



COACHING HANDBOOK

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Table of Contents

Fundamental Requirements for Youth Players	03
Player Development Pathway	03-07
Figure 1: Player Development Pathway	04
Talent Phases	05
Coaching Assessment	07-12
Coaching Assessment Summary	08
Coaching Assessment by Talent Phase	09-12
Individual Player Assessment & Development Plan	13-19
Individual Player Assessment & Development Template	14-19
Sting FC Curriculum	20-30
Sting FC Weekly Session Examples	30-93



Fundamental Requirements for Youth Players

Sting Football Club demands 5 fundamental requirements: **S**peed, **T**echnique, **I**ntelligence/**I**nsight, **N**eatness and **G**uidance (**STING**).

Speed of thought and **S**peed of action are characteristics of Sting players. Sting players must analyze problems and find solutions on the field. Sprints are 20 to 30 yards with no long distance runs. The focus is on players' running technique related to short and long running strides. Training is performed to improve players' acceleration and make players more explosive.

Technique is the ultimate requirement of Sting players because they will be technically good with the ball. Sting players will be able to play with good technique in tight spaces. This skills once mastered can be scaled to larger spaces on the field with ease.

Neatness means that Sting players will be well groomed, organized, and tidy on and off the field. They will take good care of equipment and gear and line up their bags during practice/games. Sting players will clean up after themselves and the facility they occupy.

Guidance will be provided to Sting players by the coaching staff, health and wellness support staff, and parents/guardians in the lifelong game of soccer. Sting players will provide guidance to their teammates and peers and build each other up.

STING fundamental requirements take into consideration age, stage, physical build, and intellectual capacity of player development that is essential for holistic player development.

Player Development Pathway

The **Player Development Pathway** comprises of 5 Talent phases as follows:

- Talent Phase 1: 4-7yrs
- Talent Phase 2: 8-12yrs
- Talent Phase 3: 13-14yrs
- Talent Phase 4: 15-18yrs
- Talent Phase 5: 18+yrs

Within each Talent Phase, the player developmental belief and developmental goals are identified with accompanying objectives that will be addressed within training sessions. Each talent phase is described in further detail below.

Figure 1: Player Development Pathway



Talent Phases



Talent Phase 1: 4-7 yrs

Developmental Belief:
Preparing to Learn

Developmental Goal:
Learning to Move

- Spark imagination using fun games during training
- Develop movement, coordination, speed, agility, & balance



Talent Phase 2: 8-12 yrs

Developmental Belief:
Preparing to Master Skills

Developmental Goal:
Technically sound & confident in communication

- Develop technique & insight/intelligence (controlling, receiving & moving the ball)
- Emphasis on training with different types of balls (tennis balls, small soccer balls, hand nets, & foam balls)
- Small sided games & combination (team play): duel 1v1, 2v2, 3v3, 4v4 max with emphasis on triangle & diamond shape
- Emphasis on coordination, agility & athletic ability (jumping, sprinting 10m, 20m, 30m). Interval training in areas such as: ball control (pass, dribbling/long & short passing)
- Empower to be confident in communication skills (encourage to give and receive directions to & from teammates)



Talent Phase 3: 13-14 yrs

Developmental Belief:
Preparing to Compete

Developmental Goal:
Mastered basic fundamentals of soccer & tactically aware

- Mastering technique & insight/intelligence (controlling, receiving & moving the ball)
- Emphasis on training with different types of balls (tennis balls, small soccer balls, hand nets, & foam balls)
- Small sided games & combination (team play): duel 4v4, 7v7 with emphasis on playing different positions
- Emphasis on coordination, agility & athletic ability (jumping, sprinting 10m, 20m, 30m). Interval training in areas such as: ball control (pass, dribbling/long & short passing) with focus on team building
- Empower to be confident in communication skills (encourage to give and receive directions to & from teammates)



