



U13 - U15

PLAN YOUR SESSION

- We recommend 4 hours of practice per week
- No more than 60 minutes per session
- Always warm up & warm down, include stretching
- Add juggling into every session
- Set goals and record your progression

Warm up

- Run through some dynamics & stretch (fast feet, butt kicks, high knees etc)

Fitness

- Work on something different each session
 - Aim for 12-15 mins
- (shuttle runs, sprints, endurance / interval set (fartlek), agility, strength, coordination, balance etc)

Skills & Drills

- Touches
- Dribbling
- Shooting / accuracy
- Passing

Warm down

- Go for a light jog / walk to cool down and make sure you take time to stretch well

PRACTICE JUGGLING BEFORE OR AFTER EACH SESSION

- Right foot
- Left foot
- Alternate
- Freestyle
- Headers

Check out our website to view the many resources we have sourced for you to use and plan your session.

www.maolympic.org.au/trainingresources