

Spring 2018

CORE/NORCO - Weekly Training Themes (Field Players)

Week - Technique Practice Theme - Key Coaching Points (Time 6:00-7:30 each week)

Dates: 3/5 & 3/6

Week One: **Ball Control, Passing/Receiving & Finishing** (*Topics Based on Groups*)

Dates: 3/12 & 3/13

Week Two: **Ball Control, Passing/Receiving & Finishing** (*Topics Based on Groups*)

Dates: 3/19 & 3/20

Week Three: **Ball Control, Passing/Receiving & Finishing** (*Topics Based on Groups*)

Dates: 3/26 & 3/27

Week Four: **Ball Control, Passing/Receiving & Finishing** (*Topics Based on Groups*)

Dates: 4/2 & 4/3

Week Five: **Ball Control, Passing/Receiving & Finishing** (*Topics Based on Groups*)

Dates: 4/9 & 4/10

Week Six: **Ball Control, Passing/Receiving & Finishing** (*Topics Based on Groups*)

Dates: 4/16 & 4/17

Week Seven: **Ball Control, Passing/Receiving & Finishing** (*Topics Based on Groups*)

Dates: 4/23 & 4/24

Week Eight: **Ball Control, Passing/Receiving & Finishing** (*Topics Based on Groups*)

Dates: 4/30 & 5/1

Week Nine: **Ball Control, Passing/Receiving & Finishing** (*Topics Based on Groups*)

CORE/NORCO - Weekly Training Themes (Goalkeepers)

Week - Technique Practice Theme - Key Coaching Points (Time 6:00-7:30 each week)

Dates: 3/5 & 3/6

Week One: **Ball Control** - Getting behind the ball, basic control, controlling a moving ball

Dates: 3/12 & 3/13

Week Two: **Ball Control/Passing** - Controlling a moving ball, mechanics of passing short

Dates: 3/19 & 3/20

Week Three: **Balance, Agility, Shuffling & Basic Hands** – Ladder, quick movements, handling

Dates: 3/26 & 3/27

Week Four: **Balance, Agility, Shuffling & Basic Hands** – Ladder, quick movements, handling

Dates: 4/2 & 4/3

Week Five: **Diving/Shot stopping** – diving techniques, Angle play, positioning

Dates: 4/9 & 4/10

Week Six: **Diving/Shot stopping** – diving techniques, Angle play, positioning

Dates: 4/16 & 4/17

Week Seven: **Goal kicks/Punts/High Balls** - striking the ball - Short and Long (serve/catch)

Dates: 4/23 & 4/24

Week Eight: **Goal kicks/Punts/High Balls** - striking the ball - Short and Long (serve/catch)

Question: Email - Jamie Swanner – jamie@coresoccertraining.com