Talent Phase 4: 15-18 yrs

Developmental Belief:
Primed to Win

Developmental Goal:
Mastered basic formations & tactically skilled

- Mastering technique & insight/intelligence (controlling, receiving & moving the ball)
- Emphasis on training with different types of balls (tennis balls, small soccer balls, hand nets, & foam balls)
- Small sided games & combination (team play): duel 7v7, 11v11 with emphasis on playing different positions
- Emphasis on strength & conditioning, while enhancing the basics of coordination, agility & athletic ability (jumping, sprinting 10m, 20m, 30m)
- Empower to be confident in communication skills (encourage to give and receive directions to & from teammates)



Talent Phase 5: 18+ yrs

Developmental Belief:

Pro ready & scholarship ready

Developmental Goal:

Technically, tactically, physically ready with communication & leadership mastery

- Demonstrate technique & insight/intelligence (controlling, passing, receiving, moving the ball)
- 11v11 games & combination (team play) with emphasis on playing from specific positions within the formation
- Emphasis on strength & conditioning, while enhancing the basics of coordination, agility & athletic ability (jumping, sprinting 10m, 20m, 30m)

Coaching Assessment

Coaching assessments are an expectation of the coaching role at Sting FC. These assessments are meant to ensure consistency of coaching expectations while encouraging individual coaching styles. General coaching styles that are encouraged include creating healthy competitive spirit and training environment to motivate player development, ball practices at every training session, and being creative in designing fun training sessions applicable to soccer.

Coaches are expected to prepare and review session plans for the sessions. Sample session plans will be provided and sharing ideas within your team of coaches are encouraged. During sessions, give clear coaching points at the start and do not stop sessions too often, so that there is a balance where players are allowed to find their own solutions as the age group increases. However, do stop sessions when warranted and give accurate coaching points and restart the session.

The coaching assessment includes the evaluation of specific content within the following categories: technical, speed, insight/intelligence, personality, communication, and goalkeeping. The specific content will be assessed using different workload keys. Workload keys are meant to guide the amount of effort and emphasis within training sessions organized by talent phase. The scale for workload keys are 1 (very low), 2 (low), 3 (mid), 4 (high), and 5 (very high). The coaching assessment summary with respective content organized by talent phase are included in the following pages.

Coaching Assessment Summary

TECHNICAL	SPEED	INSIGHT/ INTELLIGENCE	PERSONALITY	COMMUNICATION
<ol style="list-style-type: none"> 1. Finishing 2. First Touch 3. Dribbling 4. Passing 5. Long Balls 	<ol style="list-style-type: none"> 1. Acceleration 2. Balance 3. Agility 4. Coordination 5. Pace 	<ol style="list-style-type: none"> 1. Positioning 2. Transition 3. Decision-making 4. Anticipation 5. Creativity 	<ol style="list-style-type: none"> 1. Composure 2. Bravery 3. Leadership 4. Inspirational 5. Coping Skills 	<ol style="list-style-type: none"> 1. Encouraging 2. Active Listening 3. Able to give & receive instructions 4. Body Language 5. Discipline
SET PIECES	FORMATIONS	GOALKEEPING		
<ol style="list-style-type: none"> 1. Kick off 2. Goal kick 3. Throw-in 4. Corner kick 5. Direct free kick 6. Indirect free kick 7. Penalty 	<ol style="list-style-type: none"> 1. 6-a-side: 2-1-2 2. 7-a-side: 2-3-1 3. 8-a-side: 3-3-1 4. 9-a-side: 3-2-3; 3-3-2 5. 11-a-side: 4-3-3; 4-4-2 	<ol style="list-style-type: none"> 1. Ball handling 2. Dealing with crosses 3. Dives & saves 4. Footwork 5. Short stopping & blocking 		

Coaching Assessment by Talent Phase

	Talent Phase 1	Talent Phase 2	Talent Phase 3	Talent Phase 4	Talent Phase 5
	4-7yrs	8-12yrs	13-14yrs	15-18yrs	18+yrs
Technical					
1. Finishing	5	5	5	5	5
2. First Touch	2	4	3	3	3
3. Dribbling	5	5	3	2	2
4. Passing	5	5	5	5	5
5. Long Balls	1	2	3	5	5
Speed					
1. Acceleration	1	5	5	4	3
2. Balance	2	5	5	3	2
3. Agility	3	5	5	4	4
4. Coordination	3	4	4	2	2
5. Pace	2	4	4	5	5

