Month:	From:Aug 1st To:Aug 15th	Team:U16/18 Crusaders
Month Objectives/Focus:Preparation for provincials		

Focus	Games and Exercises	5th	7th	12th	14th				
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								