



## CYCLE TRAINING EXAMPLE

OBJECTIVES	EXERCISES	PRACTICE GAMES
<b>Becoming familiar with the ball</b>	Active games Soccer related or non-soccer related	Equally matched teams (ability and numbers) Play 2v2 3v3 on two goals
<b>Moving and passing without the ball</b>	Active games Soccer related or non-soccer related Shooting 1v0 1v1 2v0 2v1 Passing 1v0 1v1 2v0 2v1	Number up and numbers equal 2v1 and up 4v4 use dribble over lines 2v1 and up to 4v4 use goals without goalkeepers
<b>Combining the fundamentals</b>	Active games Soccer related or non-soccer related Shooting 1v0 1v1 2v0 2v1 Passing 1v0 1v1 2v0 2v1	Number up and numbers equal 2v1 and up 4v4 use dribble over lines 2v1 and up to 4v4 use goals without goalkeepers 2v1 and up to 4v4 use goals with goalkeepers
<b>Combining of all fundamentals into the game</b>	Active games Soccer related or non-soccer related Shooting 1v0 1v1 2v0 2v1 Passing 1v0 1v1 2v0 2v1	Numbered equal times 4v4 and 5v5 on two goals without and with goalkeepers