

# TRAINING PLAN

DURATION

EQUIPMENT

LOCATION

GROUP SIZE

Hour



**WARM UP**

**FITNESS & FOOTWORK**

**TEAM BALL DRILLS**

**UNIT FOCUS (SKILL DEVELOPMENT )**

**GOALERS**

**MID COURT**

**CIRCLE DEFENDERS**

**TEAM ATTACK / TEAM DEFENCE**

**COURT APPLICATION – HALF COURT / MODIFIED GAME**

**COOL DOWN**

**LIGHT JOG.**

**PARTNER STRETCHING**