

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

WEEK 2

WEEK 3

WEEK 4

PRACTICE #1

Individual Training



Technical Skills

PRACTICE #4

Individual Training



Technical Skills

PRACTICE #7

Individual Training



Technical Skills

PRACTICE #10

Individual Training



Technical Skills

PRACTICE #2

Individual Training



Technical Skills,
Strength &
Conditioning

PRACTICE #5

Individual Training



Strength &
Conditioning

PRACTICE #8

Individual Training



Technical Skills,
Strength &
Conditioning

PRACTICE #11

Individual Training



Strength &
Conditioning

PRACTICE #3

Individual Training



Technical Skills

PRACTICE #6

Partner Training



Passing & Receiving

PRACTICE #9

Partner Training



Passing & Receiving

PRACTICE #12

Partner Training



Passing & Receiving

AGES 2007-2005



LAGUNA UNITED FC

PRACTICES

PRACTICE #1

Individual Training



Technical Skills,
Strength &
Conditioning



Warm-Up Stretching

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.

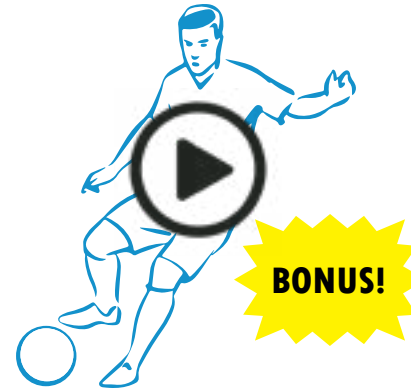
Additional Virtual Trainings will be released each week.

TRAINING PLAN

JUGGLE CHALLENGE



BALL MASTERY



COACH CHALLENGES



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



LAGUNA UNITED FC