Adult (19-34): 6-week pre-season

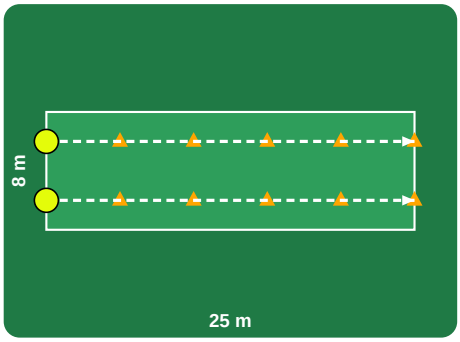
6 weeks. Each week lists the days, a full 90-minute team session built from the We Are Matchday drill library, and solo homework. Adapt numbers and space to your group.

Week	Focus	Week plan
1	Fitness	Mon: Team session | Tue: Solo session | Wed: Team session | Thu: Rest | Fri: Team session | Sat: Match | Sun: Recovery
2	Passing	Mon: Team session | Tue: Solo session | Wed: Team session | Thu: Rest | Fri: Team session | Sat: Match | Sun: Recovery
3	Dribbling	Mon: Team session | Tue: Solo session | Wed: Team session | Thu: Rest | Fri: Team session | Sat: Match | Sun: Recovery
4	Shooting	Mon: Team session | Tue: Solo session | Wed: Team session | Thu: Rest | Fri: Team session | Sat: Match | Sun: Recovery
5	Defending	Mon: Team session | Tue: Solo session | Wed: Team session | Thu: Rest | Fri: Team session | Sat: Match | Sun: Recovery
6	Passing	Mon: Team session | Tue: Solo session | Wed: Team session | Thu: Rest | Fri: Team session | Sat: Match | Sun: Recovery

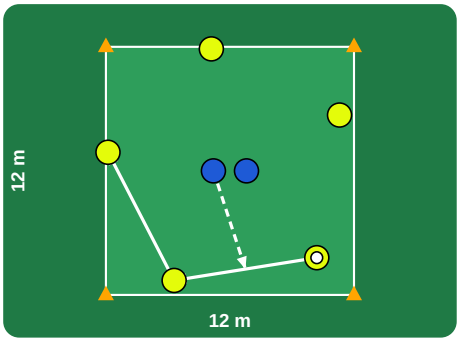
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Week 1: Fitness focus (90 min team session)

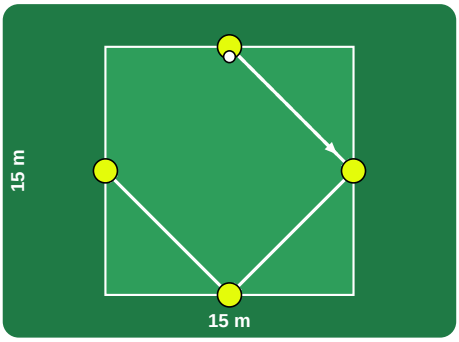
Mon: Team session | Tue: Solo session | Wed: Team session | Thu: Rest | Fri: Team session | Sat: Match | Sun: Recovery



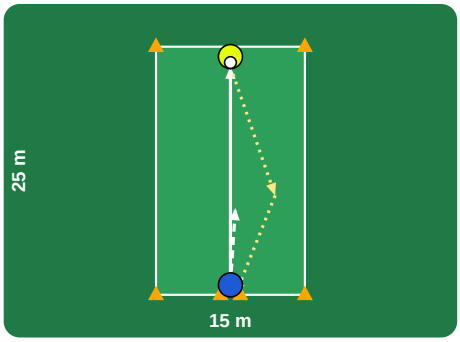
Warm-up | 14 min
FIFA 11+
Evidence-based injury prevention warm-up, parts 1-3
Players 1+.



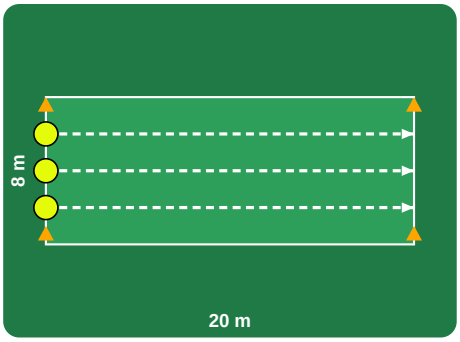
Technical | 18 min
Rondo 5v2
12x12m positional rondo, 2-touch Players 7+.



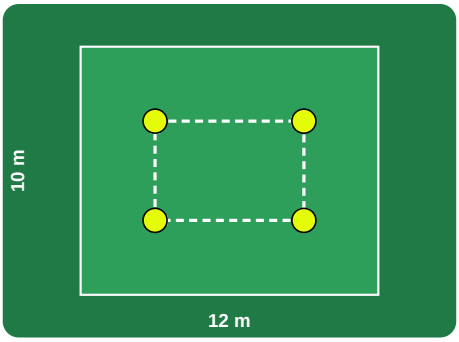
Technical | 18 min
Passing Diamond
Pass and follow round the diamond, add one-twos
Players 6+.



Game | 26 min
2v1 Overload
2 attackers v 1 defender, commit then pass or go
Players 3+.



Conditioning | 9 min
Repeat Sprints
6-10 x 20-30m sprints, walk back recovery Players 1+.



Cool-down | 5 min
Mobility Cool-down
Hips, hamstrings, calves, adductors at 4 cones
Players 1+.

Solo homework (linked to this week)

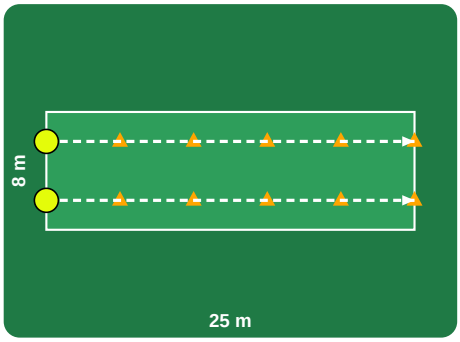
Warm-up 5 min: Balance & Calf Prep - Single-leg balance, calf raises, ankle hops
Technical 7 min: Wall Volleys - Volley and half-volley returns from 3m
Technical 7 min: Cone Slalom - Weave 6 cones 1.5m apart, inside and outside of foot
Challenge 6 min: 1v1 Moves Lane - Step-over, scissor, La Croqueta at each cone then burst
Cool-down 5 min: Mobility Cool-down - Hips, hamstrings, calves, adductors at 4 cones

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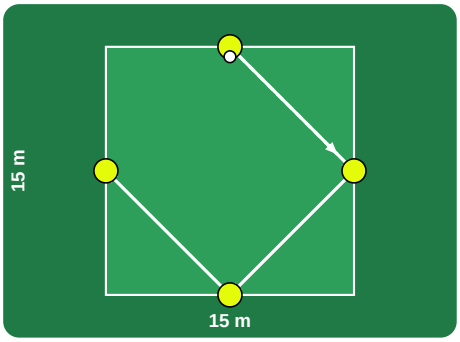
Key: yellow attackers/player, blue defenders, red GK, orange cones, white ball, solid pass/shot, dashed run, dotted dribble.

Week 2: Passing focus (90 min team session)

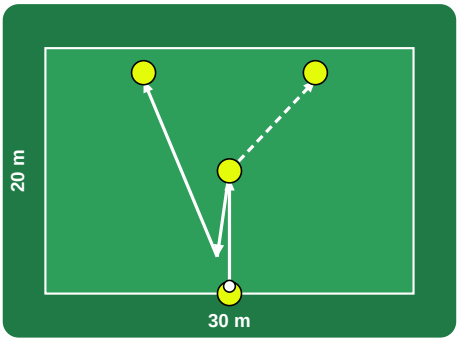
Mon: Team session | Tue: Solo session | Wed: Team session | Thu: Rest | Fri: Team session | Sat: Match | Sun: Recovery



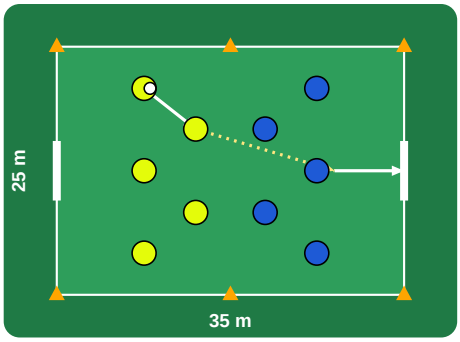
Warm-up | 14 min
FIFA 11+
Evidence-based injury prevention warm-up, parts 1-3
Players 1+.



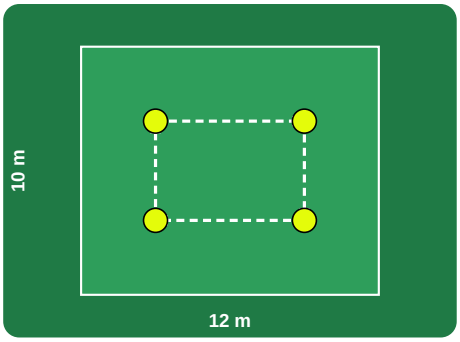
Technical | 18 min
Passing Diamond
Pass and follow round the diamond, add one-twos
Players 6+.



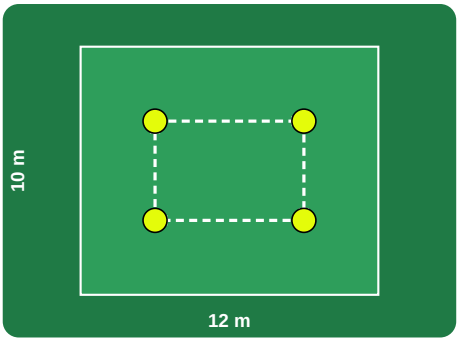
Technical | 18 min
Passing Pattern Y
Play up, set back, switch out wide; third-man run
Players 4+.



Game | 26 min
Vets 5v5 Small-sided
35x25m, rolling subs, no slide tackles
Players 10+.



Conditioning | 9 min
Bodyweight Circuit
4 stations x 30s: squat, lunge, plank, glute bridge
Players 1+.



Cool-down | 5 min
Jog & Stretch
Easy lap then static stretches 20-30s
Players 1+.

Solo homework (linked to this week)

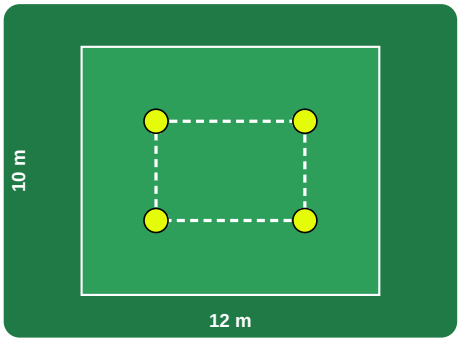
Warm-up 5 min: FIFA 11+ - Evidence-based injury prevention warm-up, parts 1-3
Technical 7 min: Wall Passing - 1 and 2-touch passes against a wall from 5m, alternate feet
Technical 7 min: Wall Volleys - Volley and half-volley returns from 3m
Challenge 6 min: Solo Juggling Challenge - Beat your record: feet, thighs, head-free juggling
Cool-down 5 min: Mobility Cool-down - Hips, hamstrings, calves, adductors at 4 cones

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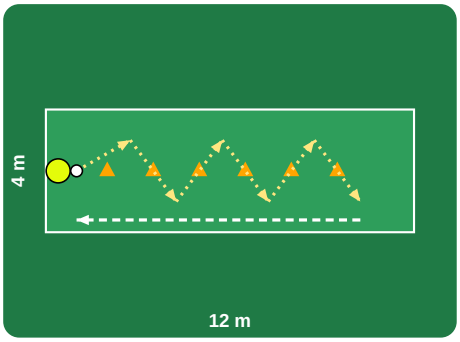
Key: yellow attackers/player, blue defenders, red GK, orange cones, white ball, solid pass/shot, dashed run, dotted dribble.

Week 3: Dribbling focus (90 min team session)

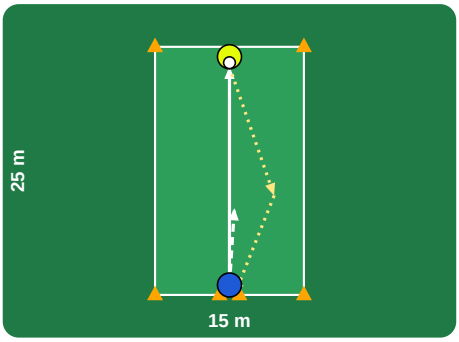
Mon: Team session | Tue: Solo session | Wed: Team session | Thu: Rest | Fri: Team session | Sat: Match | Sun: Recovery



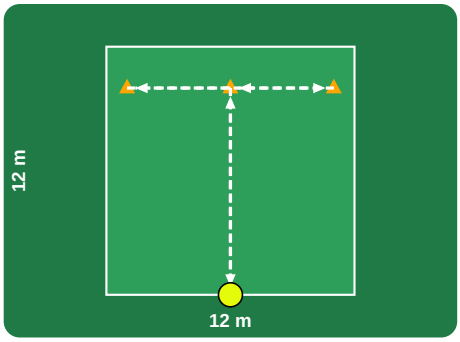
Warm-up | 17 min
Balance & Calf Prep
Single-leg balance, calf raises, ankle hops Players 1+.



