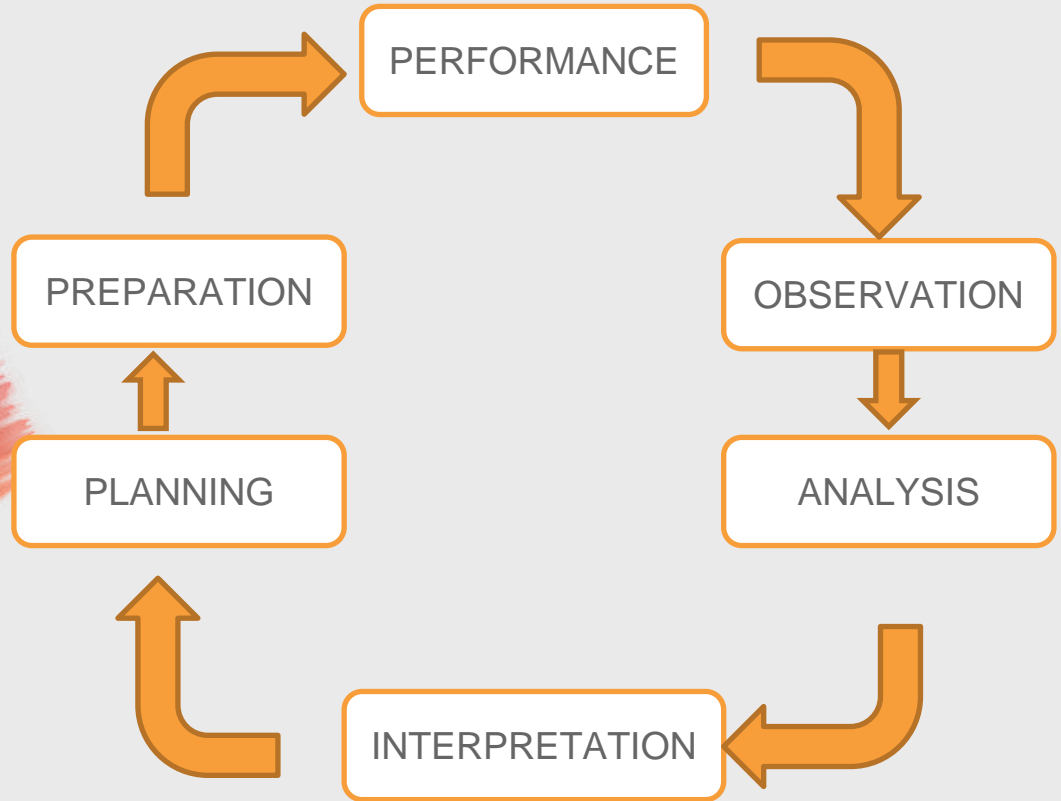




VIDYA DEVI JINDAL
SCHOOL

Soccer Curriculum

COACHING CYCLE



FOOTBALL PERIODISATION

DAYS IN WEEK	6 DAYS A WEEK PLAN	5 DAYS A WEEK PLAN
SUNDAY	OFF	OFF
MONDAY	GAME	GAME
TUESDAY	FRT	FRT
WEDNESDAY	FTT	FTT
THURSDAY	FTT	FTT
FRIDAY	FCT	FCT
SATURDAY	GAME	OFF

*FRT – Football Recovery Training

*FTT – Football Tactical Training

*FCT – Football Conditioning Training

**PRE-SEASON
TRAINING WEEK
(MAR – MAY)**

Preparation Period

DAYS	PROGRAMME
SUNDAY	RECOVERY DAY
MONDAY	WARM-UP + GAME = 10MINS X REPEAT (IDENTIFY 1 ST 11; STRENGTHS & WEAKNESSES TO WORK ON.
TUESDAY	FCT = 10V10; 8V8; 6V6; 4V4; ETC
WEDNESDAY	FTT (BACK FOUR) – (BE SPECIFIC IN RESPECT TO 5 W's)
THURSDAY	FTT (BACK FOUR + 2 CDM) / DEFENDING + TRANSITION TO ATTACK.
FRIDAY	FCT = 11V11; 10V10; 9V9; 8V8; ETC OR PRACTICE MATCH
SATURDAY	FTT = (BACK FOUR + 2 CDM) / DEFENDING + TRANSITION TO ATTACK

Preparation Period

DAYS	PROGRAMME
SUNDAY	RECOVERY DAY
MONDAY	FTT = TEAM DEFENDING
TUESDAY	FCT = 11V11; 10V10; 9V9; 8V8; ETC
WEDNESDAY	FTT = TEAM DEFENDING TRANSITION TO ATTACK
THURSDAY	FTT = BUILD UP + TRANSITION TO DEFEND (GK + BACK 4 + MFs)
FRIDAY	FCT = 11V11; 10V10; 9V9; 8V8; ETC OR PRACTICE MATCH
SATURDAY	FTT / FRT / FCT FOR SUBS

**PRE-SEASON
TRAINING WEEK
(JULY-AUG)**

Competition Period

DAYS

PROGRAMME

SUNDAY

RECOVERY DAY

MONDAY

FTT – ADDRESSING FLAWS OF THE PREVIOUS GAME

TUESDAY

FCT – WHOLE TEAM

WEDNESDAY

FTT - PREPARING FOR THE OPPONENTS

THURSDAY

FTT = FINE TUNING OF THE PREPARATION FOR THE OPPONENTS

FRIDAY

COMPETITIVE MATCH

SATURDAY

FRT / FCT FOR SUBS

**IN-SEASON
TRAINING WEEK
(SEP – NOV)**

**POST-SEASON
TRAINING WEEK
(DEC - MAR)**

Transitional Period

DAYS	GYM & FIELD BASED PROGRAMME
SUNDAY	RECOVERY DAY
MONDAY	LINEAR SPEED + TEMPO SPRINTS, UPPER BODY LIFT
TUESDAY	LOWER BODY LIFT
WEDNESDAY	PLYOMETRIC + FLEXIBILITY
THURSDAY	LATERAL SPEED + CONDITIONING, UPPER BODY LIFT
FRIDAY	COD REACTION + COMPETITION, LOWER BODY LIFT
SATURDAY	AEROBIC ACTIVITY + CORE STRENGTHENING

MATCH PREPARATION

- ❖ 48hrs PRIOR (MATCH MINUS 2 DAYS) NO FOOTBALL CONDITIONING ONLY ACTIVATION & TACTICAL TRAINING.
- ❖ WORK ON THE STRENGTHS OR WEAKNESSES OF THE OPPONENTS.
- ❖ FORMATION & STYLE OF PLAY OF OPPONENTS.
PLAN TACTICAL SESSION TO COUNTER OPPONENT (HAVE CLEAR OBJECTIVE).
- ❖ 24HRS PRIOR (MATCH MINUS 1 DAY) **INTENSIVE WARM-UP** & FINE TUNING OF TACTICAL TRAINING TO COUNTER OPPONENTS.