

AGES

2013-2011

2010-2008

2007-2005

2004-2002

4-WEEK TRAINING PLAN

**"And to learn, you have to be
willing to push yourself."**

— Brandi Chastain



WEEK 1

PRACTICE #1

Individual Training



**Technical Skills,
Strength &
Conditioning**



PRACTICE #2

Individual Training



**Technical Skills,
Strength &
Conditioning**



WEEK 2

PRACTICE #3

Individual Training



**Technical Skills,
Strength &
Conditioning**



PRACTICE #4

Individual Training



**Technical Skills,
Strength &
Conditioning**



WEEK 3

PRACTICE #5

Individual Training



**Technical Skills
& Dribbling**



PRACTICE #6

Partner Training



**Passing &
Receiving**



WEEK 4

PRACTICE #7

Individual Training



**Technical Skills
& Dribbling**



PRACTICE #8

Partner Training



**Passing &
Receiving**



PRACTICES

PRACTICE #1

Individual Training



Technical Skills,
Strength &
Conditioning



Practices are hyperlinked and can be followed step-by-step.

All practices require minimal space and can be completed on any surface.

Players need a ball and cones or objects that can be used as cones.

Additional Virtual Trainings will be released each week.

JUGGLE CHALLENGE



BALL MASTERY



COACH CHALLENGES



**Good players practice until they get it right.
Great players practice until they never get it wrong.**