

TOTAL SOCCER

Trainer: _____ Date: ___/___/___ Team: _____ Age Group: U-___

TOPIC: _____

<u>FUNDAMENTAL WARM-UP</u>	<u>ORGANIZATION</u>	<u>KEY COACHING POINTS</u>
<u>MATCH RELATED ACTIVITY 2</u>		
<u>MATCH RELATED ACTIVITY 3</u>		
<u>MATCH CONDITION GAME</u>		

Key: Running without the ball  Running with the ball  Pass 