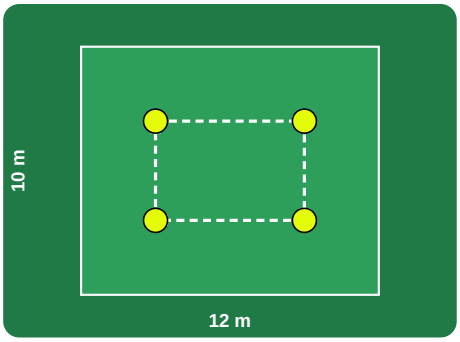
Technical | 23 min
Cone Slalom
Weave 6 cones 1.5m apart, inside and outside of foot Players 1+.



Game | 33 min
2v1 Overload
2 attackers v 1 defender, commit then pass or go Players 3+.



Conditioning | 11 min
Agility T-Test
Sprint, shuffle left, shuffle right, backpedal Players 1+.



Cool-down | 6 min
Mobility Cool-down
Hips, hamstrings, calves, adductors at 4 cones Players 1+.

Solo homework (linked to this week)

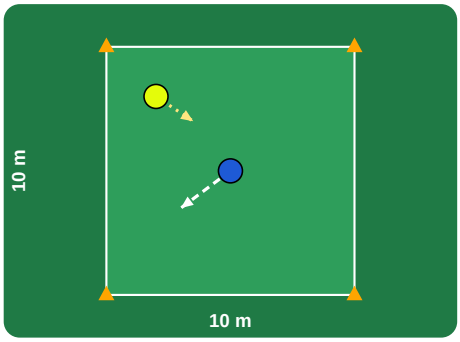
Warm-up 5 min: Balance & Calf Prep - Single-leg balance, calf raises, ankle hops
Technical 7 min: Cone Slalom - Weave 6 cones 1.5m apart, inside and outside of foot
Technical 7 min: 1v1 Moves Lane - Step-over, scissor, La Croqueta at each cone then burst
Challenge 6 min: Finishing Reps - 30 shots at corner targets from 12m and angles
Cool-down 5 min: Mobility Cool-down - Hips, hamstrings, calves, adductors at 4 cones

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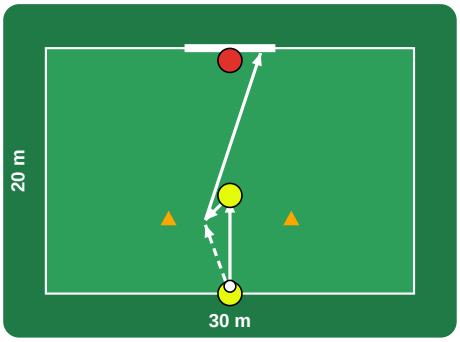
Key: yellow attackers/player, blue defenders, red GK, orange cones, white ball, solid pass/shot, dashed run, dotted dribble.

Week 4: Shooting focus (90 min team session)

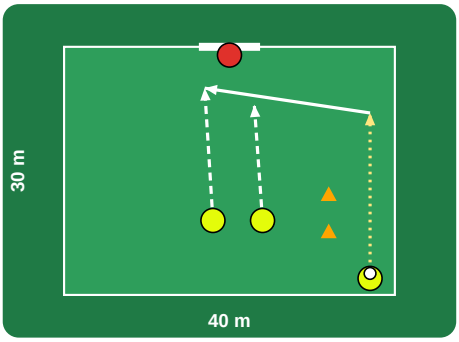
Mon: Team session | Tue: Solo session | Wed: Team session | Thu: Rest | Fri: Team session | Sat: Match | Sun: Recovery



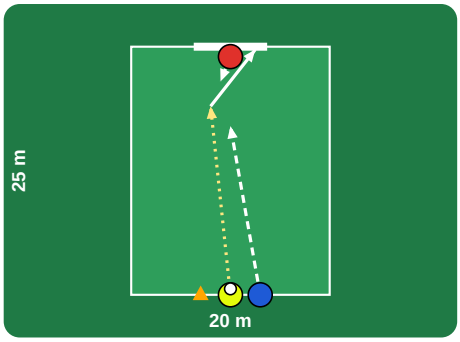
Warm-up | 14 min
Shadow Defending
Mirror the attacker in a low, side-on stance Players 2+.



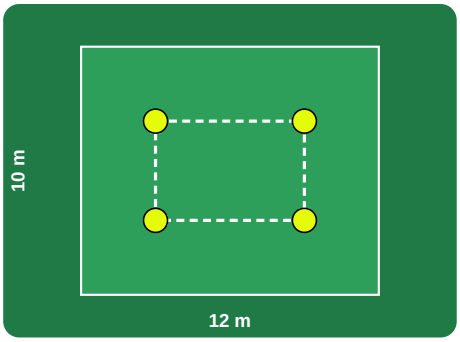
Technical | 18 min
Finishing Rotation
Pass in, lay-off, finish from 14m; rotate Players 4+.



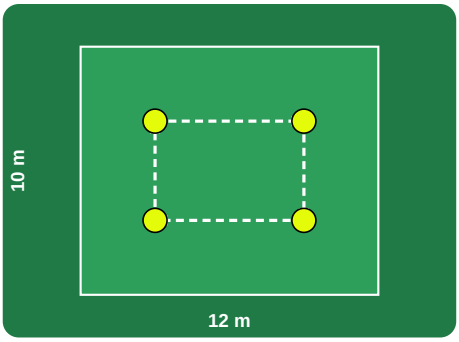
Technical | 18 min
Crossing & Finishing
Wide player crosses; two strikers attack near and far post Players 5+.



Game | 26 min
1v1 v Keeper
Attacker dribbles from halfway to beat the keeper Players 3+.



Conditioning | 9 min
Nordic Hamstring Curls
3 x 5 slow lowers; partner holds ankles Players 1+.



Cool-down | 5 min
Jog & Stretch
Easy lap then static stretches 20-30s Players 1+.

Solo homework (linked to this week)

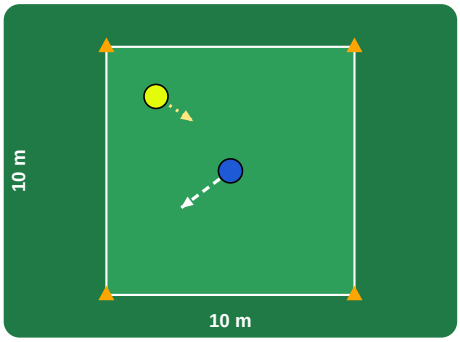
Warm-up 8 min: Jockey Footwork - Backwards and lateral jockey steps through cones
Technical 7 min: Volley Finishing - Partner serves, volley at goal; solo self-feed
Technical 10 min: Wall Strike Accuracy - Strike at taped targets on a wall from 10m
Cool-down 5 min: Mobility Cool-down - Hips, hamstrings, calves, adductors at 4 cones

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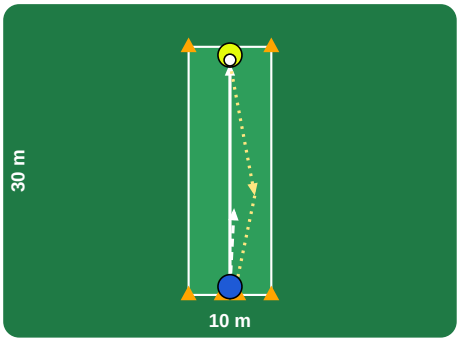
Key: yellow attackers/player, blue defenders, red GK, orange cones, white ball, solid pass/shot, dashed run, dotted dribble.

Week 5: Defending focus (90 min team session)

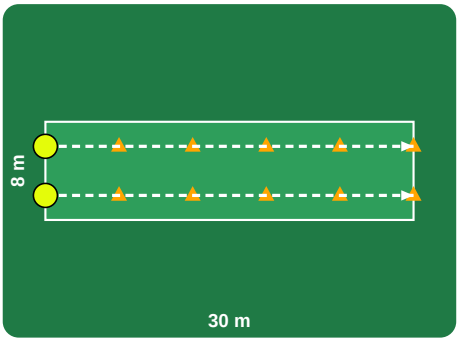
Mon: Team session | Tue: Solo session | Wed: Team session | Thu: Rest | Fri: Team session | Sat: Match | Sun: Recovery



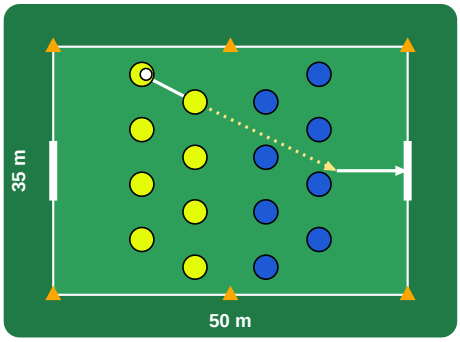
Warm-up | 14 min
Shadow Defending
Mirror the attacker in a low, side-on stance Players 2+.



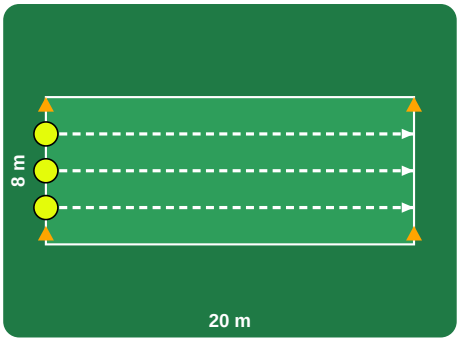
Technical | 18 min
Recovery Runs
Defender starts behind; recover goal-side then engage Players 2+.



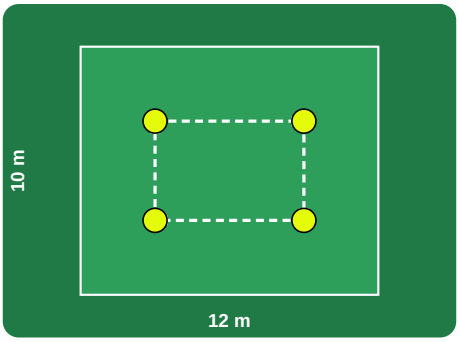
Technical | 18 min
Back Four Shuffle
Line of 4 shifts and drops as the ball moves Players 4+.



Game | 26 min
8v8 Pressing Game
Regain in the high zone = bonus point Players 16+.



Conditioning | 9 min
Repeat Sprints
6-10 x 20-30m sprints, walk back recovery Players 1+.



Cool-down | 5 min
Mobility Cool-down
Hips, hamstrings, calves, adductors at 4 cones Players 1+.

Solo homework (linked to this week)

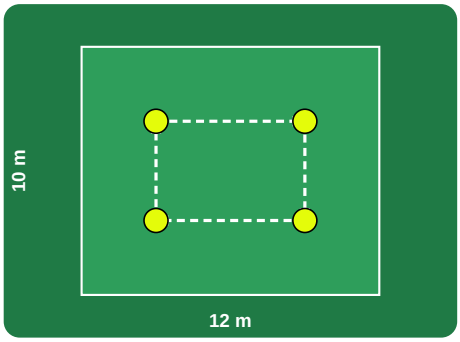
Warm-up 5 min: Jockey Footwork - Backwards and lateral jockey steps through cones
Technical 7 min: Finishing Reps - 30 shots at corner targets from 12m and angles
Technical 7 min: Volley Finishing - Partner serves, volley at goal; solo self-feed
Challenge 6 min: Wall Strike Accuracy - Strike at taped targets on a wall from 10m
Cool-down 5 min: Mobility Cool-down - Hips, hamstrings, calves, adductors at 4 cones

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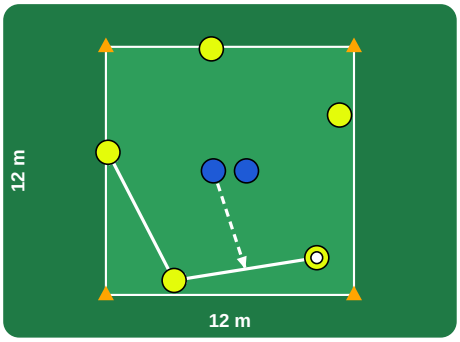
Key: yellow attackers/player, blue defenders, red GK, orange cones, white ball, solid pass/shot, dashed run, dotted dribble.

