

Schedule Overview

Time	Day 1	Day 2	Day 3
9:00 - 9:30	Everybody on pitch - Skills Drills	Everybody on pitch - Skills Drills	Everybody on pitch - Skills Drills
9:30 - 12:15	Coaching 1: "Build the Play" POSSESSION IN OWN HALF (Build up play/ passing and receiving/ individual body shape)	Coaching 3: "Counter Attack" OUT OF POSSESSION MIDDLE & FINAL THIRD (Transition/ Counterattack/ working as a unit/ Pressing)	Coaching 5: "Attack the Space" POSSESSION IN MIDDLE THIRD (Creating/ transition/ passing/ possession/ overloads)
12:15 - 13:00	Lunch	Lunch	Lunch
13:00 - 14:30	Workshop: Player Position Analysis / Player Challenges	Workshop / Player Profiles / Fitness Challenges	Workshop / My Player Profile / Skills & Challenges
14:30 - 16:30	Coaching 2: "Win the Battle" OUT OF POSSESSION OWN HALF (Defending/ recovering/ transition)	Coaching 4: "Up the Tempo" SPEED & DYNAMIC MOVEMENT (Progress from Low-Medium-High intensity training)	Coaching 6: "Take Your Chance" POSSESSION IN FINAL THIRD (Creating/finishing/ crossing/1 vs 1's/ overloads)
16:30 - 17:00	GAMES (Conditioned games/ Tournaments/Team Challenges)	GAMES (Conditioned games/ Tournaments/Team Challenges)	GAMES (Conditioned games/ Tournaments/Team Challenges)