Workload Key
1= very low
2= low
3= mid
4= high
5= very high

Coaching Assessment by Talent Phase

	Talent Phase 1	Talent Phase 2	Talent Phase 3	Talent Phase 4	Talent Phase 5
	4-7yrs	8-12yrs	13-14yrs	15-18yrs	18+yrs
Insight/Intelligence					
1. Positioning	1	2	3	5	5
2. Transition	1	2	4	5	5
3. Decision-making	1	3	4	5	5
4. Anticipation	2	3	4	5	5
5. Creativity	5	5	5	5	5
Personality					
1. Composure	1	3	4	5	5
2. Bravery	4	5	5	5	5
3. Leadership	1	3	5	5	5
4. Inspirational	2	4	5	5	5
5. Coping Skills	4	5	5	5	5

Workload Key
1= very low
2= low
3= mid
4= high
5= very high

Coaching Assessment by Talent Phase

	Talent Phase 1	Talent Phase 2	Talent Phase 3	Talent Phase 4	Talent Phase 5
	4-7yrs	8-12yrs	13-14yrs	15-18yrs	18+yrs
Communication					
1. Encouraging	3	4	5	5	5
2. Active Listening	3	4	5	5	5
3. Able to give & receive instructions	2	4	5	5	5
4. Body Language	1	3	5	5	5
5. Discipline	5	5	5	5	5
Goalkeeping					
1. Ball handling	1	3	5	5	5
2. Dealing with crosses	1	2	4	5	5
3. Dives & saves	1	3	5	5	5
4. Footwork	1	3	5	5	5
5. Short stopping & blocking	1	3	5	5	5

Workload Key
1= very low
2= low
3= mid
4= high
5= very high

Coaching Assessment by Talent Phase

	Talent Phase 1	Talent Phase 2	Talent Phase 3	Talent Phase 4	Talent Phase 5
	4-7yrs	8-12yrs	13-14yrs	15-18yrs	18+yrs
Set Pieces					
1. Kick off	1	2	4	5	5
2. Goal kick	1	2	4	5	5
3. Throw-in	1	2	4	5	5
4. Corner kick	1	2	5	5	5
5. Direct free kick	1	2	5	5	5
6. Indirect free kick	1	2	5	5	5
7. Penalty	1	3	5	5	5
Formations					
1. 6-a-side: 2-1-2	1	2	4	5	5
2. 7-a-side: 2-3-1	1	2	4	5	5
3. 8-a-side: 3-3-1	1	2	4	5	5
4. 9-a-side: 3-2-3; 3-3-2	1	2	4	5	5
5. 11-a-side: 4-3-3; 4-4-2	1	2	4	5	5

Workload Key
1= very low
2= low
3= mid
4= high
5= very high

Individual Player Assessment and Development Plan

Individual player assessment and development plans must be created by the coach with each player. These assessment and development plans will be aligned with the objectives outlined for each talent phase and will be used to evaluate players' progress during training and games.

Assessment is completed at baseline (start of the season), midterm (4 weeks), and at the end of each cycle (8 weeks) of the season. The assessment includes the following categories: technical, speed, insight/intelligence, personality, communication, and goalkeeping with specific criteria drawn from the Sting FC curriculum.

The rationale for individualized player assessments is to outline clear expectations to be met that are informed by the Sting FC curriculum. Parents/guardians will have access to these assessments, thus will be engaged in the process of development. Talent Phase 3-5 (U13 and older) will complete a self-assessment of their performance during training and/or games to be added to their individualized player assessment and development plan.

Coaches will monitor and communicate players' progress to players, parents, and the Director of Development within 1-week of the completed assessments. At this time, plans for additional support, promotion, or relegation will be discussed.

Individual player assessment and development plan templates are included in the next section.



