# U17-U18: 6-week pre-season

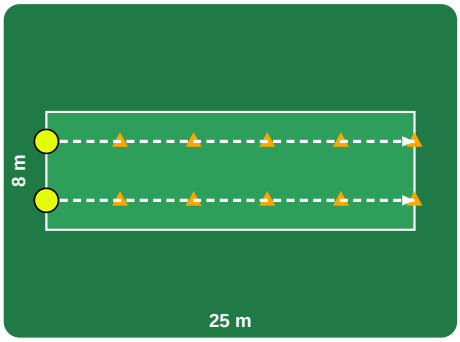
6 weeks. Each week lists the days, a full 90-minute team session built from the We Are Matchday drill library, and solo homework. Adapt numbers and space to your group.

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

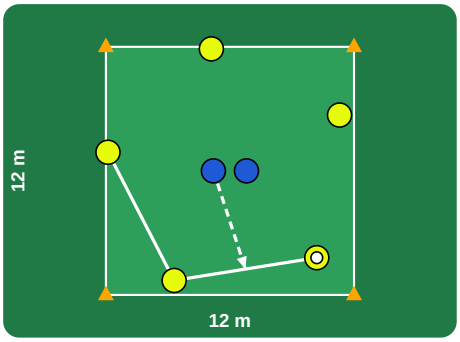
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# Week 1: Fitness focus (90 min team session)

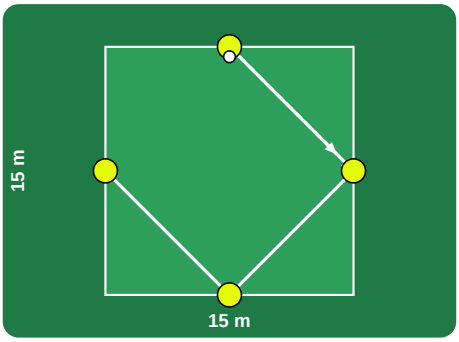
Mon: Team session | Tue: Team session | Wed: Recovery | Thu: Team session | Fri: Team session | Sat: Match | Sun: Rest



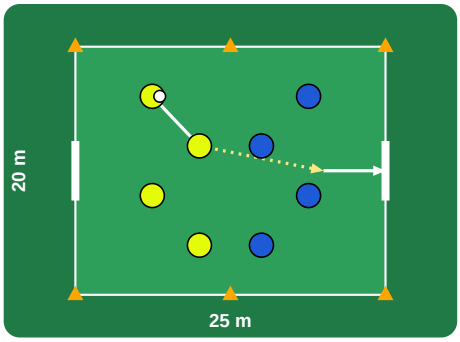

**Warm-up | 14 min**
**FIFA 11+**
Evidence-based injury prevention warm-up, parts 1-3
Players 1+.



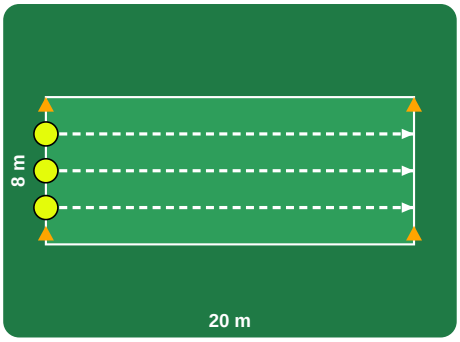

**Technical | 18 min**
**Rondo 5v2**
12x12m positional rondo, 2-touch Players 7+.



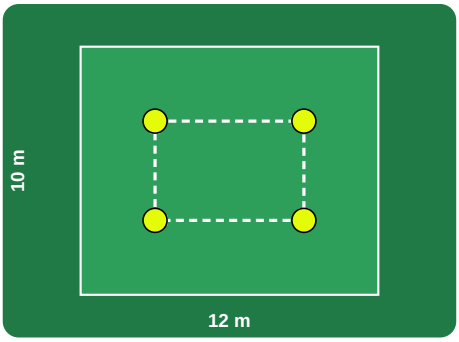

**Technical | 18 min**
**Passing Diamond**
Pass and follow round the diamond, add one-twos
Players 6+.




**Game | 26 min**
**Possession 4v4**
25x20m, 5 passes = 1 point Players 8+.




**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)

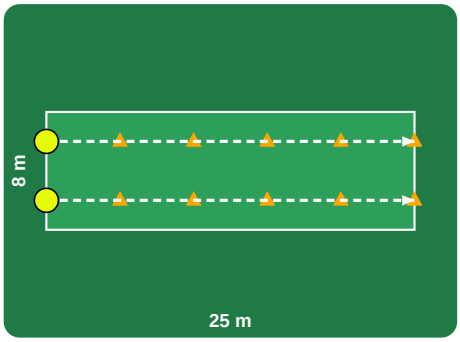
Warm-up 5 min: FIFA 11+ - Evidence-based injury prevention warm-up, parts 1-3
Technical 7 min: Wall Volleys - Volley and half-volley returns from 3m
Technical 7 min: Cone Slalom - Weave 6 cones 1.5m apart, inside and outside of foot
Challenge 6 min: Box Turns - Different turn at each corner: inside, outside, Cruyff, drag-back
Cool-down 5 min: Mobility Cool-down - Hips, hamstrings, calves, adductors at 4 cones

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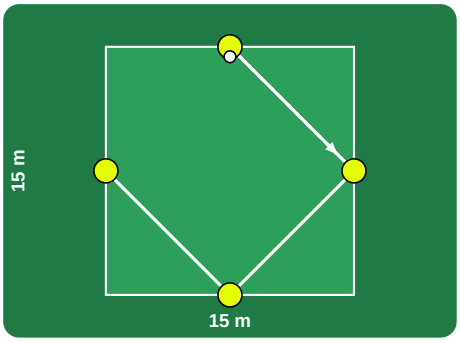
*Key: yellow attackers/player, blue defenders, red GK, orange cones, white ball, solid pass/shot, dashed run, dotted dribble.*

# Week 2: Passing focus (90 min team session)

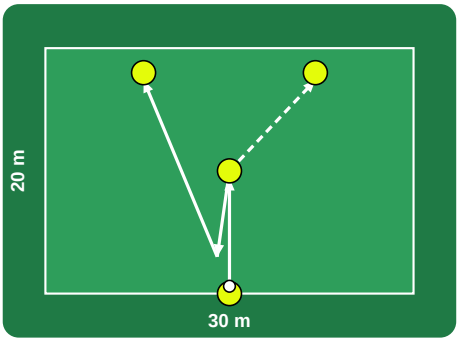
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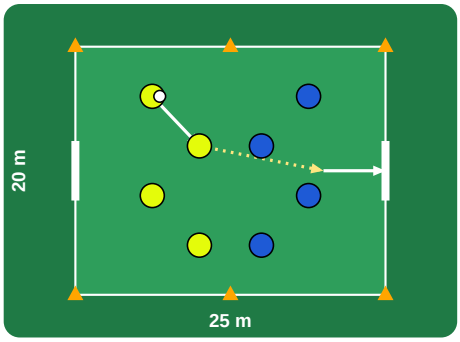

