

Month: From: July To: Aug Team: U16/18 Crusaders

Month Objectives/Focus: Improve quality of passing and first touch.

Possession and team shape

29th Will be regeneration

Focus	Games and Exercises	3rd	8th	10th	15th	17th	22nd	24th	29th
Technique	Passing and Receiving	■		■					
	Dribbling					■		■	
	Control			■		■		■	
	Turning	■		■		■		■	
	Shooting and Finishing				■		■		
	Defensive Heading								
	Attacking Heading								
	Crossing and Finishing				■		■		
Defending	1 v 1								
	2 v 2								
	3 v 3								
	4 v 4								
	1 v 2								
	2 v 3								
	2 v 1								
	3 v 2								
	Pressing								
	Ball Oriented Defence								
Attacking	1 v 1								
	2 v 2								
	3 v 3								
	4 v 4								
	1 v 2								
	2 v 3								
	2 v 1								
	3 v 2								
	Possession	■		■		■		■	
	Goalkeeping	Basic Ball handling							
Catching									
Dealing with Crosses									
Ball Distribution									
Shot stopping									
Agility Work									
Positional Play									
Set Plays-Attacking	Corners		■		■				
	Wide Free Kicks				■				
	Free kicks in Midfield								
	Indirect Free Kicks								
Set Plays-defending	Corners		■						
	Wide Free Kicks								
	Free kicks in Midfield								
	Indirect Free Kicks								
Fitness	Base Fitness								
	Sport Specific		■		■				
	Coordination & Agility		■						
	Ball Incorporated		■		■				