Week 6: Passing focus (90 min team session)

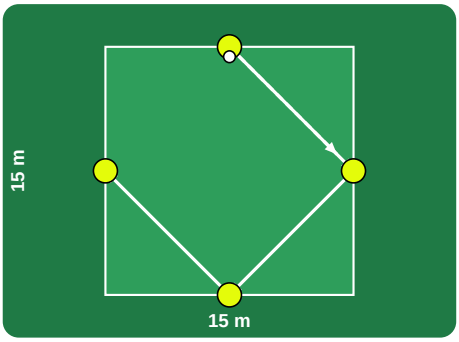
Mon: Team session | Tue: Solo session | Wed: Team session | Thu: Rest | Fri: Team session | Sat: Match | Sun: Recovery



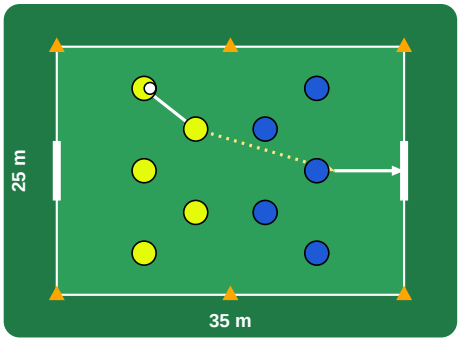
Warm-up | 14 min
Balance & Calf Prep
Single-leg balance, calf raises, ankle hops Players 1+.



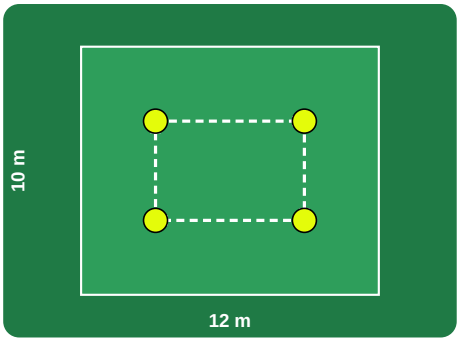
Technical | 18 min
Rondo 5v2
12x12m positional rondo, 2-touch Players 7+.



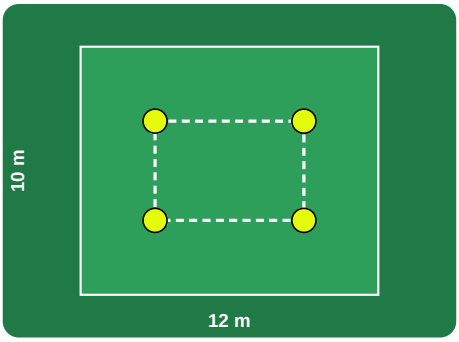
Technical | 18 min
Passing Diamond
Pass and follow round the diamond, add one-twos Players 6+.



Game | 26 min
Vets 5v5 Small-sided
35x25m, rolling subs, no slide tackles Players 10+.



Conditioning | 9 min
Bodyweight Circuit
4 stations x 30s: squat, lunge, plank, glute bridge Players 1+.



Cool-down | 5 min
Jog & Stretch
Easy lap then static stretches 20-30s Players 1+.

Solo homework (linked to this week)

Warm-up 5 min: FIFA 11+ - Evidence-based injury prevention warm-up, parts 1-3
Technical 7 min: Wall Passing - 1 and 2-touch passes against a wall from 5m, alternate feet
Technical 7 min: Wall Volleys - Volley and half-volley returns from 3m
Challenge 6 min: GK Wall Reactions - Throw at a wall from 4m, catch the rebound
Cool-down 5 min: Mobility Cool-down - Hips, hamstrings, calves, adductors at 4 cones

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Key: yellow attackers/player, blue defenders, red GK, orange cones, white ball, solid pass/shot, dashed run, dotted dribble.

Adult (19-34): 6-week in-season

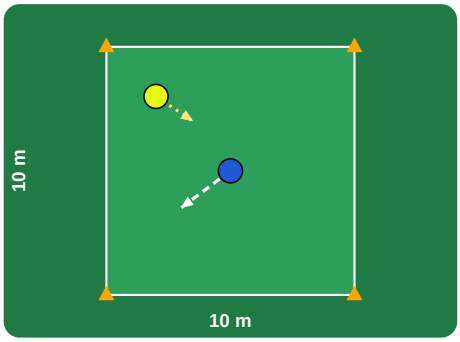
6 weeks. Each week lists the days, a full 90-minute team session built from the We Are Matchday drill library, and solo homework. Adapt numbers and space to your group.

Week	Focus	Week plan
1	Passing	Mon: Team session | Tue: Solo session | Wed: Team session | Thu: Rest | Fri: Team session | Sat: Match | Sun: Recovery
2	Dribbling	Mon: Team session | Tue: Solo session | Wed: Team session | Thu: Rest | Fri: Team session | Sat: Match | Sun: Recovery
3	Shooting	Mon: Team session | Tue: Solo session | Wed: Team session | Thu: Rest | Fri: Team session | Sat: Match | Sun: Recovery
4	Defending	Mon: Team session | Tue: Solo session | Wed: Team session | Thu: Rest | Fri: Team session | Sat: Match | Sun: Recovery
5	Passing	Mon: Team session | Tue: Solo session | Wed: Team session | Thu: Rest | Fri: Team session | Sat: Match | Sun: Recovery
6	Shooting	Mon: Team session | Tue: Solo session | Wed: Team session | Thu: Rest | Fri: Team session | Sat: Match | Sun: Recovery

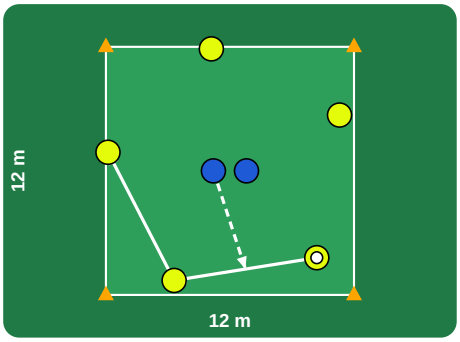
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Week 1: Passing focus (90 min team session)

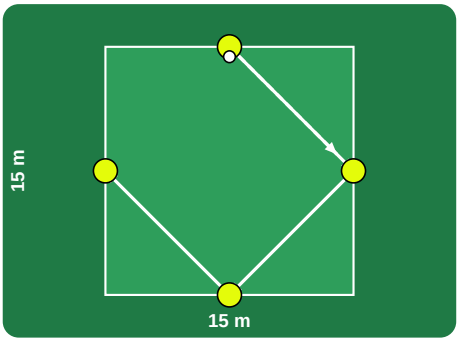
Mon: Team session | Tue: Solo session | Wed: Team session | Thu: Rest | Fri: Team session | Sat: Match | Sun: Recovery



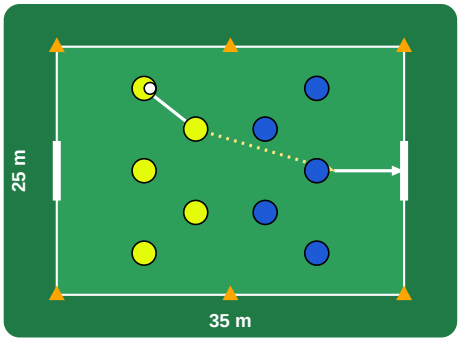
Warm-up | 14 min
Shadow Defending
Mirror the attacker in a low, side-on stance Players 2+.



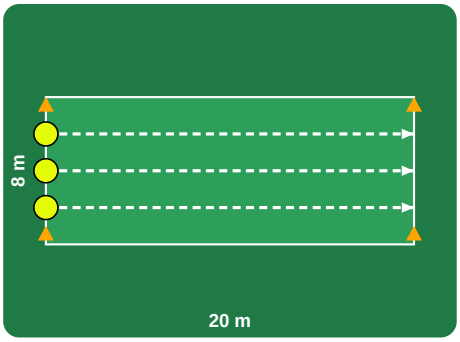
Technical | 18 min
Rondo 5v2
12x12m positional rondo, 2-touch Players 7+.



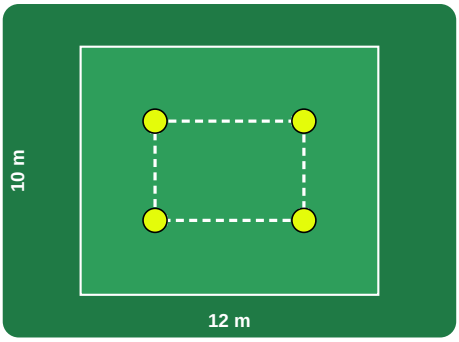
Technical | 18 min
Passing Diamond
Pass and follow round the diamond, add one-twos Players 6+.



Game | 26 min
Vets 5v5 Small-sided
35x25m, rolling subs, no slide tackles Players 10+.



Conditioning | 9 min
Repeat Sprints
6-10 x 20-30m sprints, walk back recovery Players 1+.



Cool-down | 5 min
Mobility Cool-down
Hips, hamstrings, calves, adductors at 4 cones Players 1+.

Solo homework (linked to this week)

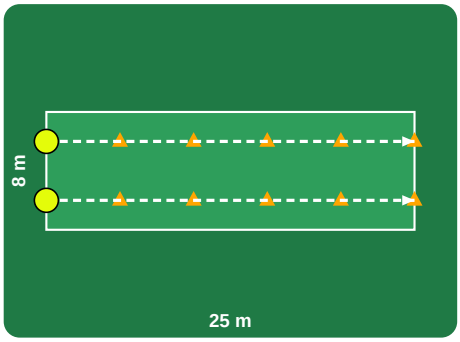
Warm-up 5 min: GK Footwork & Set Position - Shuffle across the goal, set feet on cue
Technical 7 min: Wall Volleys - Volley and half-volley returns from 3m
Technical 7 min: Wall Passing - 1 and 2-touch passes against a wall from 5m, alternate feet
Challenge 6 min: 1v1 Moves Lane - Step-over, scissor, La Croqueta at each cone then burst
Cool-down 5 min: Mobility Cool-down - Hips, hamstrings, calves, adductors at 4 cones

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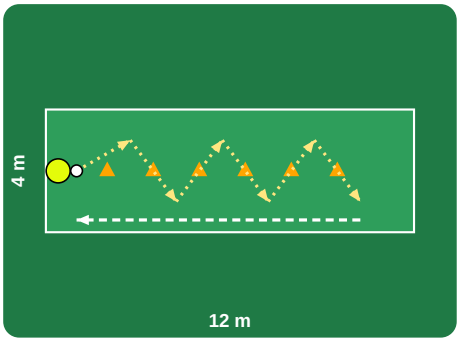
Key: yellow attackers/player, blue defenders, red GK, orange cones, white ball, solid pass/shot, dashed run, dotted dribble

Week 2: Dribbling focus (90 min team session)

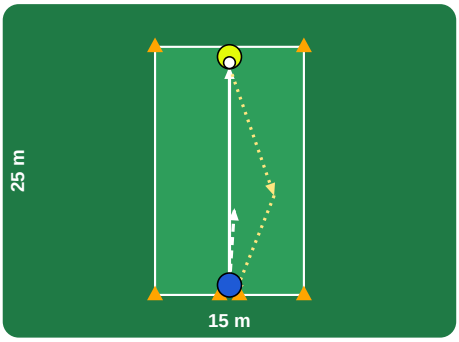
Mon: Team session | Tue: Solo session | Wed: Team session | Thu: Rest | Fri: Team session | Sat: Match | Sun: Recovery



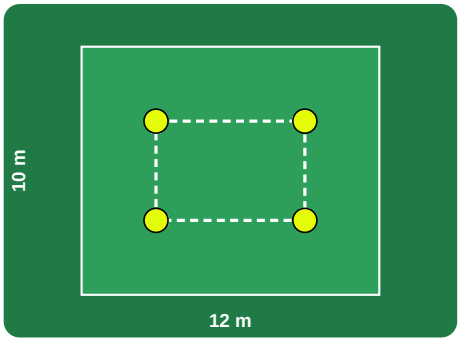
Warm-up | 17 min
FIFA 11+
Evidence-based injury prevention warm-up, parts 1-3
Players 1+.



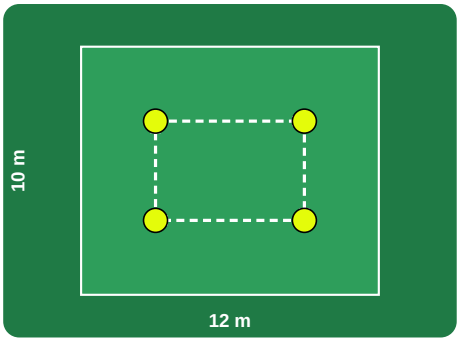
Technical | 23 min
Cone Slalom
Weave 6 cones 1.5m apart, inside and outside of foot
Players 1+.



