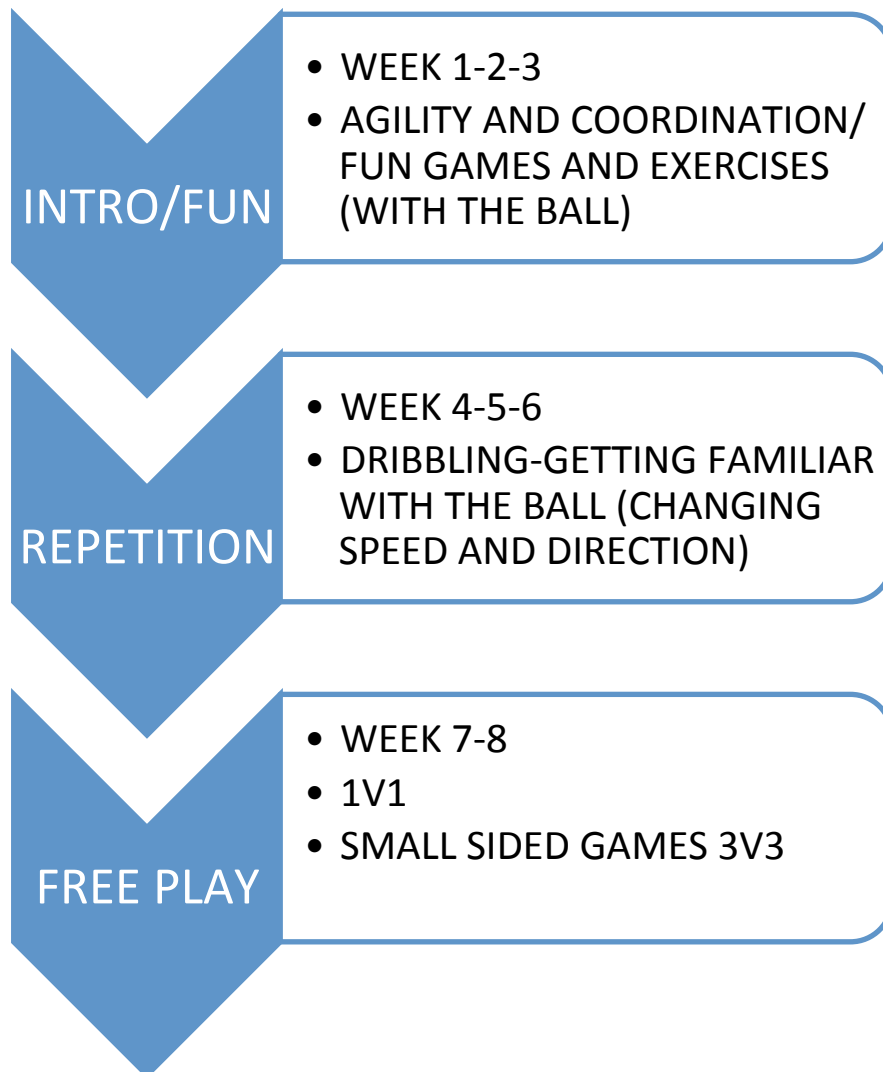


House League Training Overview

MACROCYCLE

(Based on a 8 week program)

HL DEVELOPMENT PROGRAM PERIODIZATION TECHNICAL TRAINING OUTLINE 8 WEEK BLOCK AGE 4



*NOTE: ALL PRACTICES SHOULD FINISH OFF WITH SMALL SIDED GAMES
EX. (5V5, 3V3, 1V1)