



Sample of daily Curriculum:

8:45- Check in

9:30- Warm up, fitness

9:30- 10:30- Drills session:

- Technical skills
- Passing
- Shooting
- Juggling
- 1v1 dribbling (focus on footwork, technique, and moves to win).

10:30-10:45- snacks

10:45-12:00- Games (situation):

- Cross bar challenge
- World cup game (small side games)

12:00- Pick up

