|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 1  Club Training  1 Hr.  Juggles 1000 | 2  900 Juggles  200 passes L/R | 3  800 Juggles  10 mins dribble  200 passes L&R | 4  Club Training  1 Hr.  Swimming 30mins  700 Juggles | 5  SAP  90 mins | 6  Rest Day | 7  School Match  1 Hr.  1000 juggles  200 passes L/R |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 |  |  |  |  |



Home Training Program- Skills Acquisition

Name Age Coach Month

……………………………. …….. ……………………….. ….………………….

Include all activities including events at school, eg. Swimming Carnivals, X Country etc.

All club matches and training are to be included. If you have missed out on training because of illness, write it on the sheet too.