**Warm-up | 14 min**
**FIFA 11+**
Evidence-based injury prevention warm-up, parts 1-3
Players 1+.



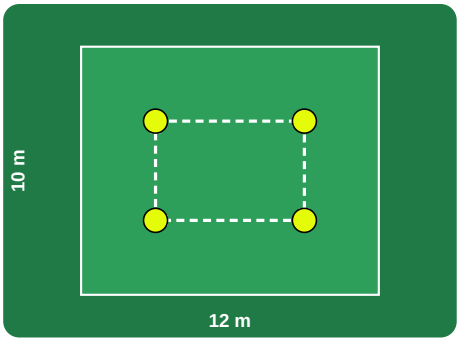

**Technical | 18 min**
**Passing Diamond**
Pass and follow round the diamond, add one-twos
Players 6+.



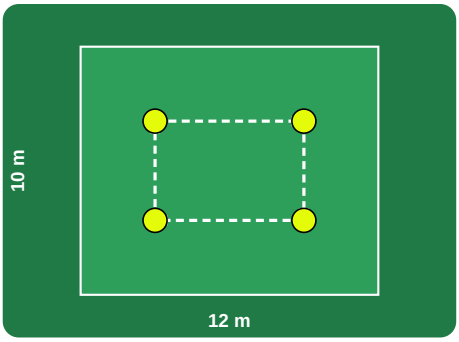

**Technical | 18 min**
**Passing Pattern Y**
Play up, set back, switch out wide; third-man run
Players 4+.




**Game | 26 min**
**Possession 4v4**
25x20m, 5 passes = 1 point
Players 8+.




**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)

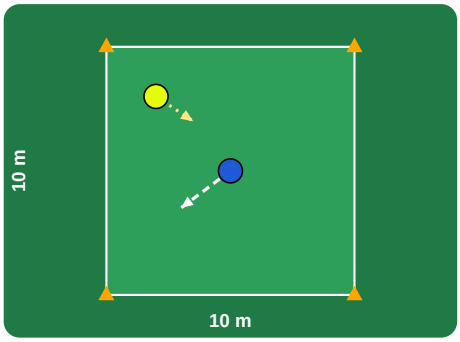
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Technical 7 min: Wall Passing - 1 and 2-touch passes against a wall from 5m, alternate feet
Technical 7 min: Wall Volleys - Volley and half-volley returns from 3m
Challenge 6 min: 1v1 Moves Lane - Step-over, scissor, La Croqueta at each cone then burst
Cool-down 5 min: Mobility Cool-down - Hips, hamstrings, calves, adductors at 4 cones

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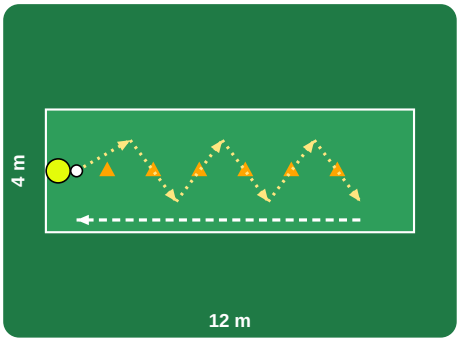
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# Week 3: Dribbling focus (90 min team session)

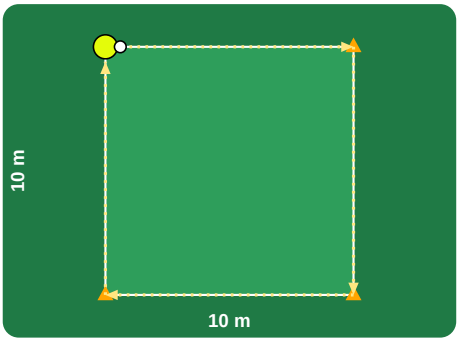
Mon: Team session | Tue: Team session | Wed: Recovery | Thu: Team session | Fri: Team session | Sat: Match | Sun: Rest



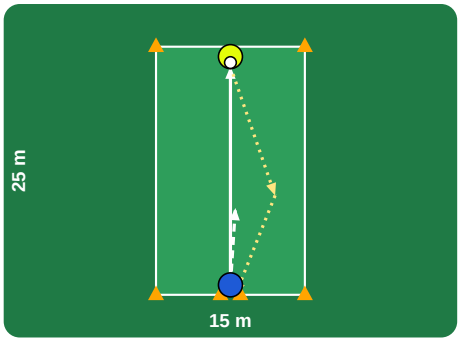

**Warm-up | 14 min**
**Shadow Defending**
Mirror the attacker in a low, side-on stance Players 2+.



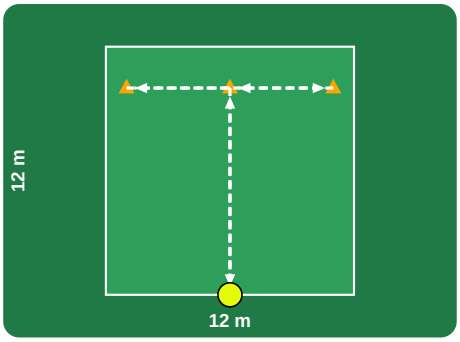

**Technical | 18 min**
**Cone Slalom**
Weave 6 cones 1.5m apart, inside and outside of foot Players 1+.



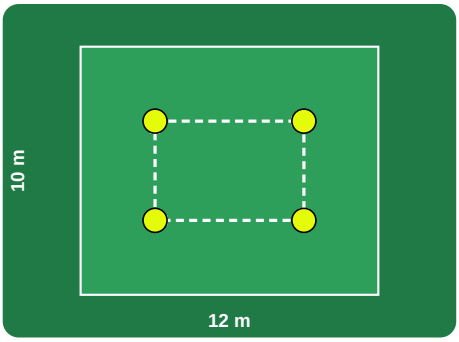

**Technical | 18 min**
**Box Turns**
Different turn at each corner: inside, outside, Cruyff, drag-back Players 1+.




**Game | 26 min**
**2v1 Overload**
2 attackers v 1 defender, commit then pass or go 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)

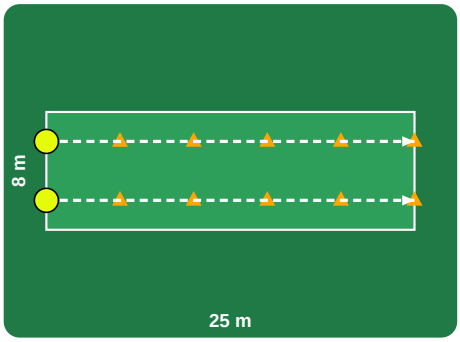
Warm-up 8 min: Jockey Footwork - Backwards and lateral jockey steps through cones
Technical 7 min: Solo Juggling Challenge - Beat your record: feet, thighs, head-free juggling
Technical 10 min: Cone Slalom - Weave 6 cones 1.5m apart, inside and outside of foot
Cool-down 5 min: Mobility Cool-down - Hips, hamstrings, calves, adductors at 4 cones

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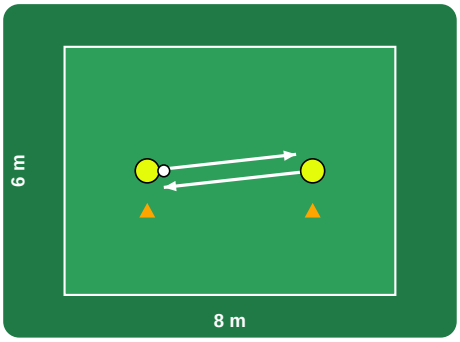
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# Week 4: Shooting focus (90 min team session)

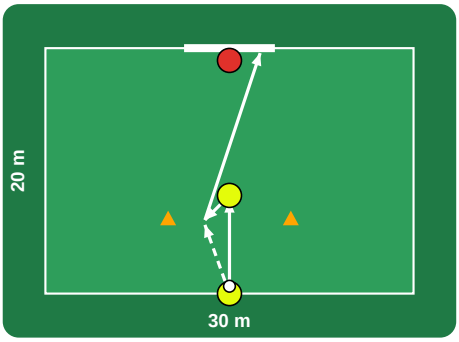
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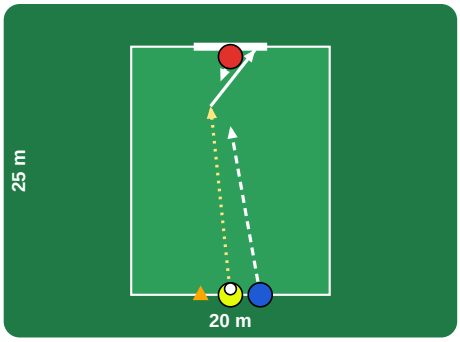

**Warm-up | 14 min**
**FIFA 11+**
Evidence-based injury prevention warm-up, parts 1-3 Players 1+.



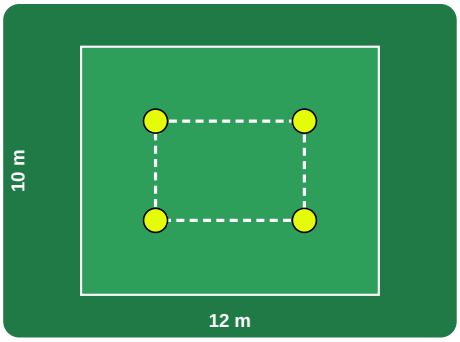

**Technical | 18 min**
**Heading Technique (light ball)**
Unopposed, light ball, self-serve or short throw; respect FA header caps Players 2+.



