



WELCOME TO OUR SOCCER PROGRAM

Note: Session content may be adjusted by Director Of Coaching & Player Development based on player ability, and learning “curve” to facilitate on-going learning/development for the participant (s).

General Format of the training schedule (and not limited to this layout)

<i>AUSC Academy/Player Development Program Sample</i>			
<i>Week</i>	<i>Session/Topic</i>	<i>Week</i>	<i>Session/Topic</i>
Week 1	<i>Dribbling/Ball Mastery</i>	Week 7	<i>Shielding Ball</i>
Week 2	<i>Dribbling/Ball Master/Movement</i>	Week 8	<i>Shielding Ball/Physicality of Play</i>
Week 3	<i>Passing & Receiving</i>	Week 9	<i>Shooting/Finishing</i>
Week 4	<i>Passing & Receiving/Speed of Play</i>	Week 10	<i>Shooting/Finishing/Speed of Play</i>
Week 5	<i>Fakes & Feints</i>	Week 11	<i>Revision of Skills/All-4-Factors-in-One</i>
Week 6	<i>Fakes & Feints/Skill</i>	Week 12	<i>Player Game Wars</i>

Additional 4 weeks to take us to 16 week program – emphasis is on repetition and mixing of work done in the first 12 weeks of sessions. This helps players to “cement” the learning acquired, and apply it as best as they possibly can within their playing ability.