GAME TRAINING PROGRAM (U14 & U15)								
WEEK	SESSION 1.	SESSION 2.	SESSION 3.	WEEKEND	ADDITIONAL			
PRE SEASOI	N CYCLE							
	PLAYING OUT FROM	MIDFIELD PLAY - MS1	ATTACKING -	NO GAME				
WEEK 1.	THE BACK - MS1		CENTRAL - MS1					
	DISTURBING &	DEFENDING &	TRANSITION - MS1	NO GAME				
WEEK 2.	PRESSING - MS1	RECAPTURING - MS1						
	PLAYING OUT FROM	MIDFIELD PLAY - MS2	ATTACKING - WIDE -	NO GAME				
WEEK 3.	THE BACK - MS2		MS1		STEP UP IF POSSIBLE			
	DISTURBING &	DEFENDING &	TRANSITION - MS2	NO GAME				
WEEK 4. WEEK 5.	PRESSING - MS2	RECAPTURING - MS2			STEP UP IF POSSIBLE			
	PLAYING OUT FROM	MIDFIELD PLAY - MS1	ATTACKING -	GAME				
	THE BACK - MS1		CENTRAL - MS2		STEP UP IF POSSIBLE			
	DISTURBING &	DEFENDING &	TRANSITION - MS1	GAME				
WEEK 6.	PRESSING - MS1	RECAPTURING - MS1			STEP UP IF POSSIBLE			
SEASON CYCLE								
Cycle 1								
Cycle 1	PLAYING OUT FROM	MIDFIELD PLAY - MS1	ATTACKING -	NO GAME				
WEEK 1.	THE BACK - MS1	IVIIDITEED LEAT WIST	CENTRAL - MS1	INO GAIVIE				
WEEK 1.	PLAYING OUT FROM	MIDFIELD PLAY - MS2		NO GAME				
WEEK 2.	THE BACK - MS2	IVIIDI ILLO I LAT - IVI32	MS1	INO GAIVIL				
	DISTURBING &	DEFENDING &	TRANSITION - MS1	NO GAME				
WEEK 3.	PRESSING - MS1	RECAPTURING - MS1	THU WASTING IVER	NO G/ WILL	STEP UP IF POSSIBLE			
	DISTURBING &	DEFENDING &	TRANSITION - MS2	NO GAME				
WEEK 4.	PRESSING - MS2	RECAPTURING - MS2	TRANSITION - WISZ	INO GAIVIL	STEP UP IF POSSIBLE			
	PLAYING OUT FROM	MIDFIELD PLAY - MS1	ATTACKING -	GAME	0121 01 11 0001222			
WEEK 5.	THE BACK - MS1	IVIIDITEED LEAT WIST	CENTRAL - MS2	GAIVIE	STEP UP IF POSSIBLE			
WEEK S.	DISTURBING &	DEFENDING &	ATTACKING - WIDE -	GAME				
WEEK 6.	PRESSING - MS1	RECAPTURING - MS1		0,	STEP UP IF POSSIBLE			
Cycle 2	THESSITE WIST	THE COUNTY WIST	11102					
Cycle =	PLAYING OUT FROM	MIDFIELD PLAY - MS1	ATTACKING -	GAME				
WEEK 1.	THE BACK - MS1	IVIIDI ILLO FLAT - IVIST	CENTRAL - MS1	GAIVIL				
WLLK 1.	DISTURBING &	DEFENDING &	TRANSITION - MS1	GAME				
WEEK 2.		RECAPTURING - MS1		GAIVIL				
WALLIN Z.	PRESSING - MS1 PLAYING OUT FROM	MIDFIELD PLAY - MS2		GAME				
WEEK 3.	THE BACK - MS2	INITOTILLED PLAT - IVISZ	MS1	JOANNE	STEP UP IF POSSIBLE			
.,	DISTURBING &	DEFENDING &	TRANSITION - MS2	GAME				
WEEK 4.	PRESSING - MS2	RECAPTURING - MS2	TITALISTITION - IVISZ	JONIVIL	STEP UP IF POSSIBLE			
WELK T.	PLAYING OUT FROM	MIDFIELD PLAY - MS1	ATTACKING -	GAME				
WEEK 5.	THE BACK - MS1	INTERICED LEVI - INIDI	CENTRAL - MS2	JAIVIE	STEP UP IF POSSIBLE			