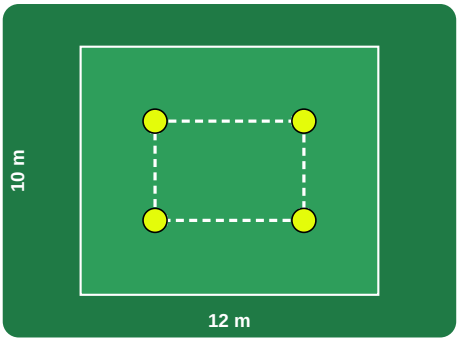

**Technical | 18 min**
**Finishing Rotation**
Pass in, lay-off, finish from 14m; rotate Players 4+.




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




**Conditioning | 9 min**
**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)

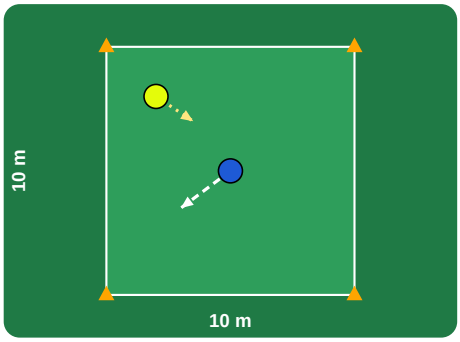
Warm-up 5 min: GK Footwork & Set Position - Shuffle across the goal, set feet on cue
Technical 7 min: Volley Finishing - Partner serves, volley at goal; solo self-feed
Technical 7 min: Wall Strike Accuracy - Strike at taped targets on a wall from 10m
Challenge 6 min: Finishing Reps - 30 shots at corner targets from 12m and angles
Cool-down 5 min: Mobility Cool-down - Hips, hamstrings, calves, adductors at 4 cones

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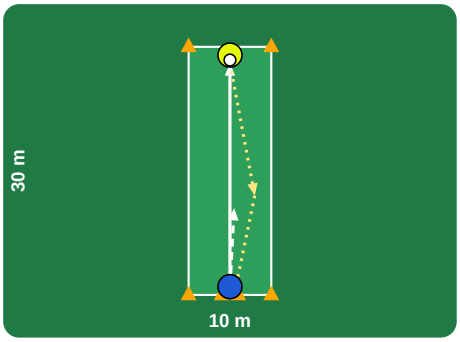
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# Week 5: Defending focus (90 min team session)

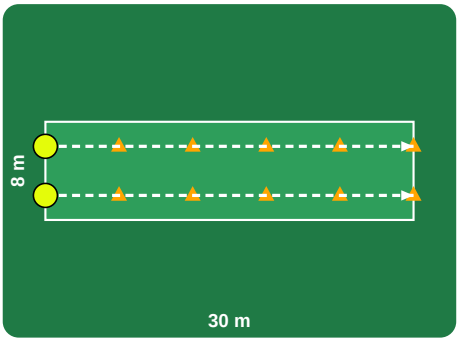
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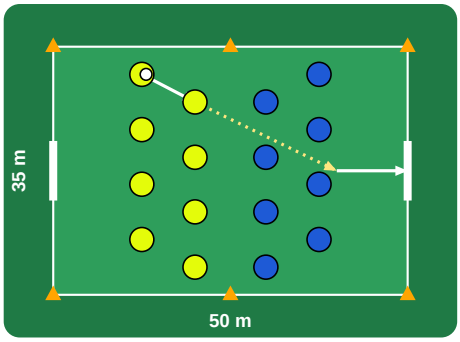

**Warm-up | 14 min**
**Shadow Defending**
Mirror the attacker in a low, side-on stance Players 2+.



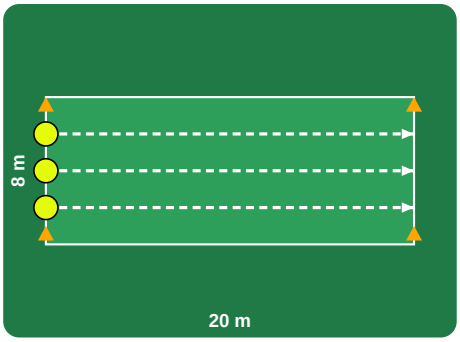

**Technical | 18 min**
**Recovery Runs**
Defender starts behind; recover goal-side then engage Players 2+.



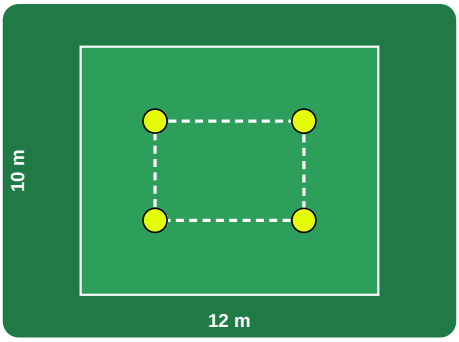

**Technical | 18 min**
**Back Four Shuffle**
Line of 4 shifts and drops as the ball moves Players 4+.




**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)

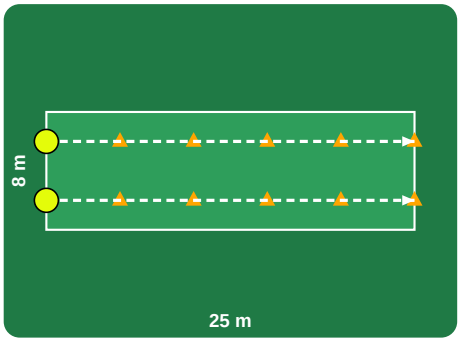
Warm-up 5 min: Jockey Footwork - Backwards and lateral jockey steps through cones
Technical 7 min: Solo Juggling Challenge - Beat your record: feet, thighs, head-free juggling
Technical 7 min: Finishing Reps - 30 shots at corner targets from 12m and angles
Challenge 6 min: Volley Finishing - Partner 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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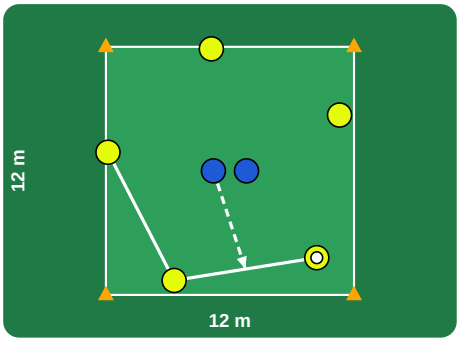
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# Week 6: Passing focus (90 min team session)

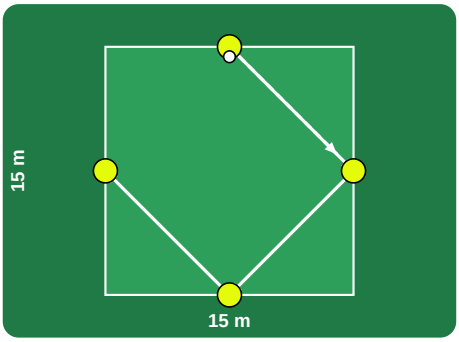
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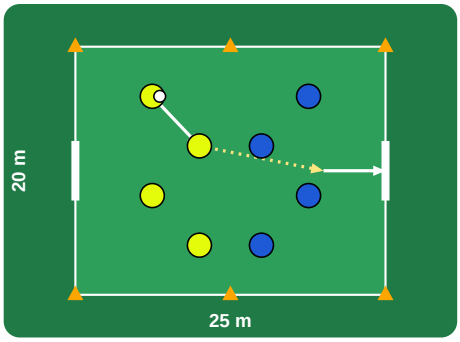

