



Training Topic

[Blank grey box for training topic]



	I. WARM-UP		
	Duration:	Intervals:	Activity Time:
	ORGANIZATION (Physical Environment/Equipment/Players)		
	COACHING POINTS		
	II. SMALL-SIDED ACTIVITY		
	Duration:	Intervals:	Activity Time:
	ORGANIZATION (Physical Environment/Equipment/Players)		
	COACHING POINTS		
	III. EXPANDED ACTIVITY		
	Duration:	Intervals:	Activity Time:
	ORGANIZATION (Physical Environment/Equipment/Players)		
	COACHING POINTS		
	IV. GAME		
	Duration:	Intervals:	Activity Time:
	ORGANIZATION (Physical Environment/Equipment/Players)		
	COACHING POINTS		