



Training Planning

“Failure to plan is to plan to fail”

As coaches, with limited time available to our athletes, it is important we come into all training sessions with a training plan, to help us manage our time better. This will give us a guide and direction for what we want to achieve in the training session. Some coaches will prefer to type their sessions, while others might only have time to jot something down in their phone or on a piece of paper.

This document is created to help coaches prepare a training plan.

Purpose of preparing a Training Plan:

- Ensure the limited practice time is being used efficiently
- Ensure all aspects of the game have been covered in practice
- Keep practice dynamic and enjoyable for the players
- Avoid “running out of ideas”
- Project the image of being organised and in control
- Establish a development path for the season
- Assist with prioritising – what to teach, when?
- Maintain a record of what fundamentals and team concepts have been covered.

Key Themes for Training Planning:

- Ball Handling & Dexterity – should be incorporated in all sessions
- Footwork
- Shooting – MASTER SKILL
- Passing
- 1 vs 1 – Offence and Defence
- Advantage/Disadvantage Drills (2 vs 1, 3 vs 2, etc)
- Team Offence
- Team Defence
- Modified and Full Game Play
- Special Situations

While you there will be crossover between both throughout, for a general guide for time on the split of player development (PD) vs team concept (TC) should be:

U10 – 90% PD, 10% TC

U12 – 80% PD, 20% TC

U14 – 70% PD, 30% TC

U16 – 60% PD, 40% TC

U18 – 50% PD, 50% TC