INDIVIDUAL PLAYER ASSESSMENT AND DEVELOPMENT PLAN TEMPLATE



Technical

--

Insight/
Intelligence

--

Speed

--

Personality

--

Communication

--

Goalkeeping

--

Set Pieces

--

Formations

--

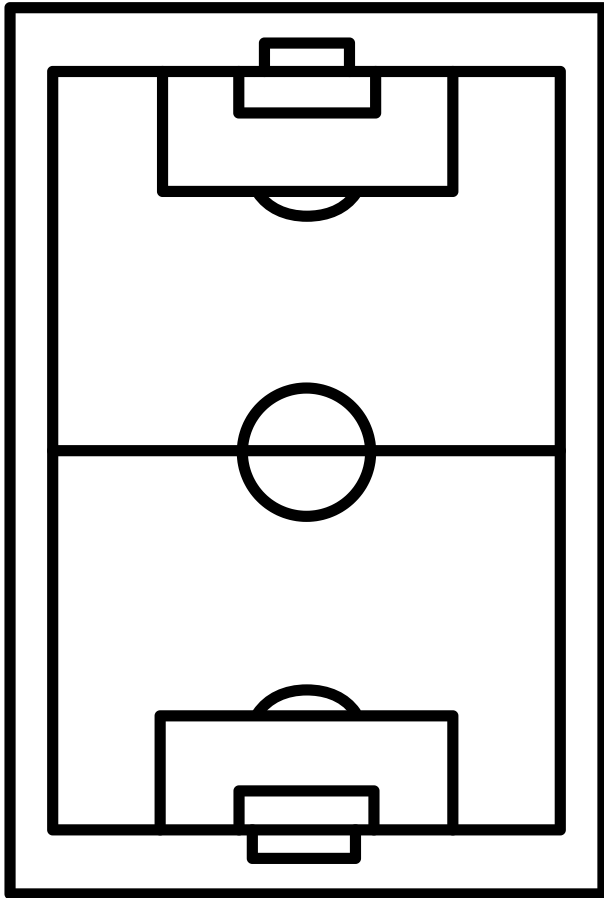
Player Name:

Date:

Coach Name:

Positions

Player Profile



Best Position:

Behaviour



Preferred Foot:



Right



Left

Weaker Foot



Coach Feedback

Speed

Strengths

Areas for Improvement

Insight/Intelligence

Strengths

Areas for Improvement

Communication

Strengths

Areas for Improvement

Final Assessment



Player Name:

Date:

Coach Name:

Technical	Rating				
Finishing	1	2	3	4	5
First Touch	1	2	3	4	5
Dribbling	1	2	3	4	5
Passing	1	2	3	4	5
Long Balls	1	2	3	4	5

Insight/ Intelligence	Rating				
Positioning	1	2	3	4	5
Transition	1	2	3	4	5
Decision-making	1	2	3	4	5
Anticipation	1	2	3	4	5
Creativity	1	2	3	4	5

Speed	Rating				
Acceleration	1	2	3	4	5
Balance	1	2	3	4	5
Agility	1	2	3	4	5
Coordination	1	2	3	4	5
Pace	1	2	3	4	5

Personality	Rating				
Composure	1	2	3	4	5
Bravery	1	2	3	4	5
Leadership	1	2	3	4	5
Inspirational	1	2	3	4	5
Coping Skills	1	2	3	4	5

Player Name:

Date:

Coach Name:

Communication	Rating					Goalkeeping	Rating				
Encouraging	1	2	3	4	5	Ball Handling	1	2	3	4	5
Active Listening	1	2	3	4	5	Dealing with Crosses	1	2	3	4	5
Able to give & receive instructions	1	2	3	4	5	Dives & Saves	1	2	3	4	5
Body Language	1	2	3	4	5	Footwork	1	2	3	4	5
Discipline	1	2	3	4	5	Short Stopping & Blocking	1	2	3	4	5

Set Pieces	Rating					Formations	Rating				
Kick Off	1	2	3	4	5	6-a-side: 2-1-2	1	2	3	4	5
Goal Kick	1	2	3	4	5	7-a-side: 2-3-1	1	2	3	4	5
Throw-in	1	2	3	4	5	8-a-side: 3-3-1	1	2	3	4	5
Corner Kick	1	2	3	4	5	9-a-side: 3-2-3; 3-3-2	1	2	3	4	5
Direct Free Kick	1	2	3	4	5	11-a-side: 4-3-3; 4-4-2	1	2	3	4	5
Indirect Free Kick	1	2	3	4	5						
Penalty	1	2	3	4	5						

Player Name:

Date:

Coach Name:

Player Reflection (U13 and older)

Development Categories	Self Assessment with examples from training and/or games
Technical	
Insight/ Intelligence	
Speed	
Personality	
Communication	
Goalkeeping	
Set Pieces	
Formations	



STING FC SOCCER CURRICULUM

Sting System of Play

Principles of play - **Sting System of Play** is captured within the curriculum, as the content distribution within each category and specified skills follows an appropriate order for developing the principles of play.

