

Under 10 - 8 Week Training Plan

Week 1: Introduction to Basic Skills

- Day 1: Dribbling: Players practice dribbling through cones in a straight line, focusing on close ball control.
- Day 2: Passing: Players work on passing and receiving the ball in pairs, emphasizing accuracy and technique.
- Day 3: Shooting: Shooting drills with emphasis on technique and accuracy.
- Day 4: Small-sided game: 3v3 or 4v4 small-sided game focusing on dribbling, passing, and shooting.
- Day 5: Rest and Recovery.

Week 2: Building Coordination and Teamwork

- Day 1: Cone Dribbling: Players dribble through a series of cones arranged in different patterns.
- Day 2: Passing Accuracy: Passing drills with a focus on accuracy and timing.
- Day 3: Defensive Skills: Introduction to basic defensive techniques such as jockeying and tackling.
- Day 4: Small-sided game: Focus on teamwork and communication in a small-sided game setting.
- Day 5: Rest and Recovery.

Week 3: Developing Tactical Understanding

- Day 1: Positional Play: Introduction to basic positions (defender, midfielder, forward) and their roles on the field.
- Day 2: Passing Combinations: Players practice passing combinations in small groups to improve ball movement.
- Day 3: Defending as a Unit: Team-based defensive drills focusing on maintaining shape and communication.
- Day 4: Small-sided game: Emphasize tactical understanding and decision-making in game situations.
- Day 5: Rest and Recovery.

Week 4: Enhancing Technical Skills

- Day 1: Advanced Dribbling: Players practice dribbling with speed and agility, incorporating moves like feints and cuts.
- Day 2: Passing under Pressure: Passing drills with pressure from defenders to simulate game situations.
- Day 3: Shooting Accuracy: Shooting drills with emphasis on accuracy and finishing.
- Day 4: Small-sided game: Apply technical skills in a game setting with increased intensity.
- Day 5: Rest and Recovery.

Week 5: Advanced Techniques and Conditioning

- Day 1: Advanced Passing: Players practice long-range passing and switching play.
- Day 2: 1v1 Defending: Individual defending drills focusing on closing down opponents and winning the ball.
- Day 3: Agility and Speed: Agility ladder drills and sprinting exercises to improve speed and agility.
- Day 4: Small-sided game: High-intensity game focusing on applying advanced techniques and conditioning.
- Day 5: Rest and Recovery.

Week 6: Tactical Awareness and Decision Making

- Day 1: Small-sided Games: Various small-sided games emphasizing tactical awareness and decision-making.
- Day 2: Position-Specific Training: Position-specific drills focusing on the responsibilities of each position.
- Day 3: Combination Play: Drills focusing on quick passing and movement to create scoring opportunities.
- Day 4: Scrimmage: Full-field scrimmage to apply tactical understanding in a game setting.
- Day 5: Rest and Recovery.

Week 7: Review and Consolidation

- Day 1: Review Session: Review basic skills, techniques, and tactics covered in previous weeks.
- Day 2: Skills Challenge: Fun skills challenge incorporating various aspects of dribbling, passing, and shooting.
- Day 3: Tactical Review: Review team formations and strategies for different game situations.
- Day 4: Scrimmage: Focus on implementing reviewed skills and tactics in a game-like scenario.
- Day 5: Rest and Recovery.

Week 8: Final Preparations and Game Simulation

- Day 1: Game Simulation: Simulate a full match with players applying all learned skills and tactics.
- Day 2: Set Piece Practice: Practice set pieces such as corners, free kicks, and throw-ins.
- Day 3: Mental Preparation: Mental exercises and visualization techniques to prepare players for game day.
- Day 4: Light Training: Light training session focusing on maintaining fitness and avoiding injuries.
- Day 5: Game Day!

Remember to adjust the intensity and complexity of the drills based on the skill level and physical capabilities of the players. Additionally, always prioritize the safety and enjoyment of the players during training sessions.