**Warm-up | 14 min**
**FIFA 11+**
Evidence-based injury prevention warm-up, parts 1-3
Players 1+.



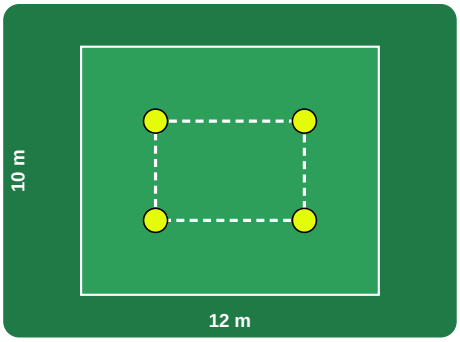

**Technical | 18 min**
**Rondo 5v2**
12x12m positional rondo, 2-touch
Players 7+.



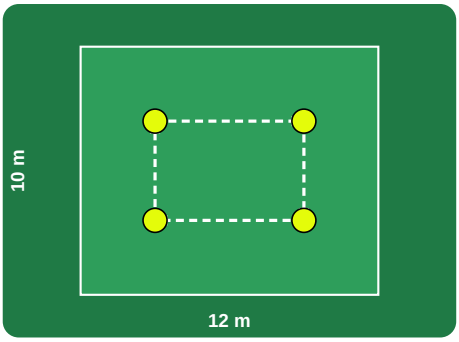

**Technical | 18 min**
**Passing Diamond**
Pass and follow round the diamond, add one-twos
Players 6+.




**Game | 26 min**
**Possession 4v4**
25x20m, 5 passes = 1 point
Players 8+.




**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: Jockey Footwork - Backwards and lateral jockey steps through cones
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: 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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# U17-U18: 6-week in-season

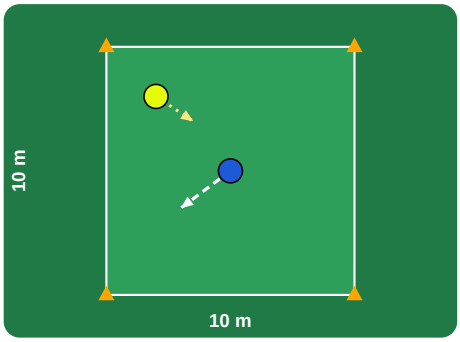
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| 3 | Shooting | Mon: Team session \| Tue: Team session \| Wed: Recovery \| Thu: Team session \| Fri: Team session \| Sat: Match \| Sun: Res |
| 4 | Defending | Mon: Team session \| Tue: Team session \| Wed: Recovery \| Thu: Team session \| Fri: Team session \| Sat: Match \| Sun: Res |
| 5 | Passing | Mon: Team session \| Tue: Team session \| Wed: Recovery \| Thu: Team session \| Fri: Team session \| Sat: Match \| Sun: Rest |
| 6 | Shooting | Mon: Team session \| Tue: Team session \| Wed: Recovery \| Thu: Team session \| Fri: Team session \| Sat: Match \| Sun: Res |

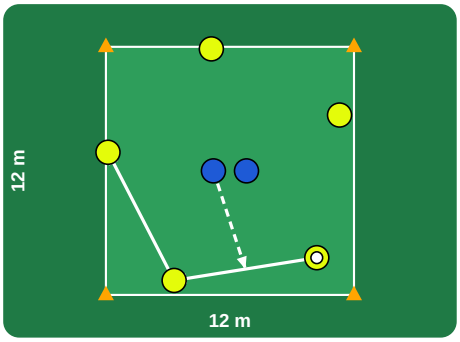
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# Week 1: Passing focus (90 min team session)

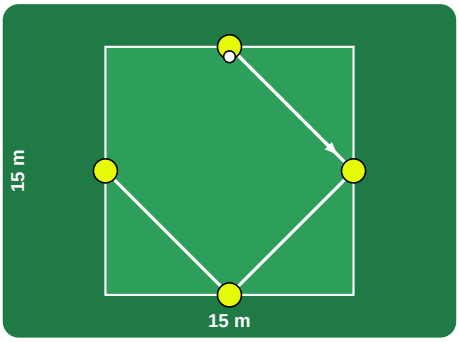
Mon: Team session | Tue: Team session | Wed: Recovery | Thu: Team session | Fri: Team session | Sat: Match | Sun: Rest



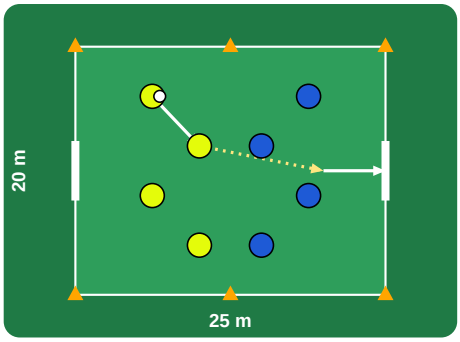

**Warm-up | 14 min**
**Shadow Defending**
Mirror the attacker in a low, side-on stance Players 2+.



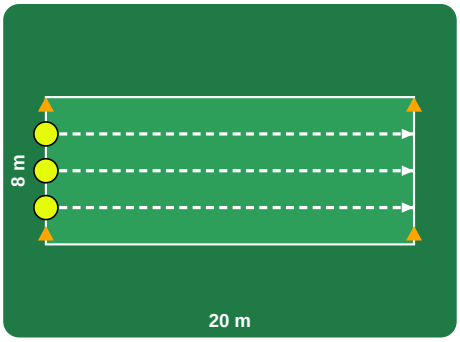

**Technical | 18 min**
**Rondo 5v2**
12x12m positional rondo, 2-touch Players 7+.



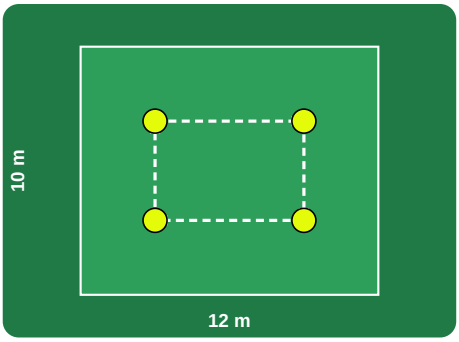

**Technical | 18 min**
**Passing Diamond**
Pass and follow round the diamond, add one-twos Players 6+.




**Game | 26 min**
**Possession 4v4**
25x20m, 5 passes = 1 point Players 8+.




**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)

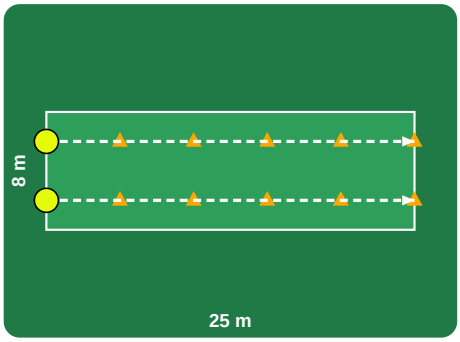
Warm-up 5 min: GK Footwork & Set Position - Shuffle across the goal, set feet on cue
Technical 7 min: Wall Volleys - Volley and half-volley returns from 3m
Technical 7 min: Wall Passing - 1 and 2-touch passes against a wall from 5m, alternate feet
Challenge 6 min: Box Turns - Different turn at each corner: inside, outside, Cruyff, drag-back
Cool-down 5 min: Mobility Cool-down - Hips, hamstrings, calves, adductors at 4 cones

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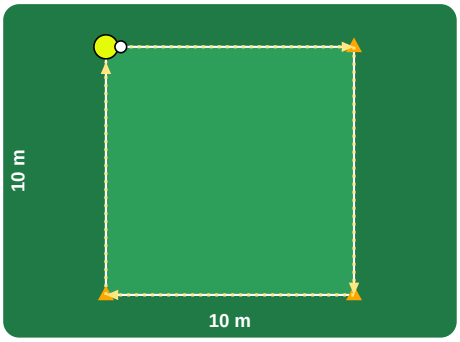
*Key: yellow attackers/player, blue defenders, red GK, orange cones, white ball, solid pass/shot, dashed run, dotted dribble*