All Sting players will train and play in every position until U15 because they must be multifunctional. They must understand the many different positions that will allow plays to be transferred quickly. They will go backwards or forward to find a 1 v 1 advantage. The rules are simple:

Cannot play ball forward → play ball sideways

Cannot play ball sideways → play ball backwards

Every Sting youth team will have the following squad:

Position 1: Goalkeeper

Position 4: Left centre back

Position 3: Left back

Position 5: Right centre back

Position 2: Right back

Position 6: Defensive Midfielder

Position 8: Centre Midfielder

Position 10: Attacking Midfielder

Position 11: Left Winger

Position 9: Centre Striker

Position 7: Right Winger

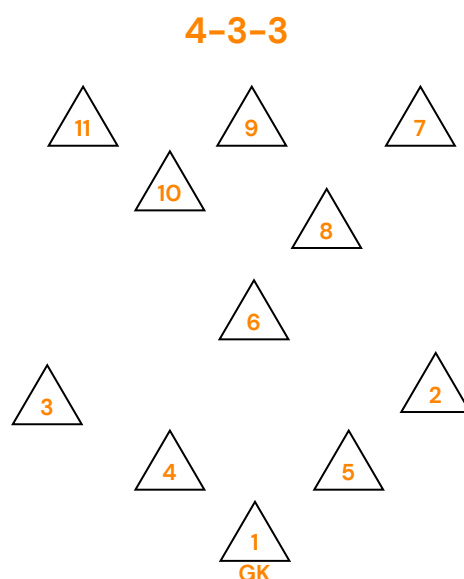
Right footed players when available for positions 2, 6, and 7.

Left footed players when available for positions 5, 8, and 11.

Players for positions 3 and 4.

Players for positions 9 and 10.

U15 and above will have set player positions to play consistently.



Curriculum by Talent Phases per Season

The curriculum by talent phase includes the objectives, end of season outcomes, content assessment per categories with specified skills and corresponding workload keys, and training plans. This curriculum takes all the elements we have covered in this coaching handbook into account and is organized to illustrate the holistic picture of what players, parents/guardians, and coaches can expect during the season with Sting FC.

TALENT PHASE 1: 4-7YRS CURRICULUM

OBJECTIVES

- Spark imagination using fun games during training
- Develop movement, coordination, speed, agility, & balance
- Assume good space during scrimmages

OUTCOMES BY END OF SEASON

- Have fun and begin to grasp ball work
- Begin to grasp movement & coordination techniques

TRAINING PLAN

Criteria	
Players per team	10
Sessions per week	2
Session time (min)	60
Game time (min)	30
Session breakdown	
Warm-up	5
Total content per assessment categories	15
Scrimmage	20
Cool down & debrief	5

CONTENT PER ASSESSMENT CATEGORIES

Technical	
1. Finishing	1
2. First Touch	2
3. Dribbling	2
4. Passing	1
5. Long Balls	1

Personality	
1. Composure	1
2. Bravery	4
3. Leadership	1
4. Inspirational	2
5. Coping skills	4

Speed	
1. Acceleration	1
2. Balance	2
3. Agility	3
4. Coordination	3
5. Pace	2

Insight/Intelligence	
1. Positioning	1
2. Transition	1
3. Decision-making	1
4. Anticipation	2
5. Creativity	5

Communication	
1. Encouraging	3
2. Active listening	3
3. Able to give & receive instructions	2
4. Body language	1
5. Discipline	3

Goalkeeping	
1. Ball handling	1
2. Dealing with crosses	1
3. Dives & saves	1
4. Footwork	1
5. Short stopping & blocking	1