Game | 33 min
2v1 Overload
2 attackers v 1 defender, commit then pass or go
Players 3+.



Conditioning | 11 min
Bodyweight Circuit
4 stations x 30s: squat, lunge, plank, glute bridge
Players 1+.



Cool-down | 6 min
Jog & Stretch
Easy lap then static stretches 20-30s
Players 1+.

Solo homework (linked to this week)

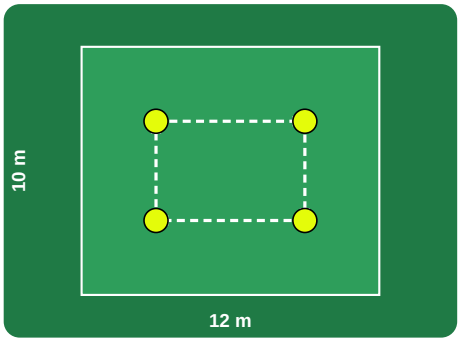
Warm-up 8 min: FIFA 11+ - Evidence-based injury prevention warm-up, parts 1-3
Technical 7 min: Solo Juggling Challenge - Beat your record: feet, thighs, head-free juggling
Technical 10 min: Cone Slalom - Weave 6 cones 1.5m apart, inside and outside of foot
Cool-down 5 min: Mobility Cool-down - Hips, hamstrings, calves, adductors at 4 cones

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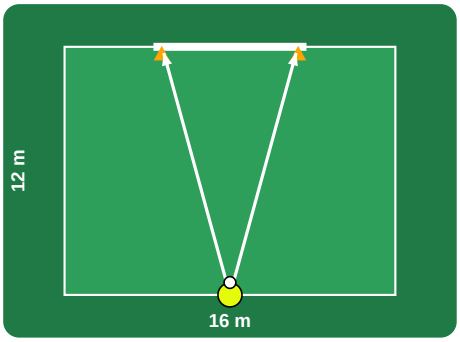
Key: yellow attackers/player, blue defenders, red GK, orange cones, white ball, solid pass/shot, dashed run, dotted dribble

Week 3: Shooting focus (90 min team session)

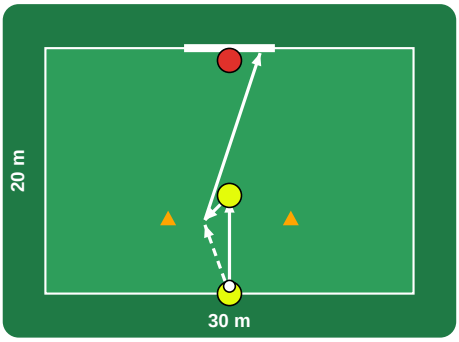
Mon: Team session | Tue: Solo session | Wed: Team session | Thu: Rest | Fri: Team session | Sat: Match | Sun: Recovery



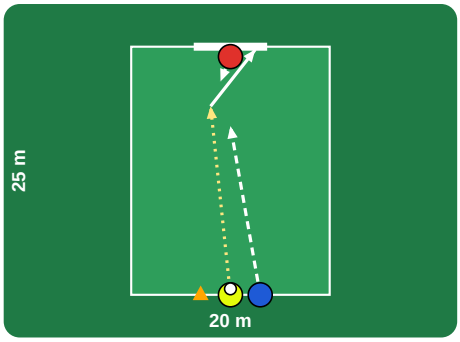
Warm-up | 14 min
Balance & Calf Prep
Single-leg balance, calf raises, ankle hops Players 1+.



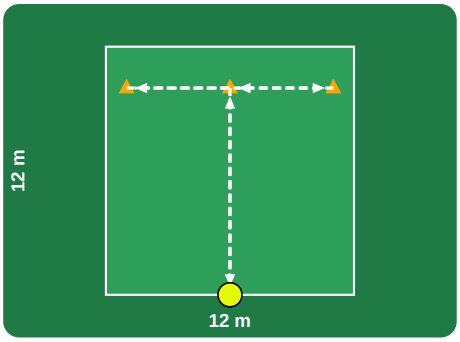
Technical | 18 min
Volley Finishing
Partner serves, volley at goal; solo self-feed Players 2+.



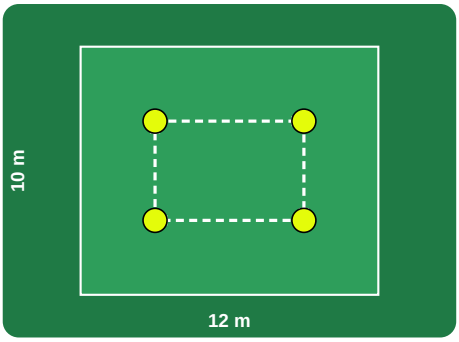
Technical | 18 min
Finishing Rotation
Pass in, lay-off, finish from 14m; rotate Players 4+.



Game | 26 min
1v1 v Keeper
Attacker dribbles from halfway to beat the keeper Players 3+.



Conditioning | 9 min
Agility T-Test
Sprint, shuffle left, shuffle right, backpedal Players 1+.



Cool-down | 5 min
Mobility Cool-down
Hips, hamstrings, calves, adductors at 4 cones Players 1+.

Solo homework (linked to this week)

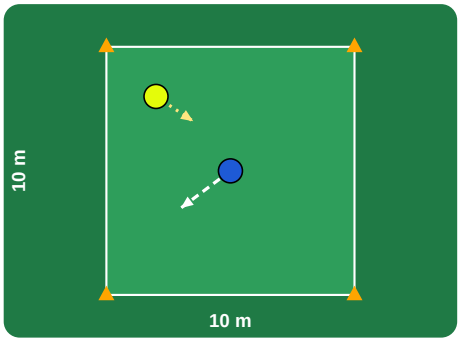
Warm-up 8 min: Balance & Calf Prep - Single-leg balance, calf raises, ankle hops
Technical 7 min: Finishing Reps - 30 shots at corner targets from 12m and angles
Technical 10 min: Volley Finishing - Partner serves, volley at goal; solo self-feed
Cool-down 5 min: Mobility Cool-down - Hips, hamstrings, calves, adductors at 4 cones

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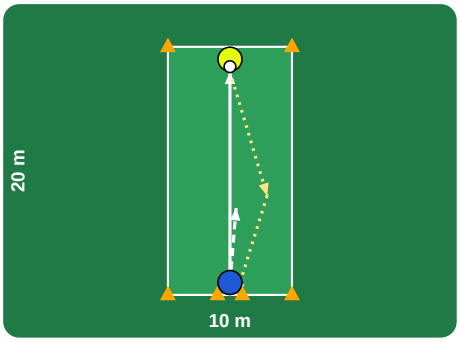
Key: yellow attackers/player, blue defenders, red GK, orange cones, white ball, solid pass/shot, dashed run, dotted dribble.

Week 4: Defending focus (90 min team session)

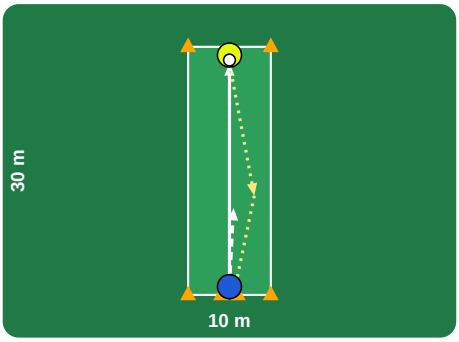
Mon: Team session | Tue: Solo session | Wed: Team session | Thu: Rest | Fri: Team session | Sat: Match | Sun: Recovery



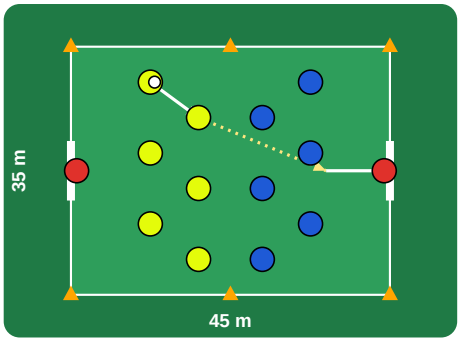
Warm-up | 14 min
Shadow Defending
Mirror the attacker in a low, side-on stance Players 2+.



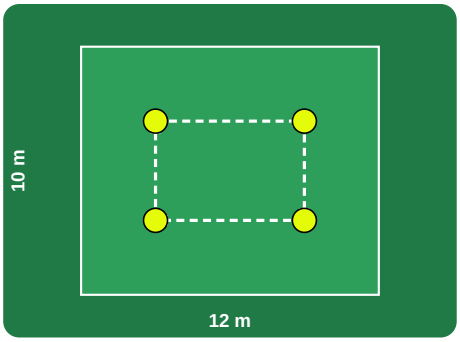
Technical | 18 min
1v1 Defending Channel
Pass in, close down, jockey, show outside, tackle Players 2+.



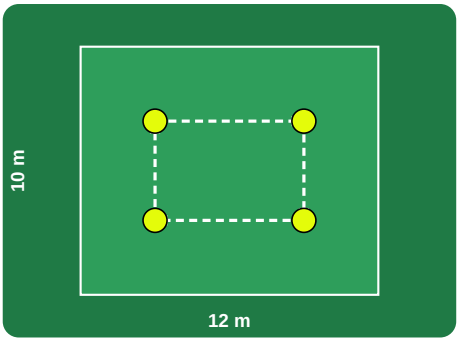
Technical | 18 min
Recovery Runs
Defender starts behind; recover goal-side then engage Players 2+.



Game | 26 min
Transition Game 7v7
Win the ball: counter within 6 seconds Players 14+.



Conditioning | 9 min
Nordic Hamstring Curls
3 x 5 slow lowers; partner holds ankles Players 1+.



Cool-down | 5 min
Jog & Stretch
Easy lap then static stretches 20-30s Players 1+.

Solo homework (linked to this week)

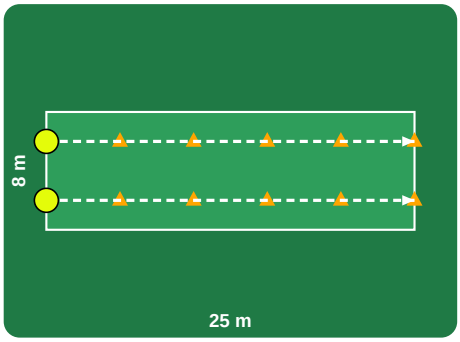
Warm-up 5 min: Jockey Footwork - Backwards and lateral jockey steps through cones
Technical 7 min: Solo Juggling Challenge - Beat your record: feet, thighs, head-free juggling
Technical 7 min: Finishing Reps - 30 shots at corner targets from 12m and angles
Challenge 6 min: Volley Finishing - Partner serves, volley at goal; solo self-feed
Cool-down 5 min: Mobility Cool-down - Hips, hamstrings, calves, adductors at 4 cones

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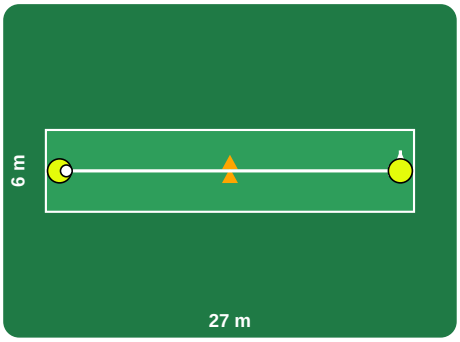
Key: yellow attackers/player, blue defenders, red GK, orange cones, white ball, solid pass/shot, dashed run, dotted dribble.

Week 5: Passing focus (90 min team session)

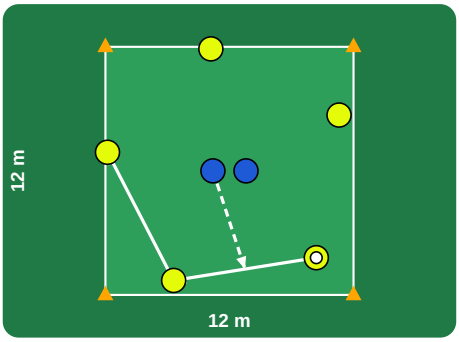
Mon: Team session | Tue: Solo session | Wed: Team session | Thu: Rest | Fri: Team session | Sat: Match | Sun: Recovery



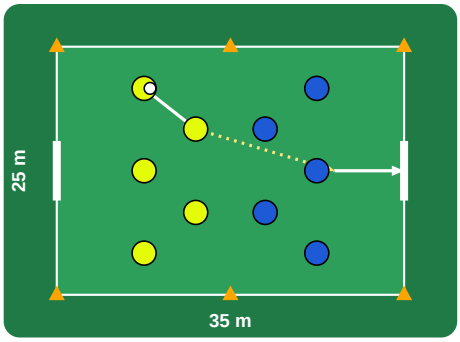
Warm-up | 14 min
FIFA 11+
Evidence-based injury prevention warm-up, parts 1-3 Players 1+.



