



**DOLLARD SOCCER CLUB
WINTER ACADEMY 2012-2013
TRAINING PROGRAM**

WARM-UP FIRST 15 MINUTES, CHANGE OF PACE, HEAD UP AND DOWN WHEN DRIBBLING

- Dribbling – Cuts, turns, pull backs, step overs, lunges etc.
- Running with the ball using all parts of your foot, inside, outside, sole and instep
- Dribbling through cones
- Dribbling games
- Juggling

WARM-UP FIRST 15 MINUTES IN PAIRS

- Passing and receiving
- Ball control throw and trap
- Long chip pass and control
- Turning – checking in, checking out
- Shielding the ball 1 v 1
- Defending practices
- One-two
- Overlapping

SPEED TRAINING 15-25 MINUTES

- i.e 20 yard sprint takes 3-4 seconds; rest and recovery time is approximately 10-12 secs. After each set of about 7 reps rest for 2 mins. Player can do some technical work in their rest period.

WORKING IN GROUPS 25 – 55 MINUTES

- You can make 2 to 3 groups each group work different theme for 8 minutes
- Week 1 – 1v1. Finishing. Possession games
- Week 2 – 2v1. Finishing. 4v4 games
- Week 3 – 2v2. Finishing. SMG GAMES
- Week 4 – 3v2. Finishing. Ultimate 4v4 games
- Week 5 – Random Overload. Finishing

WORKING IN GROUPS 25 – 55 MINUTES

- Week 6 – 1v1. Finishing. Possession games
- Week 7 – 2v1. Finishing. 4v4 games
- Week 8 – 2v2. Finishing. SMG GAMES
- Week 9 – 3v2. Finishing. Ultimate 4v4 games
- Week 10 – Random Overload. Finishing
- Week 11 – 1v1. Finishing. Possession games
- Week 12 – 2v1. Finishing. 4v4 games
- Week 13 – 2v2. Finishing. SMG GAMES

WORKING IN GROUPS 25 – 55 MINUTES

- Week 14 – 3v2. Finishing. Ultimate 4v4 games
- Week 15 – Random Overload. Finishing
- Week 16 – 1v1. Finishing. Possession games
- Week 17 – 2v1. Finishing. 4v4 games
- Week 18 – 2v2. Finishing. SMG GAMES
- If you have less players on some weeks you can end with an open game for 10-15 min but we really don't want any player sitting out with only 55 mins of turf time
- LAST 5 MINS COOL DOWN AND STRETCH

IN THE GAMES YOU CAN COACH

- Week 1. Team shape in attack & Support
- Week 2. Pass and move
- Week 3. Attacking combinations to finish
- Week 4. 1v1 attacking
- Week 5. 1v1 defending
- Week 6. Team & Zone defending
- Week 7. Speed of Play
- Week 8. Counter attack & overlapping
- Week 9. Building from the back

IN THE GAMES YOU CAN COACH

- Week 10. Team shape in attack & Support
- Week 11. Pass and move
- Week 12. Attacking combinations to finish
- Week 13. 1v1 attacking
- Week 14. 1v1 defending
- Week 15. Team & Zone defending
- Week 16. Speed of Play
- Week 17. Counter attack & overlapping
- Week 18. Building from the back