# Week 2: Dribbling focus (90 min team session)

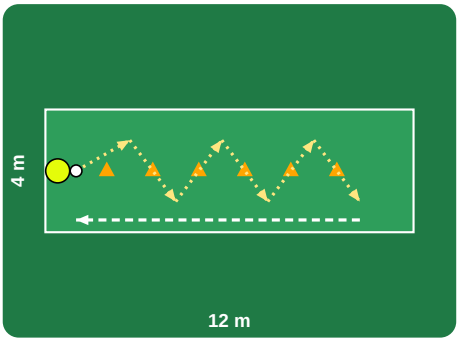
Mon: Team session | Tue: Team session | Wed: Recovery | Thu: Team session | Fri: Team session | Sat: Match | Sun: Rest



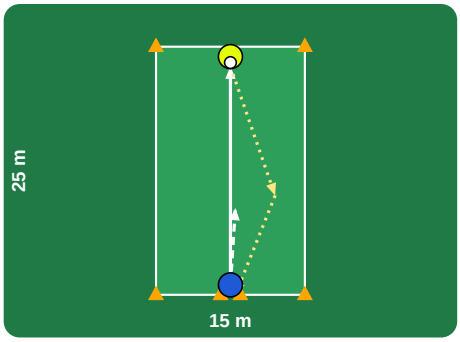

**Warm-up | 14 min**
**FIFA 11+**
Evidence-based injury prevention warm-up, parts 1-3
Players 1+.



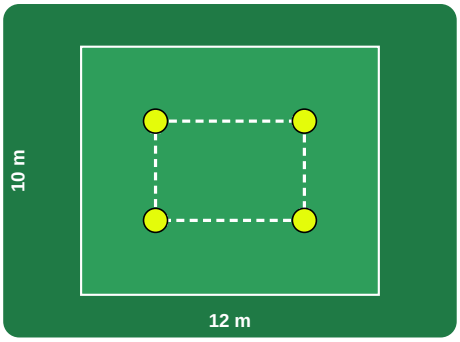

**Technical | 18 min**
**Box Turns**
Different turn at each corner: inside, outside, Cruyff, drag-back
Players 1+.



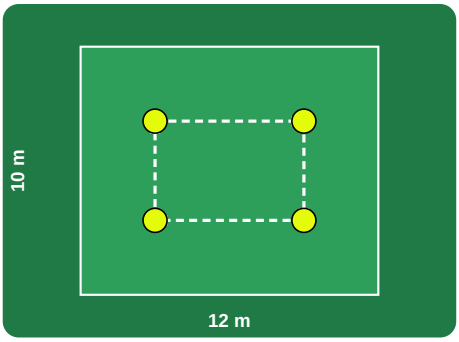

**Technical | 18 min**
**Cone Slalom**
Weave 6 cones 1.5m apart, inside and outside of foot
Players 1+.




**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)

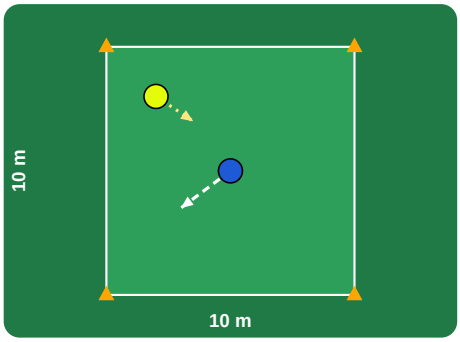
Warm-up 8 min: FIFA 11+ - Evidence-based injury prevention warm-up, parts 1-3
Technical 7 min: 1v1 Moves Lane - Step-over, scissor, La Croqueta at each cone then burst
Technical 10 min: Solo Juggling Challenge - Beat your record: feet, thighs, head-free juggling
Cool-down 5 min: Mobility Cool-down - Hips, hamstrings, calves, adductors at 4 cones

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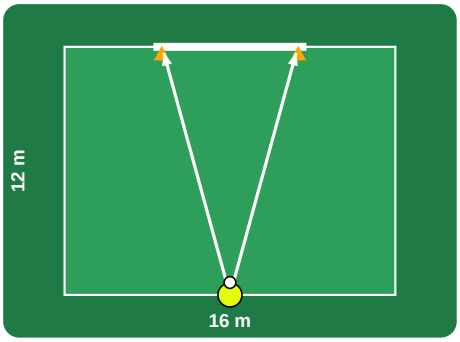
*Key: yellow attackers/player, blue defenders, red GK, orange cones, white ball, solid pass/shot, dashed run, dotted dribble.*

# Week 3: Shooting focus (90 min team session)

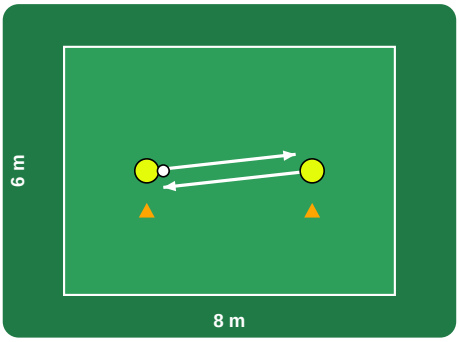
Mon: Team session | Tue: Team session | Wed: Recovery | Thu: Team session | Fri: Team session | Sat: Match | Sun: Rest



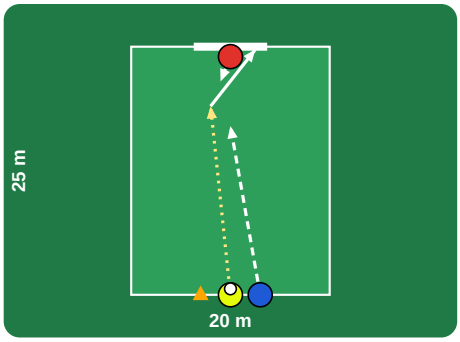

**Warm-up | 14 min**
**Shadow Defending**
Mirror the attacker in a low, side-on stance Players 2+.



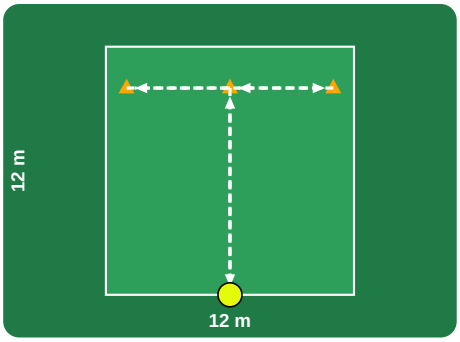

**Technical | 18 min**
**Volley Finishing**
Partner serves, volley at goal; solo self-feed Players 2+.



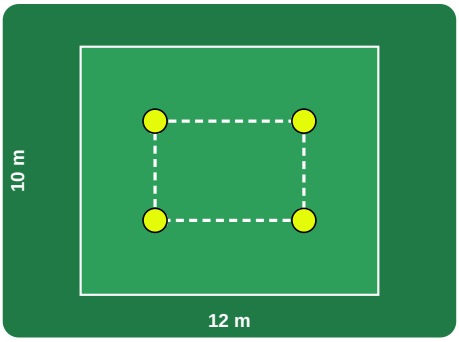

**Technical | 18 min**
**Heading Technique (light ball)**
Unopposed, light ball, self-serve or short throw; respect FA header caps Players 2+.