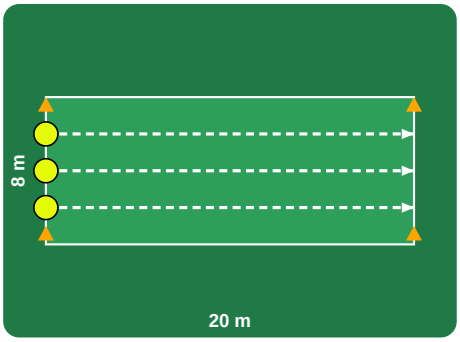
Technical | 18 min
Long Pass Switch
Driven passes 25m between partners, both feet Players 2+.



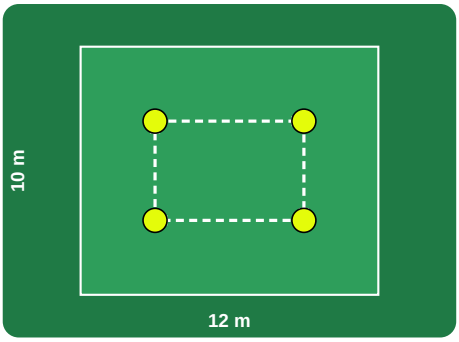
Technical | 18 min
Rondo 5v2
12x12m positional rondo, 2-touch Players 7+.



Game | 26 min
Vets 5v5 Small-sided
35x25m, rolling subs, no slide tackles Players 10+.



Conditioning | 9 min
Repeat Sprints
6-10 x 20-30m sprints, walk back recovery Players 1+.



Cool-down | 5 min
Mobility Cool-down
Hips, hamstrings, calves, adductors at 4 cones Players 1+.

Solo homework (linked to this week)

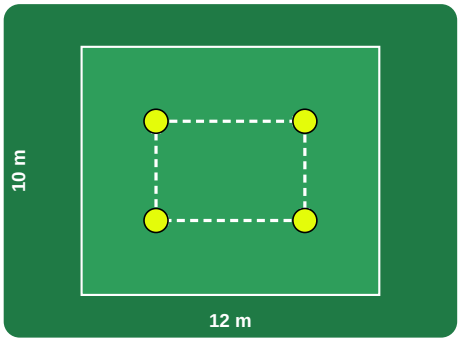
Warm-up 5 min: GK Footwork & Set Position - Shuffle across the goal, set feet on cue
Technical 7 min: Wall Volleys - Volley and half-volley returns from 3m
Technical 7 min: Wall Passing - 1 and 2-touch passes against a wall from 5m, alternate feet
Challenge 6 min: Wall Strike Accuracy - Strike at taped targets on a wall from 10m
Cool-down 5 min: Mobility Cool-down - Hips, hamstrings, calves, adductors at 4 cones

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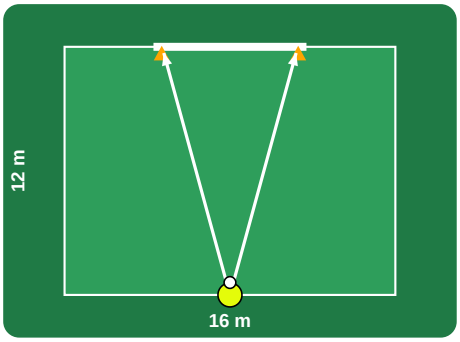
Key: yellow attackers/player, blue defenders, red GK, orange cones, white ball, solid pass/shot, dashed run, dotted dribble.

Week 6: Shooting focus (90 min team session)

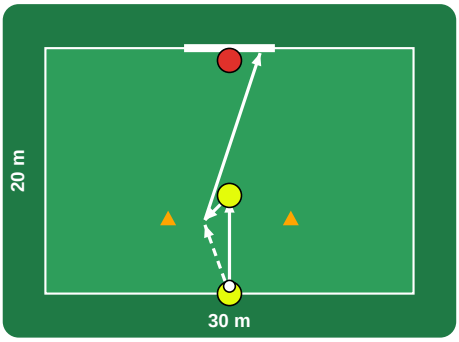
Mon: Team session | Tue: Solo session | Wed: Team session | Thu: Rest | Fri: Team session | Sat: Match | Sun: Recovery



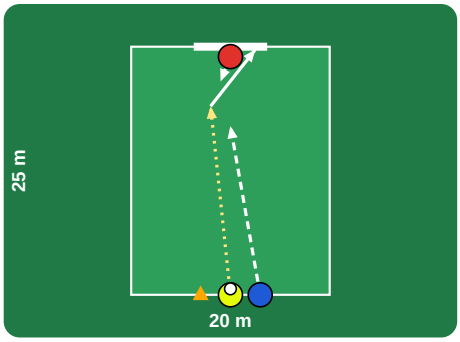
Warm-up | 14 min
Balance & Calf Prep
Single-leg balance, calf raises, ankle hops Players 1+.



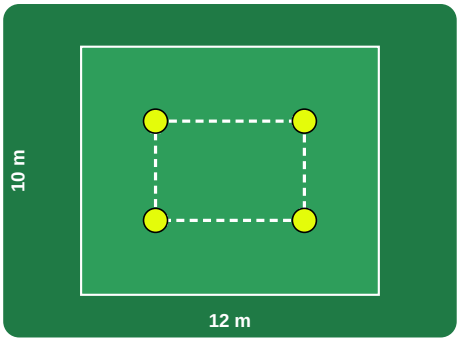
Technical | 18 min
Volley Finishing
Partner serves, volley at goal; solo self-feed Players 2+.



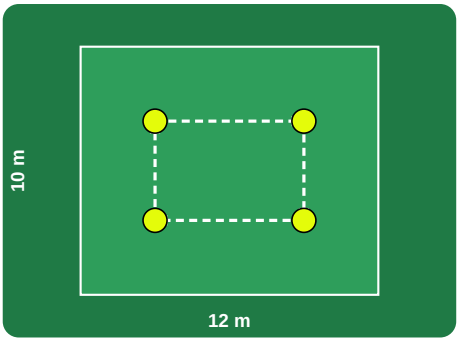
Technical | 18 min
Finishing Rotation
Pass in, lay-off, finish from 14m; rotate Players 4+.



Game | 26 min
1v1 v Keeper
Attacker dribbles from halfway to beat the keeper Players 3+.



Conditioning | 9 min
Bodyweight Circuit
4 stations x 30s: squat, lunge, plank, glute bridge Players 1+.



Cool-down | 5 min
Jog & Stretch
Easy lap then static stretches 20-30s Players 1+.

Solo homework (linked to this week)

Warm-up 5 min: FIFA 11+ - Evidence-based injury prevention warm-up, parts 1-3
Technical 7 min: Finishing Reps - 30 shots at corner targets from 12m and angles
Technical 7 min: Volley Finishing - Partner serves, volley at goal; solo self-feed
Challenge 6 min: GK Wall Reactions - Throw at a wall from 4m, catch the rebound
Cool-down 5 min: Mobility Cool-down - Hips, hamstrings, calves, adductors at 4 cones

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Key: yellow attackers/player, blue defenders, red GK, orange cones, white ball, solid pass/shot, dashed run, dotted dribble.

Adult (19-34): 4-week off-season (solo)

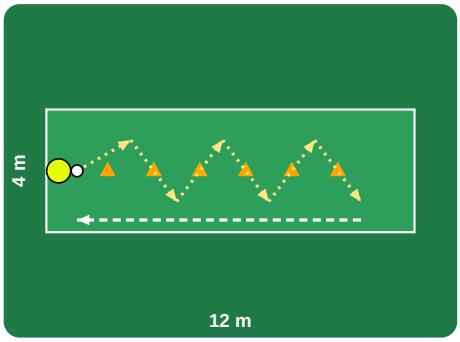
4 weeks. Each week lists the days, a full 30-minute solo session built from the We Are Matchday drill library, and solo homework. Adapt numbers and space to your group.

Week	Focus	Week plan
1	Dribbling	Mon: Solo session | Tue: Rest | Wed: Solo session | Thu: Rest | Fri: Solo session | Sat: Rest | Sun: Rest
2	Shooting	Mon: Solo session | Tue: Rest | Wed: Solo session | Thu: Rest | Fri: Solo session | Sat: Rest | Sun: Rest
3	Passing	Mon: Solo session | Tue: Rest | Wed: Solo session | Thu: Rest | Fri: Solo session | Sat: Rest | Sun: Rest
4	Fitness	Mon: Solo session | Tue: Rest | Wed: Solo session | Thu: Rest | Fri: Solo session | Sat: Rest | Sun: Rest

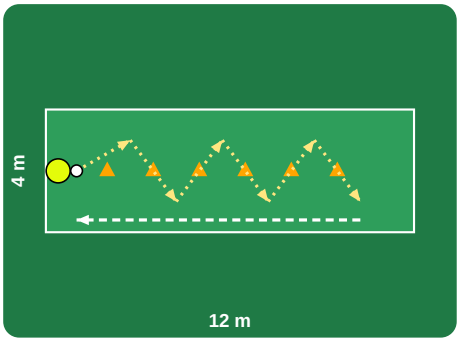
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Week 1: Dribbling focus (30 min solo session)

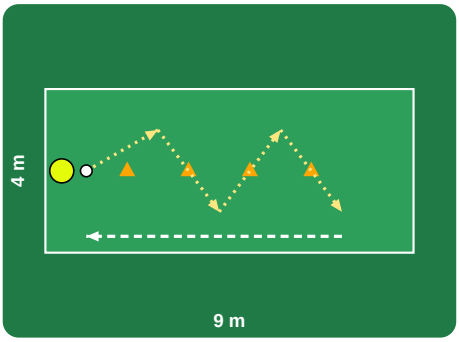
Mon: Solo session | Tue: Rest | Wed: Solo session | Thu: Rest | Fri: Solo session | Sat: Rest | Sun: Rest



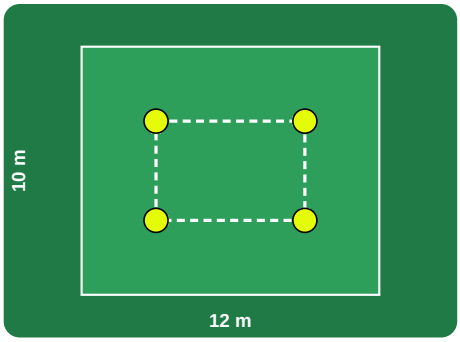
Warm-up | 8 min
Jockey Footwork
Backwards and lateral jockey steps through cones



Technical | 7 min
Cone Slalom
Weave 6 cones 1.5m apart, inside and outside of foot



Technical | 10 min
1v1 Moves Lane
Step-over, scissor, La Croqueta at each cone then burst



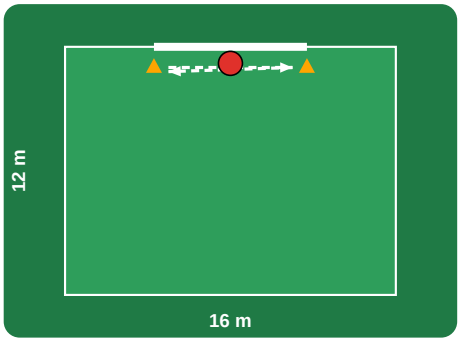
Cool-down | 5 min
Mobility Cool-down
Hips, hamstrings, calves, adductors at 4 cones

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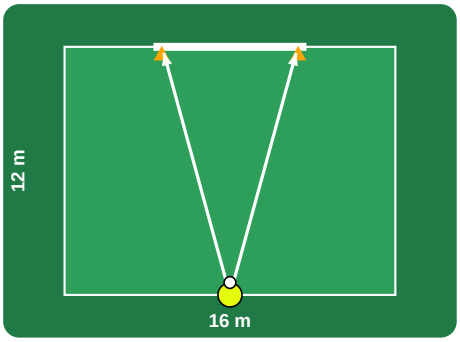
Key: yellow attackers/player, blue defenders, red GK, orange cones, white ball, solid pass/shot, dashed run, dotted dribble

Week 2: Shooting focus (30 min solo session)

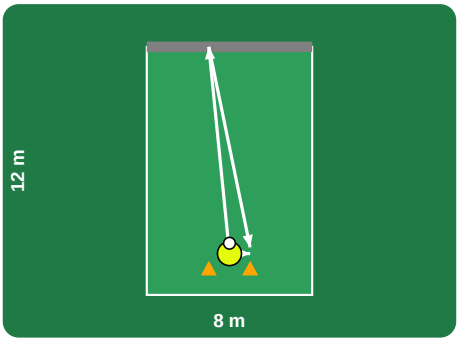
Mon: Solo session | Tue: Rest | Wed: Solo session | Thu: Rest | Fri: Solo session | Sat: Rest | Sun: Rest



