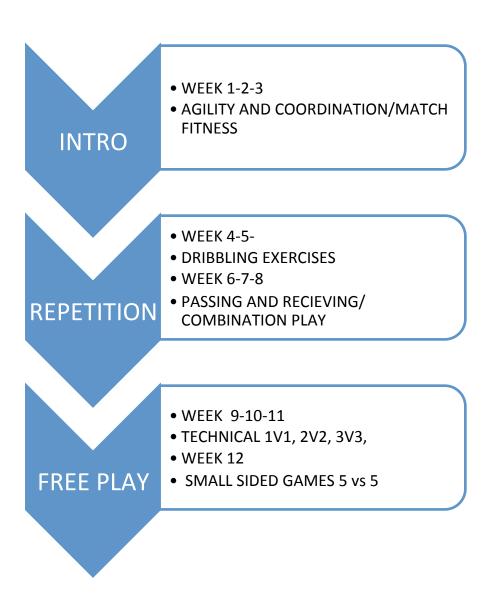
House League Training Overview MACROCYCLE

(Based on a 12 week program)

HL DEVELOPMENT PROGRAM PERIODIZATION TECHNICAL TRAINING OUTLINE 12 WEEK BLOCK AGES 12-18



*NOTE: EVERY PRACTICE SHOULD FINISH OFF WITH SOME SORT OF GAME (11V11, 5V5, 3V3 ETC).