**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)

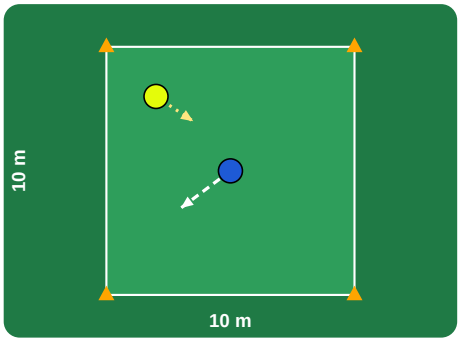
Warm-up 5 min: Jockey Footwork - Backwards and lateral jockey steps through cones
Technical 7 min: Finishing Reps - 30 shots at corner targets from 12m and angles
Technical 7 min: Volley Finishing - Partner serves, volley at goal; solo self-feed
Challenge 6 min: Solo Juggling Challenge - Beat your record: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

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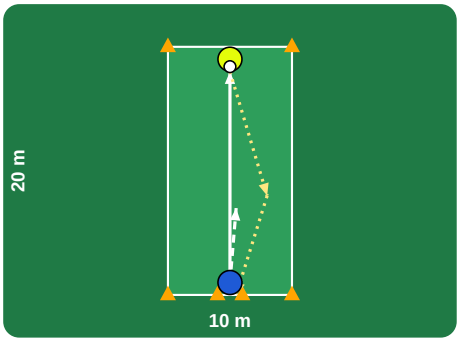
*Key: yellow attackers/player, blue defenders, red GK, orange cones, white ball, solid pass/shot, dashed run, dotted dribble.*

# Week 4: Defending focus (90 min team session)

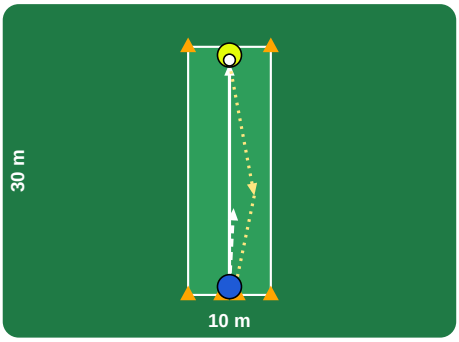
Mon: Team session | Tue: Team session | Wed: Recovery | Thu: Team session | Fri: Team session | Sat: Match | Sun: Rest



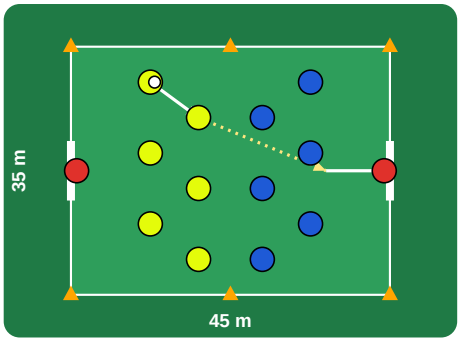

**Warm-up | 14 min**
**Shadow Defending**
Mirror the attacker in a low, side-on stance Players 2+.



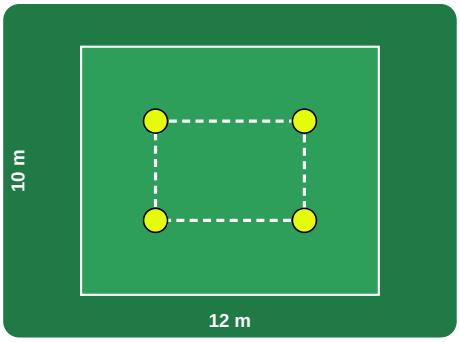

**Technical | 18 min**
**1v1 Defending Channel**
Pass in, close down, jockey, show outside, tackle Players 2+.



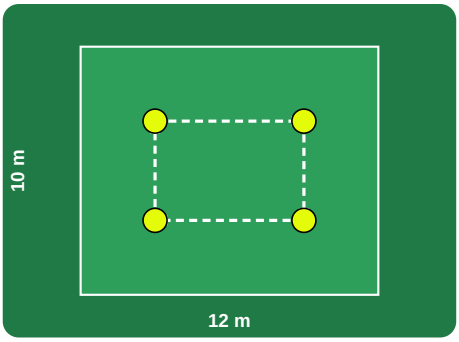

**Technical | 18 min**
**Recovery Runs**
Defender starts behind; recover goal-side then engage Players 2+.




**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)

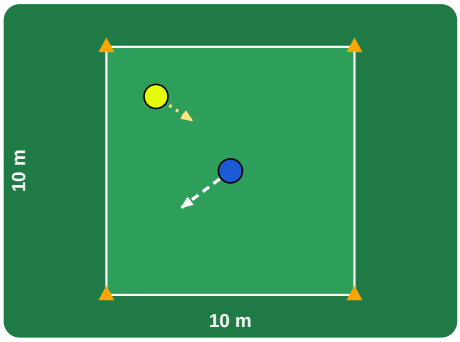
Warm-up 5 min: Jockey Footwork - Backwards and lateral jockey steps through cones
Technical 7 min: 1v1 Moves Lane - Step-over, scissor, La Croqueta at each cone then burst
Technical 7 min: Solo Juggling Challenge - Beat your record: feet, thighs, head-free juggling
Challenge 6 min: Finishing Reps - 30 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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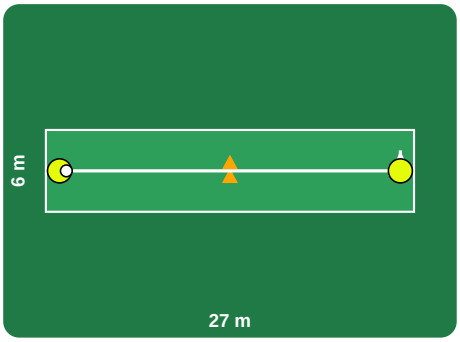
*Key: yellow attackers/player, blue defenders, red GK, orange cones, white ball, solid pass/shot, dashed run, dotted dribble.*

# Week 5: Passing focus (90 min team session)

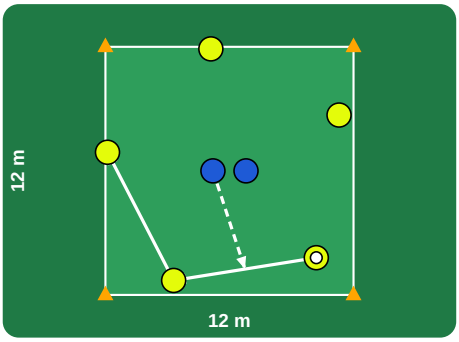
Mon: Team session | Tue: Team session | Wed: Recovery | Thu: Team session | Fri: Team session | Sat: Match | Sun: Rest