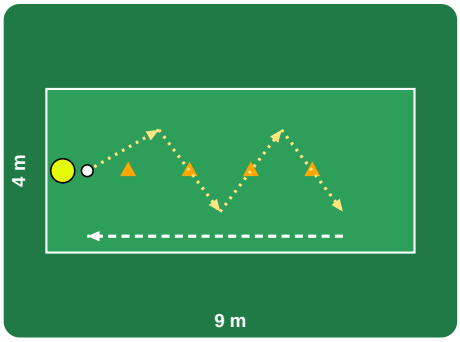
Warm-up | 5 min
GK Footwork & Set Position
Shuffle across the goal, set feet on cue



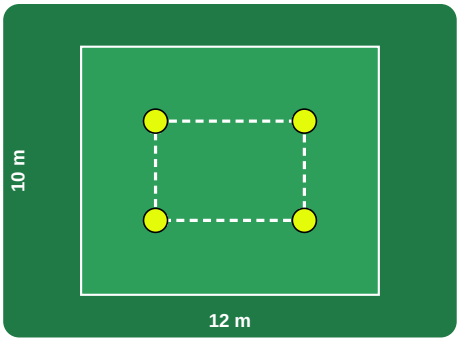
Technical | 7 min
Volley Finishing
Partner serves, volley at goal; solo self-feed



Technical | 7 min
Wall Strike Accuracy
Strike at taped targets on a wall from 10m



Challenge | 6 min
1v1 Moves Lane
Step-over, scissor, La Croqueta at each cone then burst



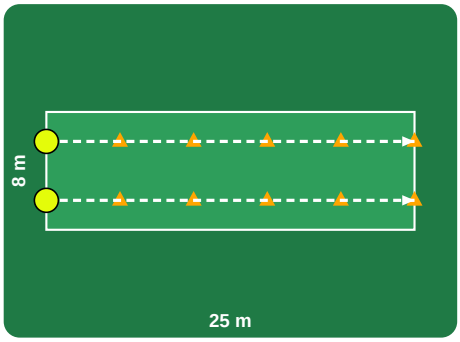
Cool-down | 5 min
Mobility Cool-down
Hips, hamstrings, calves, adductors at 4 cones

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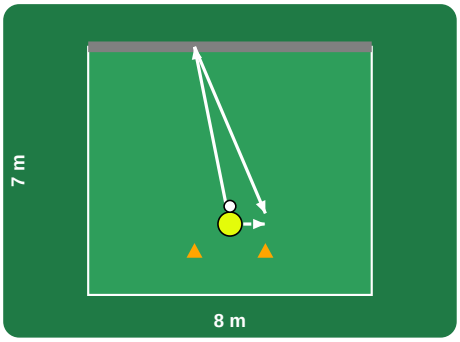
Key: yellow attackers/player, blue defenders, red GK, orange cones, white ball, solid pass/shot, dashed run, dotted dribble.

Week 3: Passing focus (30 min solo session)

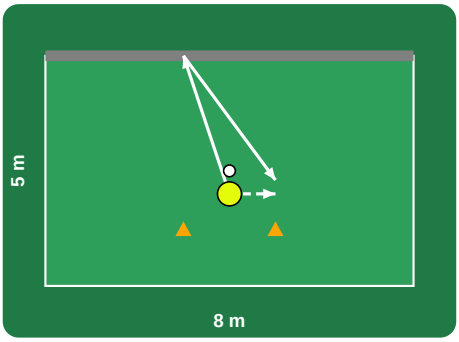
Mon: Solo session | Tue: Rest | Wed: Solo session | Thu: Rest | Fri: Solo session | Sat: Rest | Sun: Rest



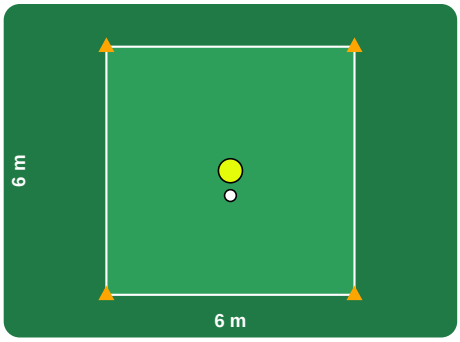
Warm-up | 5 min
FIFA 11+
Evidence-based injury prevention warm-up, parts 1-3



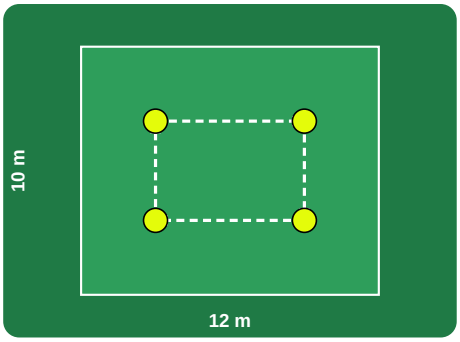
Technical | 7 min
Wall Passing
1 and 2-touch passes against a wall from 5m, alternate feet



Technical | 7 min
Wall Volleys
Volley and half-volley returns from 3m



Challenge | 6 min
Solo Juggling Challenge
Beat your record: feet, thighs, head-free juggling



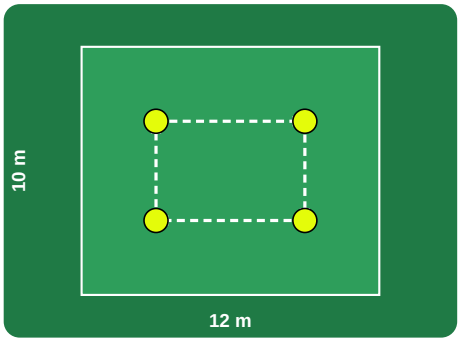
Cool-down | 5 min
Mobility Cool-down
Hips, hamstrings, calves, adductors at 4 cones

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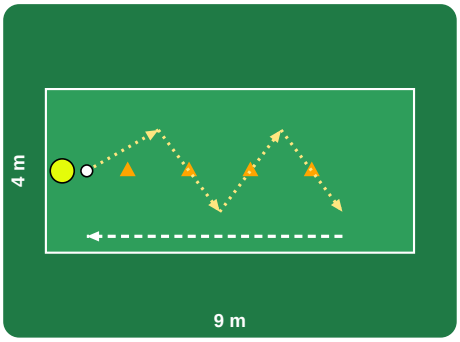
Key: yellow attackers/player, blue defenders, red GK, orange cones, white ball, solid pass/shot, dashed run, dotted dribble.

Week 4: Fitness focus (30 min solo session)

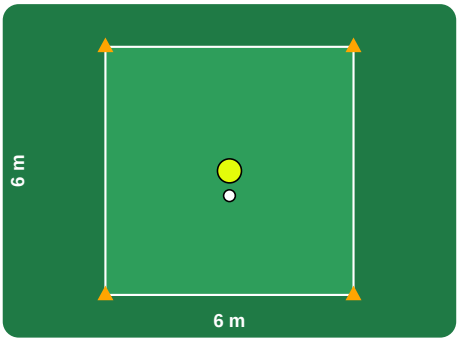
Mon: Solo session | Tue: Rest | Wed: Solo session | Thu: Rest | Fri: Solo session | Sat: Rest | Sun: Rest



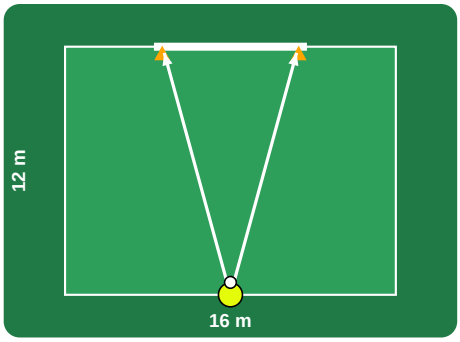
Warm-up | 5 min
Balance & Calf Prep
Single-leg balance, calf raises, ankle hops



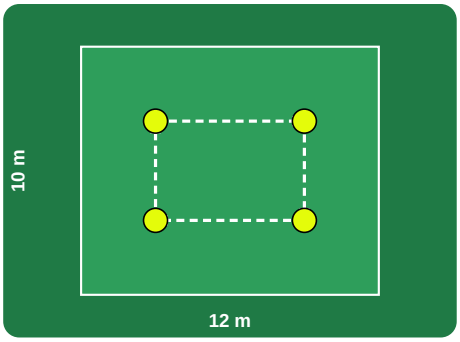
Technical | 7 min
1v1 Moves Lane
Step-over, scissor, La Croqueta at each cone then burst



Technical | 7 min
Solo Juggling Challenge
Beat your record: feet, thighs, head-free juggling



Challenge | 6 min
Finishing Reps
30 shots at corner targets from 12m and angles



Cool-down | 5 min
Mobility Cool-down
Hips, hamstrings, calves, adductors at 4 cones

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Key: yellow attackers/player, blue defenders, red GK, orange cones, white ball, solid pass/shot, dashed run, dotted dribble.

Adult (19-34): 6-week goalkeeper

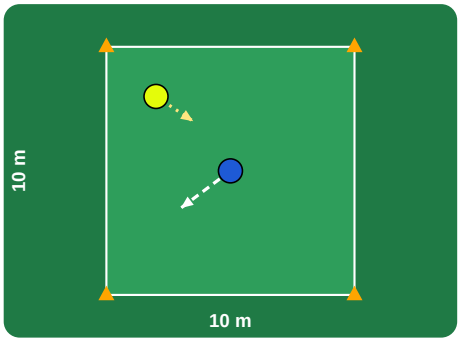
6 weeks. Each week lists the days, a full 90-minute team session built from the We Are Matchday drill library, and solo homework. Adapt numbers and space to your group.

Week	Focus	Week plan
1	Goalkeeping	Mon: Team session | Tue: Solo session | Wed: Team session | Thu: Rest | Fri: Team session | Sat: Match | Sun: Recover
2	Goalkeeping	Mon: Team session | Tue: Solo session | Wed: Team session | Thu: Rest | Fri: Team session | Sat: Match | Sun: Recover
3	Goalkeeping	Mon: Team session | Tue: Solo session | Wed: Team session | Thu: Rest | Fri: Team session | Sat: Match | Sun: Recover
4	Goalkeeping	Mon: Team session | Tue: Solo session | Wed: Team session | Thu: Rest | Fri: Team session | Sat: Match | Sun: Recover
5	Goalkeeping	Mon: Team session | Tue: Solo session | Wed: Team session | Thu: Rest | Fri: Team session | Sat: Match | Sun: Recover
6	Goalkeeping	Mon: Team session | Tue: Solo session | Wed: Team session | Thu: Rest | Fri: Team session | Sat: Match | Sun: Recover

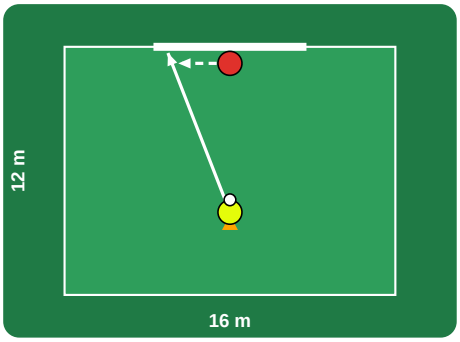
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Week 1: Goalkeeping focus (90 min team session)

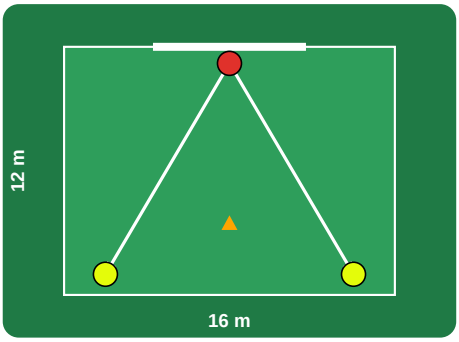
Mon: Team session | Tue: Solo session | Wed: Team session | Thu: Rest | Fri: Team session | Sat: Match | Sun: Recovery



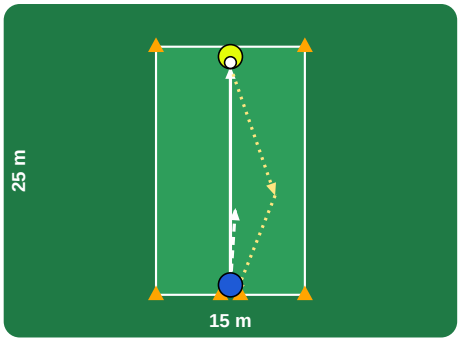
Warm-up | 14 min
Shadow Defending
Mirror the attacker in a low, side-on stance Players 2+.



