

Training Topic



	I. WARM-UP			
	Duration:	Intervals:		Activity Time:
	ORGANIZATION (Physical Environment/Equipment/Players)			
	COACHING POINTS			
	II. SMALL-SIDED ACTIVITY			
	Duration:	Intervals:		Activity Time:
		ON (Physical Env	vironment/Equi	
	ORGANIZATIO	ort (i flysical Elli	l cilitaria, Equi	pinent, i layers,
	COACHING POINTS			
	III. EXPANDED ACTIVITY			
	Duration:	Intervals:		Activity Time:
		ON (Physical Env	vironment/Equi	
	ORGANIZATIO	ZIT (I Hysical Ellv	l chinicity Equi	pinent, i layers,
	COACHING POINTS			
	IV. GAME			
	Duration:	Intervals:	DAIVIL	Activity Time:
			/ironment/Equi	
	ORGANIZATION (Physical Environment/Equipment/Players)			
	COACHING POINTS			
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