Summer Practice Schedule

June 27 - August 31

Goal:	Preparation for Fall 2022 season to be competitive in division three (win 4 out of 8 games)
Focus Areas:	Keeping possession and quick movement of the ball. Quick transisitoning and finishing. Understand positions and when to move out of them.
Homework:	Ball Mastery Homework Part 1 (https://youtu.be/nb_wdxz48pc)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3 sessions 90 mins each	Warm-up (10) Reaction & acceleration (15) Passing & receiving (15) Building up from back to middle to attacking (15) Scrimmage (25)	Warm-up (10) Agility & coordination (15) Ball Contol (15) Attacking principles (15) Scrimmage (25)	Warm-up (10) Agility & speed (15) Turning & shooting (15) Possession (15) Scrimmage (25)	Homework (10)	Homework (10)	Reserved for friendly games or rest & recovery	

Key Components

Technical	All players in the team have to be individually competent and proficient in the most important skills for each position. For example, a central midfield player will need different techniques and expertise as compared to an outside back.
Tactical	This component helps the player fit into the team. Our aim is to create clever players, capable of adapting to the constantly changing circumstances of the game.
Physical	Strong and resilient players will provide a significant advantage to the team. A tired player will struggle to think properly and is prone to commit more errors.
Psychosocial	The human being is often affected by his/her emotions. We will train the players to use these emotions to their advantage and turn them into strengths and not weaknesses.