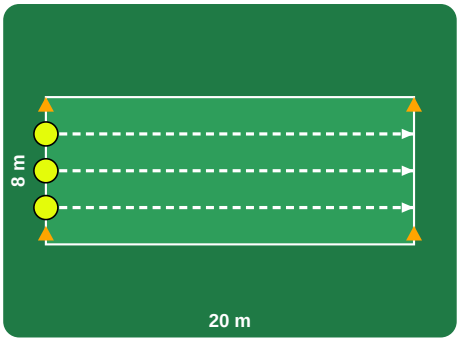
Technical | 18 min
GK Shot Stopping
Set on the shot, dive, recover to the next Players 2+.



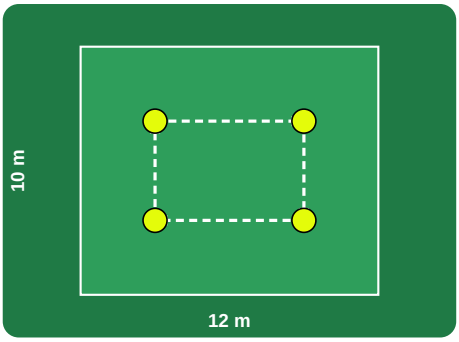
Technical | 18 min
GK Distribution
Roll, throw and kick to targets in cone zones Players 3+.



Game | 26 min
2v1 Overload
2 attackers v 1 defender, commit then pass or go Players 3+.



Conditioning | 9 min
Repeat Sprints
6-10 x 20-30m sprints, walk back recovery Players 1+.



Cool-down | 5 min
Mobility Cool-down
Hips, hamstrings, calves, adductors at 4 cones Players 1+.

Solo homework (linked to this week)

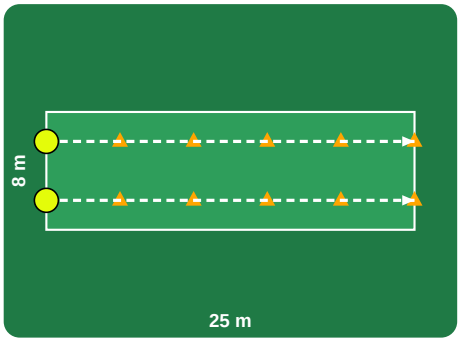
Warm-up 6 min: GK Footwork & Set Position - Shuffle across the goal, set feet on cue
Technical 9 min: GK Wall Reactions - Throw at a wall from 4m, catch the rebound
Challenge 10 min: 1v1 Moves Lane - Step-over, scissor, La Croqueta at each cone then burst
Cool-down 5 min: Mobility Cool-down - Hips, hamstrings, calves, adductors at 4 cones

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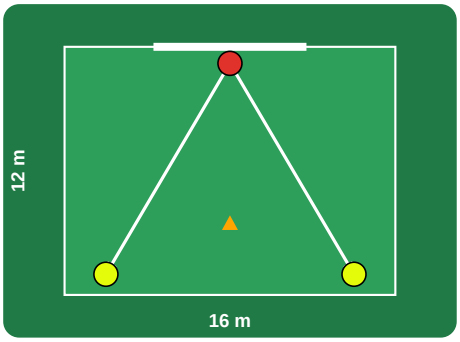
Key: yellow attackers/player, blue defenders, red GK, orange cones, white ball, solid pass/shot, dashed run, dotted dribble

Week 2: Goalkeeping focus (90 min team session)

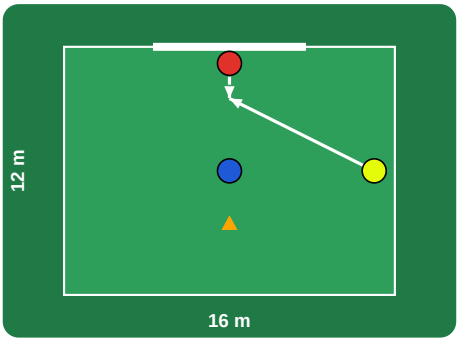
Mon: Team session | Tue: Solo session | Wed: Team session | Thu: Rest | Fri: Team session | Sat: Match | Sun: Recovery



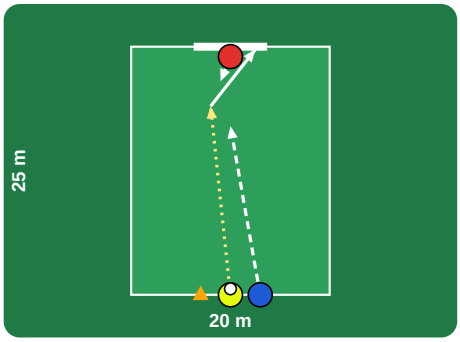
Warm-up | 14 min
FIFA 11+
Evidence-based injury prevention warm-up, parts 1-3 Players 1+.



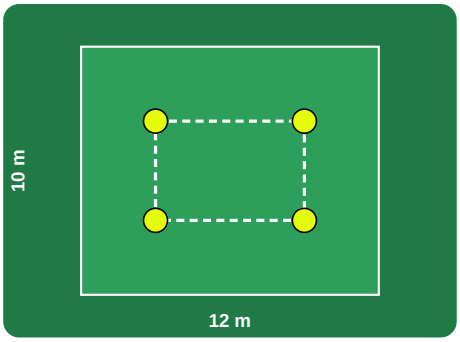
Technical | 18 min
GK Distribution
Roll, throw and kick to targets in cone zones Players 3+.



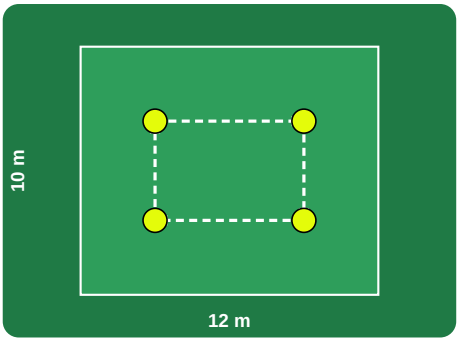
Technical | 18 min
GK Crosses and High Balls
Claim crosses at the highest point, call early Players 3+.



Game | 26 min
1v1 v Keeper
Attacker dribbles from halfway to beat the keeper Players 3+.



Conditioning | 9 min
Bodyweight Circuit
4 stations x 30s: squat, lunge, plank, glute bridge Players 1+.



Cool-down | 5 min
Jog & Stretch
Easy lap then static stretches 20-30s Players 1+.

Solo homework (linked to this week)

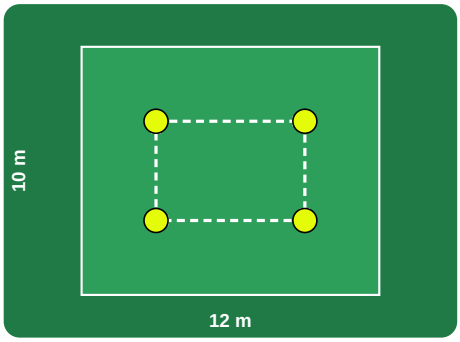
Warm-up 6 min: GK Footwork & Set Position - Shuffle across the goal, set feet on cue
Technical 9 min: GK Wall Reactions - Throw at a wall from 4m, catch the rebound
Challenge 10 min: Solo Juggling Challenge - Beat your record: feet, thighs, head-free juggling
Cool-down 5 min: Mobility Cool-down - Hips, hamstrings, calves, adductors at 4 cones

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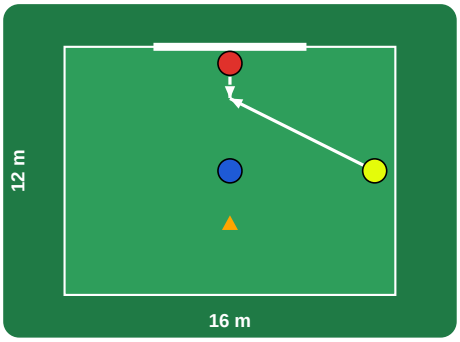
Key: yellow attackers/player, blue defenders, red GK, orange cones, white ball, solid pass/shot, dashed run, dotted dribble.

Week 3: Goalkeeping focus (90 min team session)

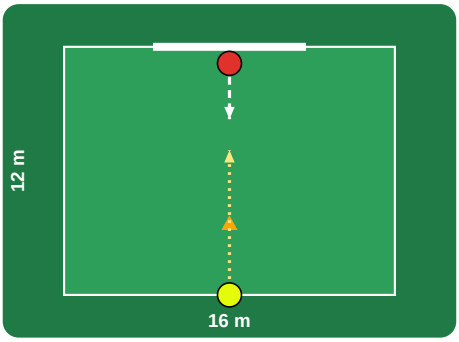
Mon: Team session | Tue: Solo session | Wed: Team session | Thu: Rest | Fri: Team session | Sat: Match | Sun: Recovery



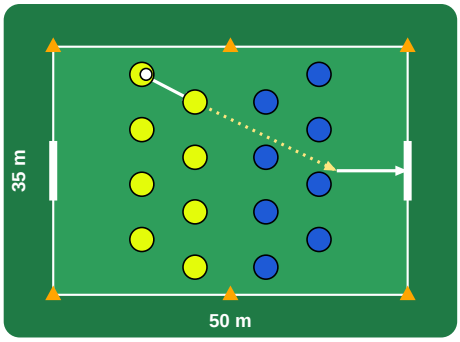
Warm-up | 14 min
Balance & Calf Prep
Single-leg balance, calf raises, ankle hops Players 1+.



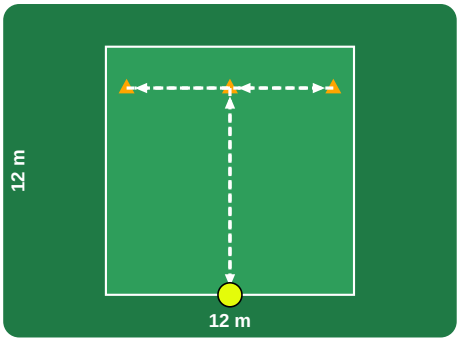
Technical | 18 min
GK Crosses and High Balls
Claim crosses at the highest point, call early Players 3+.



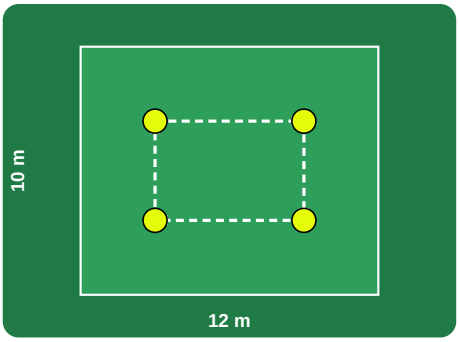
Technical | 18 min
GK 1v1 Breakaways
Narrow the angle, stay big, spread late Players 2+.



Game | 26 min
8v8 Pressing Game
Regain in the high zone = bonus point Players 16+.



Conditioning | 9 min
Agility T-Test
Sprint, shuffle left, shuffle right, backpedal Players 1+.



Cool-down | 5 min
Mobility Cool-down
Hips, hamstrings, calves, adductors at 4 cones Players 1+.

Solo homework (linked to this week)

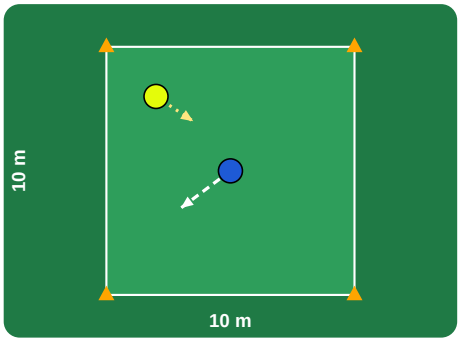
Warm-up 6 min: GK Footwork & Set Position - Shuffle across the goal, set feet on cue
Technical 9 min: GK Wall Reactions - Throw at a wall from 4m, catch the rebound
Challenge 10 min: Finishing Reps - 30 shots at corner targets from 12m and angles
Cool-down 5 min: Mobility Cool-down - Hips, hamstrings, calves, adductors at 4 cones

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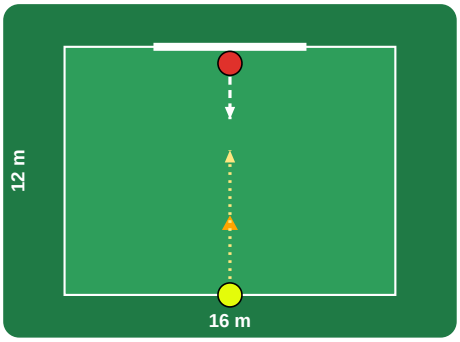
Key: yellow attackers/player, blue defenders, red GK, orange cones, white ball, solid pass/shot, dashed run, dotted dribble.