	DISTURBING &	DEFENDING &	TRANSITION - MS1	GAME				
WEEK 6.			TRANSPITOR - MIST	JAIVIE	STEP UP IF POSSIBLE			
WEEK 6.	PRESSING - MS1	RECAPTURING - MS1			STEP UP IF POSSIBLE			

GAME TRAINING PROGRAM (U14 & U15)								
WEEK	SESSION 1.	SESSION 2.	SESSION 3.	WEEKEND	ADDITIONAL			
SEASON CY	/CLE							
Cycle 3								
	PLAYING OUT FROM	MIDFIELD PLAY - MS1	ATTACKING -	NO GAME				
WEEK 1.	THE BACK - MS1		CENTRAL - MS1					
	PLAYING OUT FROM	MIDFIELD PLAY - MS2	ATTACKING - WIDE -	NO GAME				
WEEK 2.	THE BACK - MS2		MS1					
	DISTURBING &	DEFENDING &	TRANSITION - MS1	NO GAME				
WEEK 3.	PRESSING - MS1	RECAPTURING - MS1			STEP UP IF POSSIBLE			
	DISTURBING &	DEFENDING &	TRANSITION - MS2	NO GAME				
WEEK 4.	PRESSING - MS2	RECAPTURING - MS2			STEP UP IF POSSIBLE			
	PLAYING OUT FROM	MIDFIELD PLAY - MS1	ATTACKING -	GAME				
WEEK 5.	THE BACK - MS1		CENTRAL - MS2		STEP UP IF POSSIBLE			
	DISTURBING &	DEFENDING &	ATTACKING - WIDE -	GAME				
WEEK 6.	PRESSING - MS1	RECAPTURING - MS1	MS2		STEP UP IF POSSIBLE			
Cycle 4								
•	PLAYING OUT FROM	MIDFIELD PLAY - MS1	ATTACKING -	GAME				
WEEK 1.	THE BACK - MS1		CENTRAL - MS1					
	DISTURBING &	DEFENDING &	TRANSITION - MS1	GAME				
WEEK 2.	PRESSING - MS1	RECAPTURING - MS1						
	PLAYING OUT FROM	MIDFIELD PLAY - MS2	ATTACKING - WIDE -	GAME				
WEEK 3.	THE BACK - MS2		MS1		STEP UP IF POSSIBLE			
	DISTURBING &	DEFENDING &	TRANSITION - MS2	GAME				
WEEK 4.	PRESSING - MS2	RECAPTURING - MS2			STEP UP IF POSSIBLE			
	PLAYING OUT FROM	MIDFIELD PLAY - MS1	ATTACKING -	GAME				
WEEK 5.	THE BACK - MS1		CENTRAL - MS2		STEP UP IF POSSIBLE			
	DISTURBING &	DEFENDING &	TRANSITION - MS1	GAME				
WEEK 6.	PRESSING - MS1	RECAPTURING - MS1			STEP UP IF POSSIBLE			
Cycle 5								
	PLAYING OUT FROM	MIDFIELD PLAY - MS1	ATTACKING -	NO GAME				
WEEK 1.	THE BACK - MS1	51,225,241, 19151	CENTRAL - MS1					
	PLAYING OUT FROM	MIDFIELD PLAY - MS2		NO GAME				
WEEK 2.	THE BACK - MS2		MS1					
	DISTURBING &	DEFENDING &	TRANSITION - MS1	NO GAME				
WEEK 3.	PRESSING - MS1	RECAPTURING - MS1			STEP UP IF POSSIBLE			
	DISTURBING &	DEFENDING &	TRANSITION - MS2	NO GAME				
WEEK 4.	PRESSING - MS2	RECAPTURING - MS2			STEP UP IF POSSIBLE			
	PLAYING OUT FROM	MIDFIELD PLAY - MS1	ATTACKING -	GAME				
WEEK 5.	THE BACK - MS1		CENTRAL - MS2		STEP UP IF POSSIBLE			
	DISTURBING &	DEFENDING &	ATTACKING - WIDE -	GAME				
WEEK 6.	PRESSING - MS1	RECAPTURING - MS1	MS2		STEP UP IF POSSIBLE			