - Small-sided game emphasizing attacking combinations (20 minutes)
- **Day 3:** Set Pieces
  - Warm-up: Dynamic stretching and ball work (10 minutes)
  - Set piece drills: Corner kicks, free kicks, throw-ins (20 minutes)

- Defensive organization: Marking assignments, zonal defending (20 minutes)
- Offensive strategies: Runs, positioning, and finishing off set pieces (20 minutes)

### **Week 5-6: Physical Conditioning**

- **Day 1:** Endurance and Stamina
  - Warm-up: Jogging and dynamic stretching (10 minutes)
  - Endurance training: Interval running, shuttle runs (20 minutes)
  - Stamina drills: Small-sided games with high intensity (20 minutes)
  - Cool-down: Jogging and static stretching (10 minutes)
- **Day 2:** Speed and Agility
  - Warm-up: Agility ladder drills (10 minutes)
  - Speed training: Sprints, acceleration drills (20 minutes)
  - Agility exercises: Cone drills, change of direction (20 minutes)
  - Cool-down: Jogging and stretching (10 minutes)
- **Day 3:** Strength and Power
  - Warm-up: Dynamic stretching and light resistance exercises (10 minutes)
  - Strength training: Bodyweight exercises, resistance bands (20 minutes)
  - Power drills: Plyometrics, explosive movements (20 minutes)
  - Cool-down: Jogging and static stretching (10 minutes)

### **Week 7-8: Match Preparation**

- **Day 1:** Team Tactics
  - Warm-up: Jogging and dynamic stretching (10 minutes)
  - Tactical drills: Team shape, set plays, defensive transitions (20 minutes)
  - Scrimmage with focus on implementing tactics (40 minutes)
- **Day 2:** Mental Preparation
  - Visualization exercises: Imagining game scenarios, positive reinforcement (20 minutes)
  - Team bonding activities: Trust exercises, communication drills (20 minutes)
  - Light scrimmage to maintain sharpness (40 minutes)
- **Day 3:** Rest and Recovery
  - Rest day or light recovery session with stretching and mobility work.

Ensure to adjust the intensity and duration of activities based on the fitness level and needs of the players. Also, remember to monitor players for any signs of fatigue or injury and make adjustments accordingly.