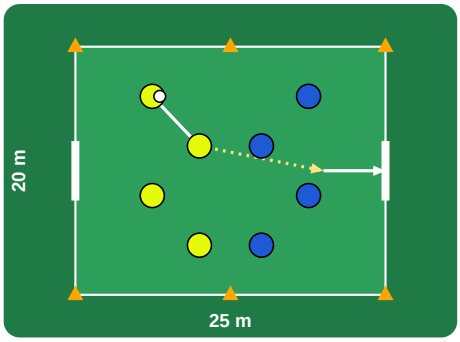

**Warm-up | 14 min**
**Shadow Defending**
Mirror the attacker in a low, side-on stance Players 2+.



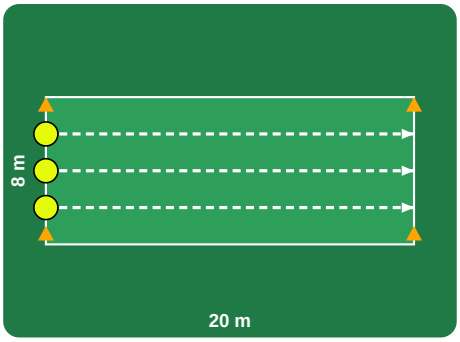

**Technical | 18 min**
**Long Pass Switch**
Driven passes 25m between partners, both feet Players 2+.



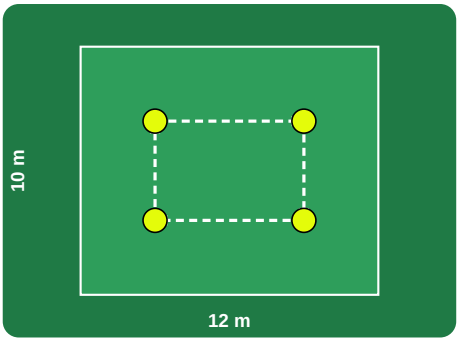

**Technical | 18 min**
**Rondo 5v2**
12x12m positional rondo, 2-touch Players 7+.




**Game | 26 min**
**Possession 4v4**
25x20m, 5 passes = 1 point Players 8+.




**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)

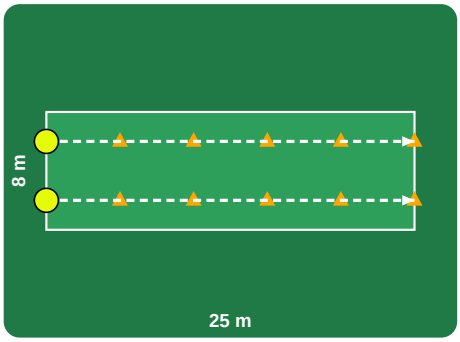
Warm-up 5 min: FIFA 11+ - Evidence-based injury prevention warm-up, parts 1-3
Technical 7 min: Wall Volleys - Volley and half-volley returns from 3m
Technical 7 min: Wall Passing - 1 and 2-touch passes against a wall from 5m, alternate feet
Challenge 6 min: Volley Finishing - Partner serves, volley at goal; solo self-feed
Cool-down 5 min: Mobility Cool-down - Hips, hamstrings, calves, adductors at 4 cones

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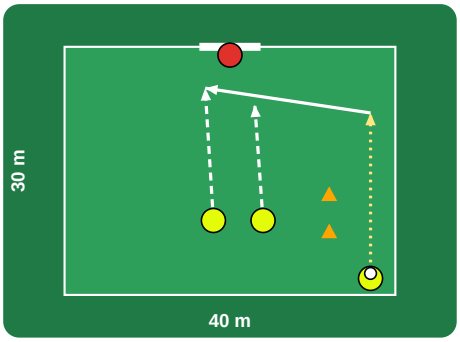
*Key: yellow attackers/player, blue defenders, red GK, orange cones, white ball, solid pass/shot, dashed run, dotted dribble.*

# Week 6: Shooting focus (90 min team session)

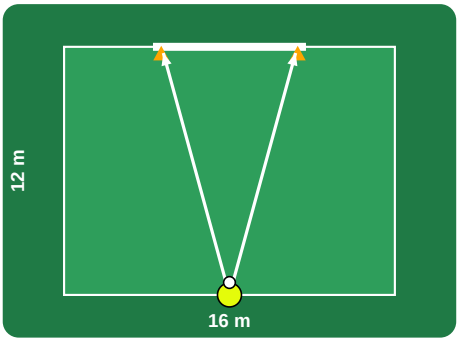
Mon: Team session | Tue: Team session | Wed: Recovery | Thu: Team session | Fri: Team session | Sat: Match | Sun: Rest



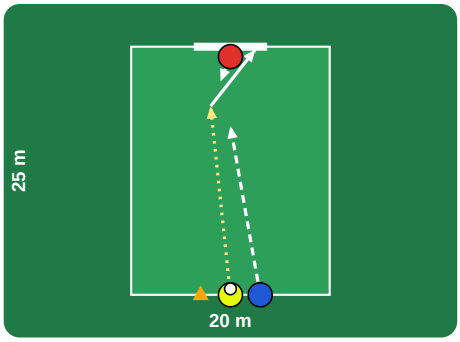

**Warm-up | 14 min**
**FIFA 11+**
Evidence-based injury prevention warm-up, parts 1-3 Players 1+.



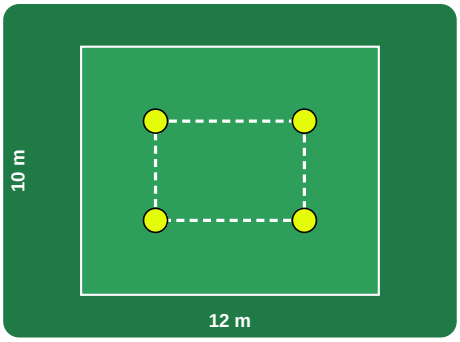

**Technical | 18 min**
**Crossing & Finishing**
Wide player crosses; two strikers attack near and far post Players 5+.



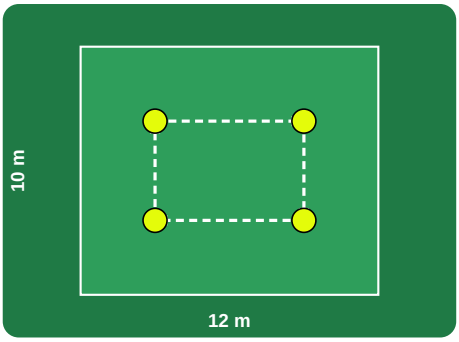

**Technical | 18 min**
**Volley Finishing**
Partner serves, volley at goal; solo self-feed Players 2+.




**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: 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.*

# U17-U18: 4-week off-season (solo)

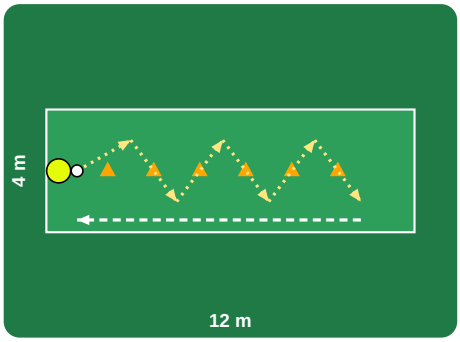
4 weeks. Each week lists the days, a full 30-minute solo session built from the We Are Matchday drill library, and solo homework. Adapt numbers and space to your group.

| 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 |

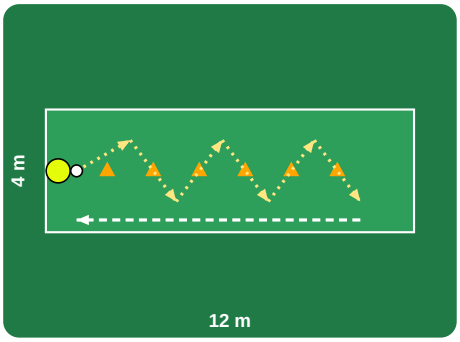
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# Week 1: Dribbling focus (30 min solo session)

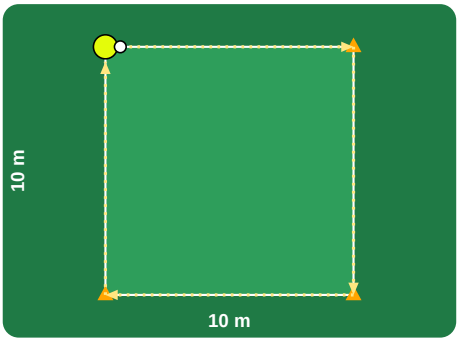
Mon: Solo session | Tue: Rest | Wed: Solo session | Thu: Rest | Fri: Solo session | Sat: Rest | Sun: Rest