TALENT PHASE 2: 8-12YRS CURRICULUM

OBJECTIVES

- Develop technique insight/ intelligence (controlling, receiving and moving ball)
- Emphasis on training with different size balls (hand nets, tennis balls, smaller balls and foam balls)
- Coordination, agility and interval training

OUTCOMES BY END OF SEASON

- Apply technique in game situations
- Agility with and without ball at speed
- Apply attacking and defending in games

TRAINING PLAN

Criteria	
Players per team	16
Sessions per week	3
Session time (min)	75
Game time (min)	50
Session breakdown	
Warm-up	10
Total content per assessment categories	40
Scrimmage	20
Cool down & debrief	5

CONTENT PER ASSESSMENT CATEGORIES

Technical	
1. Finishing	5
2. First Touch	4
3. Dribbling	5
4. Passing	5
5. Long Balls	2

Personality	
1. Composure	3
2. Bravery	5
3. Leadership	3
4. Inspirational	4
5. Coping skills	5

Speed	
1. Acceleration	5
2. Balance	5
3. Agility	5
4. Coordination	4
5. Pace	4

Insight/Intelligence	
1. Positioning	2
2. Transition	2
3. Decision-making	3
4. Anticipation	3
5. Creativity	5

Communication	
1. Encouraging	4
2. Active listening	4
3. Able to give & receive instructions	4
4. Body language	3
5. Discipline	5

Goalkeeping	
1. Ball handling	3
2. Dealing with crosses	2
3. Dives & saves	3
4. Footwork	3
5. Short stopping & blocking	3

TALENT PHASE 3: 13-14YRS CURRICULUM

OBJECTIVES

- Improve attacking coordinated movements and defending as unit
- Ball control in small spaces and passing with focus
- Apply the insight of using combination play to create positive outs

OUTCOMES BY END OF SEASON

- Be able to play in small spaces at speed
- Combination play with teammates and defending with teammates
- Speed training being used in games

TRAINING PLAN

Criteria	
Players per team	16
Sessions per week	4
Session time (min)	75
Game time (min)	70
Session breakdown	
Warm-up	10
Total content per assessment categories	40
Scrimmage	20
Cool down & debrief	5

CONTENT PER ASSESSMENT CATEGORIES

Technical	
1. Finishing	5
2. First Touch	3
3. Dribbling	3
4. Passing	5
5. Long Balls	3

Personality	
1. Composure	4
2. Bravery	5
3. Leadership	5
4. Inspirational	5
5. Coping skills	5

Speed	
1. Acceleration	5
2. Balance	5
3. Agility	5
4. Coordination	4
5. Pace	4

Insight/Intelligence	
1. Positioning	3
2. Transition	4
3. Decision-making	4
4. Anticipation	4
5. Creativity	5

Communication	
1. Encouraging	5
2. Active listening	5
3. Able to give & receive instructions	5
4. Body language	5
5. Discipline	5

Goalkeeping	
1. Ball handling	5
2. Dealing with crosses	4
3. Dives & saves	5
4. Footwork	5
5. Short stopping & blocking	5

TALENT PHASE 4: 15-18YRS CURRICULUM

OBJECTIVES

- Be able to attack attacking and defending insight in small sided games
- Challenged to focus on speed of passing and receiving techniques
- Ball at speed in small spaces

OUTCOMES BY END OF SEASON

- Be able to play in small spaces at speed
- Combination play with teammates and defending with teammates
- Showing good fitness in high demanding endurance training

TRAINING PLAN

Criteria	
Players per team	16
Sessions per week	4-5
Session time (min)	75-90
Game time (min)	90
Session breakdown	
Warm-up	15
Total content per assessment categories	40
Scrimmage	30
Cool down & debrief	5

CONTENT PER ASSESSMENT CATEGORIES

Technical	
1. Finishing	5
2. First Touch	3
3. Dribbling	2
4. Passing	5
5. Long Balls	5

Personality	
1. Composure	5
2. Bravery	5
3. Leadership	5
4. Inspirational	5
5. Coping skills	5