Week 4: Goalkeeping focus (90 min team session)

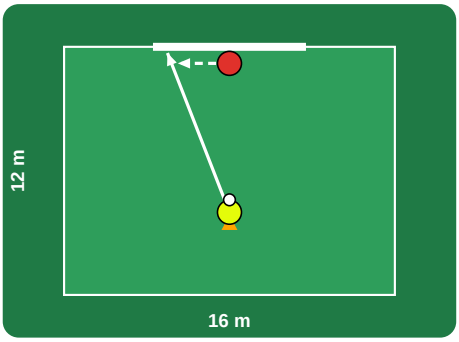
Mon: Team session | Tue: Solo session | Wed: Team session | Thu: Rest | Fri: Team session | Sat: Match | Sun: Recovery



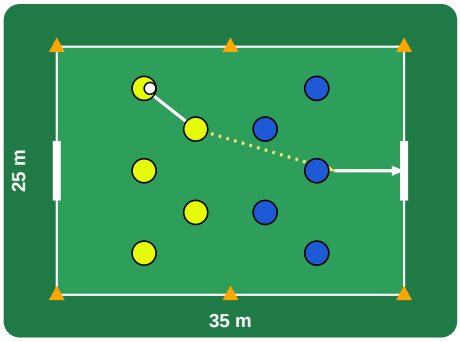
Warm-up | 14 min
Shadow Defending
Mirror the attacker in a low, side-on stance Players 2+.



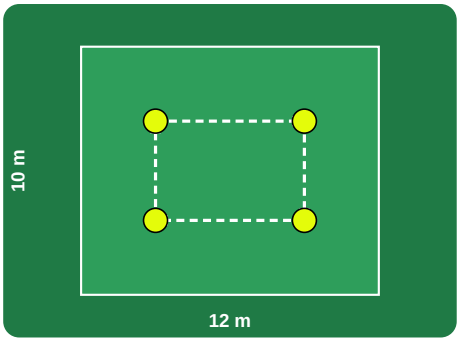
Technical | 18 min
GK 1v1 Breakaways
Narrow the angle, stay big, spread late Players 2+.



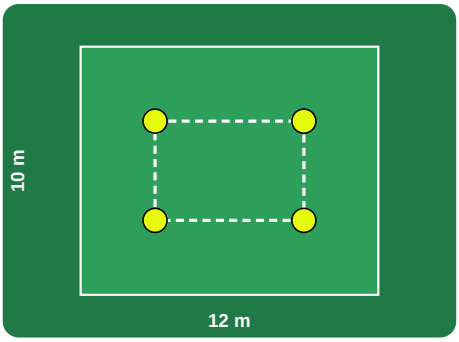
Technical | 18 min
GK Shot Stopping
Set on the shot, dive, recover to the next Players 2+.



Game | 26 min
Vets 5v5 Small-sided
35x25m, rolling subs, no slide tackles Players 10+.



Conditioning | 9 min
Nordic Hamstring Curls
3 x 5 slow lowers; partner holds ankles Players 1+.



Cool-down | 5 min
Jog & Stretch
Easy lap then static stretches 20-30s Players 1+.

Solo homework (linked to this week)

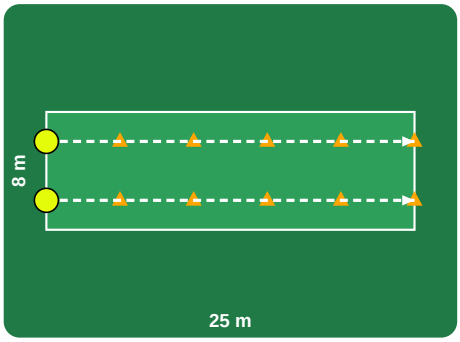
Warm-up 6 min: GK Footwork & Set Position - Shuffle across the goal, set feet on cue
Technical 9 min: GK Wall Reactions - Throw at a wall from 4m, catch the rebound
Challenge 10 min: Volley Finishing - Partner serves, volley at goal; solo self-feed
Cool-down 5 min: Mobility Cool-down - Hips, hamstrings, calves, adductors at 4 cones

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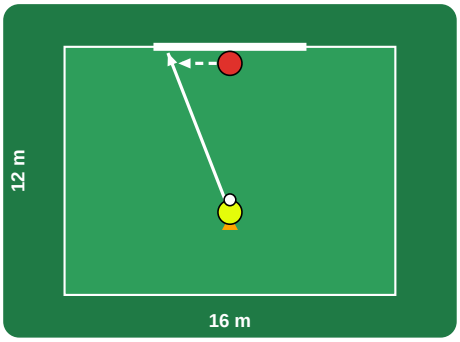
Key: yellow attackers/player, blue defenders, red GK, orange cones, white ball, solid pass/shot, dashed run, dotted dribble.

Week 5: Goalkeeping focus (90 min team session)

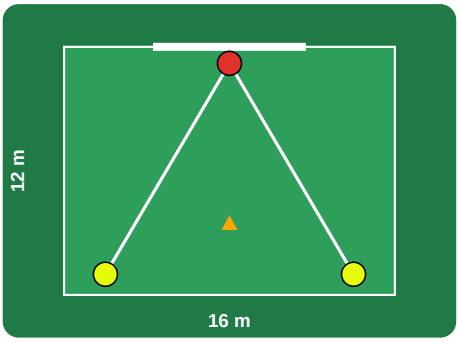
Mon: Team session | Tue: Solo session | Wed: Team session | Thu: Rest | Fri: Team session | Sat: Match | Sun: Recovery



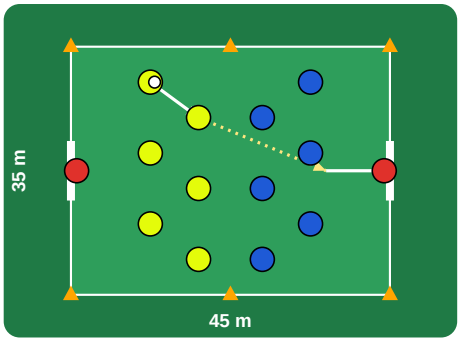
Warm-up | 14 min
FIFA 11+
Evidence-based injury prevention warm-up, parts 1-3 Players 1+.



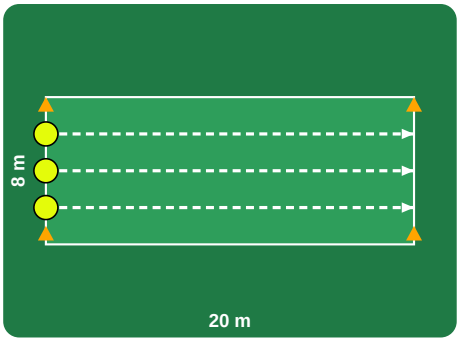
Technical | 18 min
GK Shot Stopping
Set on the shot, dive, recover to the next Players 2+.



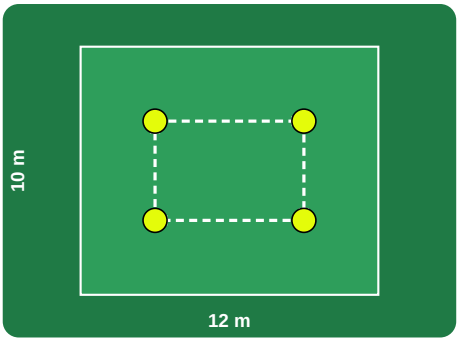
Technical | 18 min
GK Distribution
Roll, throw and kick to targets in cone zones Players 3+.



Game | 26 min
Transition Game 7v7
Win the ball: counter within 6 seconds Players 14+.



Conditioning | 9 min
Repeat Sprints
6-10 x 20-30m sprints, walk back recovery Players 1+.



Cool-down | 5 min
Mobility Cool-down
Hips, hamstrings, calves, adductors at 4 cones Players 1+.

Solo homework (linked to this week)

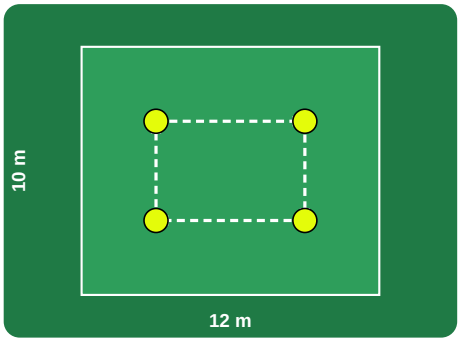
Warm-up 6 min: GK Footwork & Set Position - Shuffle across the goal, set feet on cue
Technical 9 min: GK Wall Reactions - Throw at a wall from 4m, catch the rebound
Challenge 10 min: Wall Strike Accuracy - Strike at taped targets on a wall from 10m
Cool-down 5 min: Mobility Cool-down - Hips, hamstrings, calves, adductors at 4 cones

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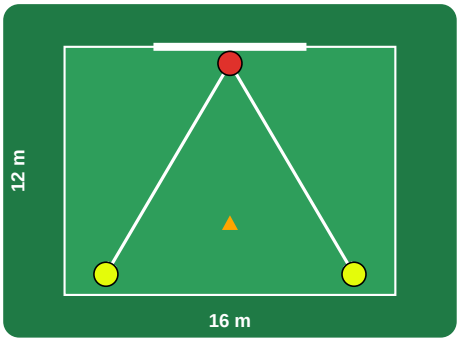
Key: yellow attackers/player, blue defenders, red GK, orange cones, white ball, solid pass/shot, dashed run, dotted dribble.

Week 6: Goalkeeping focus (90 min team session)

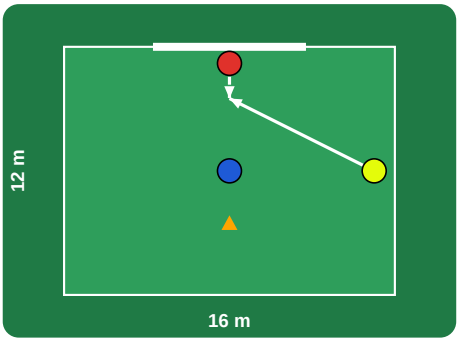
Mon: Team session | Tue: Solo session | Wed: Team session | Thu: Rest | Fri: Team session | Sat: Match | Sun: Recovery



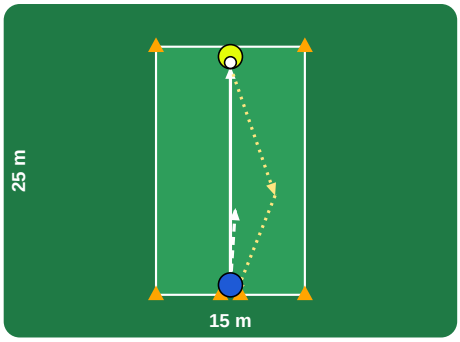
Warm-up | 14 min
Balance & Calf Prep
Single-leg balance, calf raises, ankle hops Players 1+.



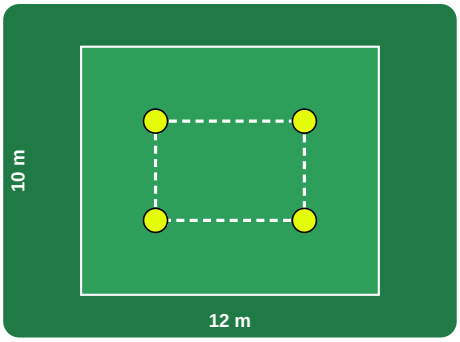
Technical | 18 min
GK Distribution
Roll, throw and kick to targets in cone zones Players 3+.



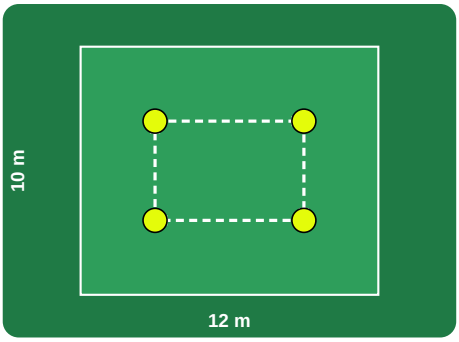
Technical | 18 min
GK Crosses and High Balls
Claim crosses at the highest point, call early Players 3+.



Game | 26 min
2v1 Overload
2 attackers v 1 defender, commit then pass or go Players 3+.



Conditioning | 9 min
Bodyweight Circuit
4 stations x 30s: squat, lunge, plank, glute bridge Players 1+.



Cool-down | 5 min
Jog & Stretch
Easy lap then static stretches 20-30s Players 1+.

Solo homework (linked to this week)

Warm-up 11 min: GK Footwork & Set Position - Shuffle across the goal, set feet on cue
Technical 14 min: GK Wall Reactions - Throw at a wall from 4m, catch the rebound
Cool-down 5 min: Mobility Cool-down - Hips, hamstrings, calves, adductors at 4 cones

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Key: yellow attackers/player, blue defenders, red GK, orange cones, white ball, solid pass/shot, dashed run, dotted dribble.