





WEEK SCHEDULE – Shifting focus individual training over the week during season

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Recover		Potentiate		Prepare		Perform
<p>BODY <u>Active recovery</u> <u>Coordination</u> <u>Ankle stability</u> <u>Core stability</u> <u>Flexibility</u></p> <p>TECHNICAL SKILLS <u>Ball control</u> <u>Passing & Receiving / Aerial</u> <u>First Touch</u> <u>Shooting</u> <u>Crossing / Inside curl / Trivela</u> <u>Juggling</u> <u>Volley / Half volley / Side volley</u></p>		<p>BODY <u>Strength</u> <u>Plyometrics / Explosiveness</u> <u>Pace / Agility / Quick feet</u></p> <p>Respect (up to 72h) recovery time after intensive sprint & resistance training (!)</p> <p><u>Core stability</u> <u>Flexibility</u></p> <p>TECHNICAL SKILLS <u>Moves & Feints</u> <u>Shielding</u> <u>Tackling</u> <u>Shooting / Finishing</u></p>		<p>BODY <u>Coordination</u> <u>Ankle stability</u></p> <p>TECHNICAL SKILLS <u>Ball control</u> <u>Passing & Receiving / Aerial</u> <u>First Touch</u> <u>Shooting / Finishing</u> <u>Crossing / Inside curl / Trivela</u> <u>Juggling</u> <u>Volley / Half volley / Side volley</u></p> <p>MIND <u>Visualization</u></p>		<p>MIND <u>Visualization</u></p> <p> MATCH DAY </p> <p>BODY <u>Active recovery</u> <u>Flexibility</u></p>
<p>MIND (7/7) <u>Mindset / Morale / Personal leadership</u></p>						