Speed	
1. Acceleration	4
2. Balance	3
3. Agility	4
4. Coordination	2
5. Pace	5

Insight/Intelligence	
1. Positioning	5
2. Transition	5
3. Decision-making	5
4. Anticipation	5
5. Creativity	5

Communication	
1. Encouraging	5
2. Active listening	5
3. Able to give & receive instructions	5
4. Body language	5
5. Discipline	5

Goalkeeping	
1. Ball handling	5
2. Dealing with crosses	5
3. Dives & saves	5
4. Footwork	5
5. Short stopping & blocking	5

TALENT PHASE 5: 18+YRS CURRICULUM

OBJECTIVES

- Improvement in pressing and defending principles
- Speed of transitions and counter attacking
- Receiving and turning at speed to finish situation
- High level Fitness training

OUTCOMES BY END OF SEASON

- Coordinate counter attack and pressing at high level in small sided games
- Able to have good technique when tired and under pressure

TRAINING PLAN

Criteria	
Players per team	18
Sessions per week	4-5
Session time (min)	75-90
Game time (min)	90
Session breakdown	
Warm-up	15
Total content per assessment categories	40
Scrimmage	30
Cool down & debrief	5

CONTENT PER ASSESSMENT CATEGORIES

Technical	
1. Finishing	5
2. First Touch	3
3. Dribbling	2
4. Passing	5
5. Long Balls	5

Personality	
1. Composure	5
2. Bravery	5
3. Leadership	5
4. Inspirational	5
5. Coping skills	5

Speed	
1. Acceleration	3
2. Balance	2
3. Agility	4
4. Coordination	2
5. Pace	5

Insight/Intelligence	
1. Positioning	5
2. Transition	5
3. Decision-making	5
4. Anticipation	5
5. Creativity	5

Communication	
1. Encouraging	5
2. Active listening	5
3. Able to give & receive instructions	5
4. Body language	5
5. Discipline	5

Goalkeeping	
1. Ball handling	5
2. Dealing with crosses	5
3. Dives & saves	5
4. Footwork	5
5. Short stopping & blocking	5

Weekly Plan by Talent per Season

Here is the organization for the season based on three 8-week cyclic periods. Each one of these 8-week periods is called a phase. This 8-week period will be similar in structure in all three stages of the season. As coach, you can change and modify the length of the phase depending on the needs of your team and season.

Example structure for a season with three different periods for intermediate and advanced stages:

1. Phase One: Period when the team is training and preparing to play games.
2. Phase Two: Period when the team is training and playing games regularly.
3. Phase Three: Period when the team is training with season close to end.

Phase	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 (4-7 yrs)	2 sessions (75min)		Warm-up Agility & basic motor skills Dribbling Scrimmage		Warm-up Receiving to turn Aerobic power Transition Scrimmage		Game
2 (8-12 yrs)	3 sessions (90min)	Warm-up Agility & coordination Ball control Attacking principles Scrimmage		Warm-up Agility & speed Turning & shooting Possession Scrimmage	Warm-up Reaction & acceleration Passing & receiving Playing out from the back Scrimmage		Game
3 (13-14 yrs)	4 sessions (90 min)	Warm-up Coordination & flexibility Ball control Attacking principles Scrimmage	Warm-up Receiving to turn Aerobic power Transition Scrimmage		Warm-up Passing & receiving Aerobic power Transition Scrimmage	Warm-up Reaction & acceleration Shooting Finishing in the final third Scrimmage	Game
4 (15-18yrs)	4 sessions (120 min)	Warm-up Turning Strength endurance Possession Scrimmage	Warm-up Receiving to turn Aerobic power Transition Scrimmage		Warm-up Passing & receiving Aerobic lactic Counter attacking Scrimmage	Warm-up Reaction & acceleration Shooting Zonal defending Scrimmage	Game
5 (18+yrs)	4 sessions (120 min)	Warm-up Turning Strength endurance Possession Scrimmage	Warm-up Receiving to turn Aerobic power Transition Scrimmage		Warm-up Passing & receiving Aerobic lactic Counter attacking Scrimmage	Warm-up Reaction & acceleration Shooting Zonal defending Scrimmage	Game