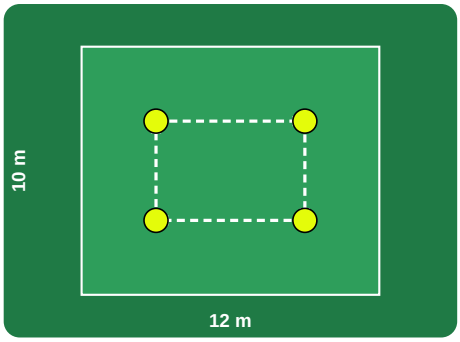

**Warm-up | 8 min**
**Jockey Footwork**
Backwards and lateral jockey steps through cones




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




**Technical | 10 min**
**Box Turns**
Different turn at each corner: inside, outside, Cruyff, drag-back



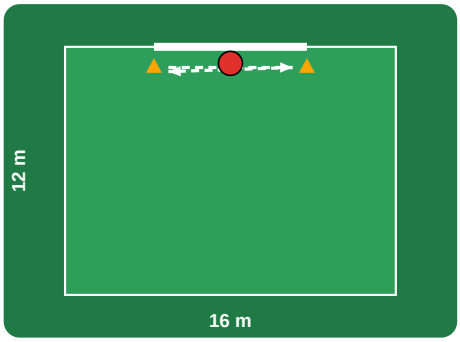

**Cool-down | 5 min**
**Mobility Cool-down**
Hips, hamstrings, calves, adductors at 4 cones

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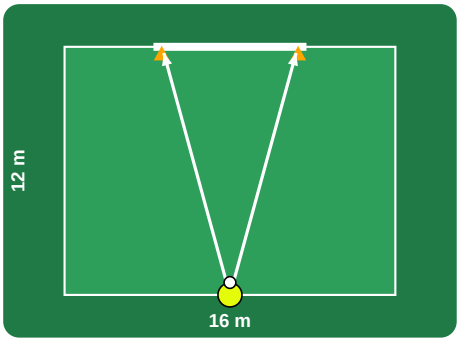
*Key: yellow attackers/player, blue defenders, red GK, orange cones, white ball, solid pass/shot, dashed run, dotted dribble*

# Week 2: Shooting focus (30 min solo session)

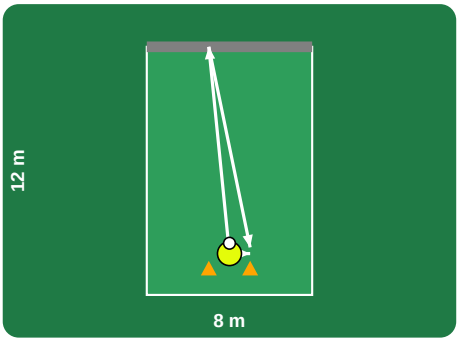
Mon: Solo session | Tue: Rest | Wed: Solo session | Thu: Rest | Fri: Solo session | Sat: Rest | Sun: Rest



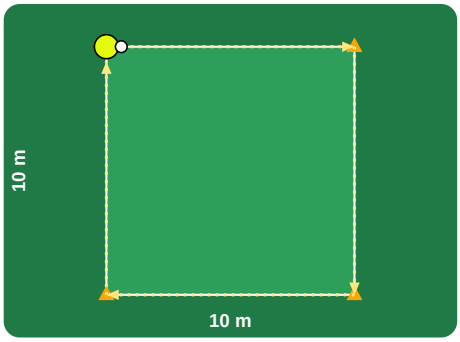

**Warm-up | 5 min**
**GK Footwork & Set Position**
Shuffle across the goal, set feet on cue



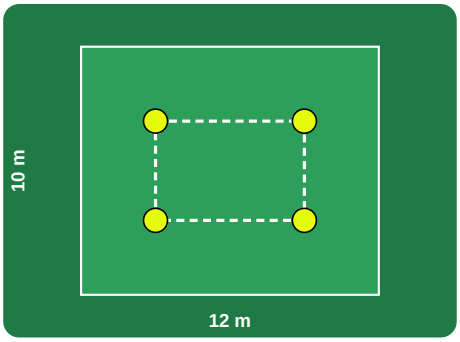

**Technical | 7 min**
**Volley Finishing**
Partner serves, volley at goal; solo self-feed




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




**Challenge | 6 min**
**Box Turns**
Different turn at each corner: inside, outside, Cruyff, drag-back



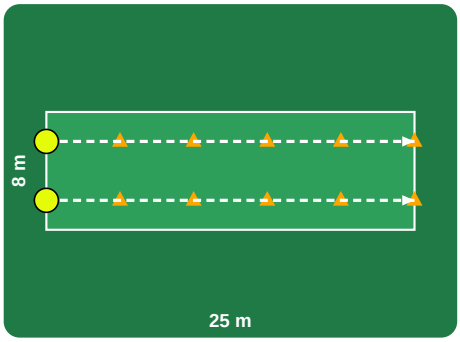

**Cool-down | 5 min**
**Mobility Cool-down**
Hips, hamstrings, calves, adductors at 4 cones

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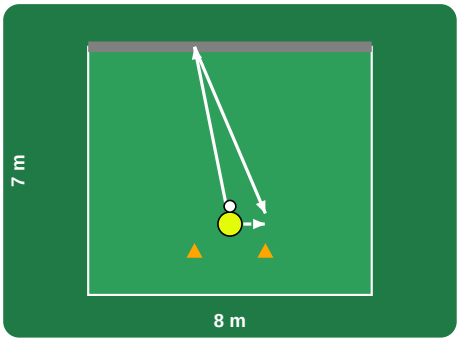
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# Week 3: Passing focus (30 min solo session)

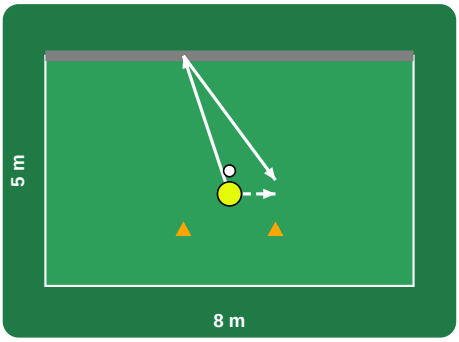
Mon: Solo session | Tue: Rest | Wed: Solo session | Thu: Rest | Fri: Solo session | Sat: Rest | Sun: Rest



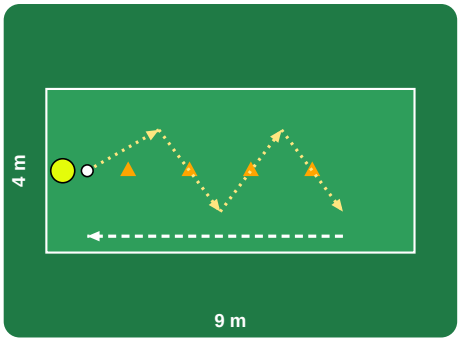

**Warm-up | 5 min**
**FIFA 11+**
Evidence-based injury prevention warm-up, parts 1-3



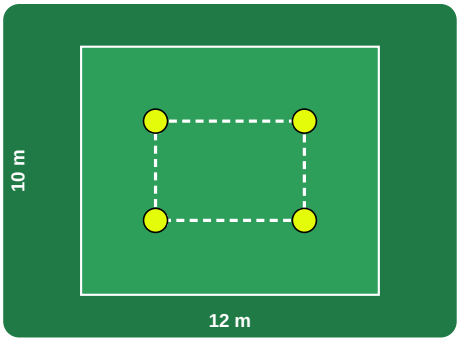

**Technical | 7 min**
**Wall Passing**
1 and 2-touch passes against a wall from 5m, alternate feet




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




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



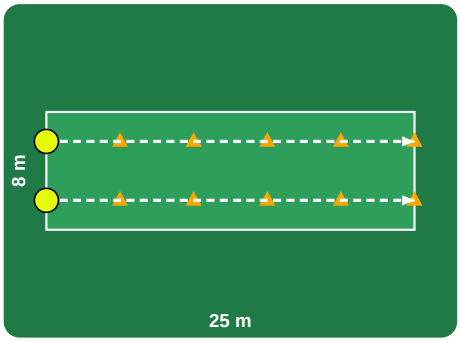

**Cool-down | 5 min**
**Mobility Cool-down**
Hips, hamstrings, calves, adductors at 4 cones

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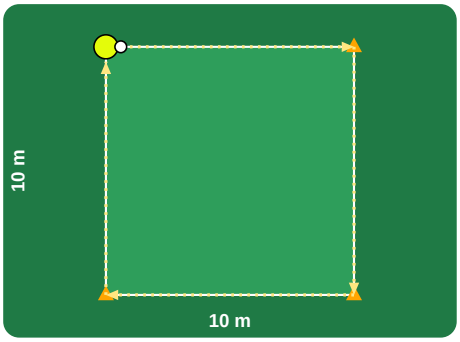
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# Week 4: Fitness focus (30 min solo session)

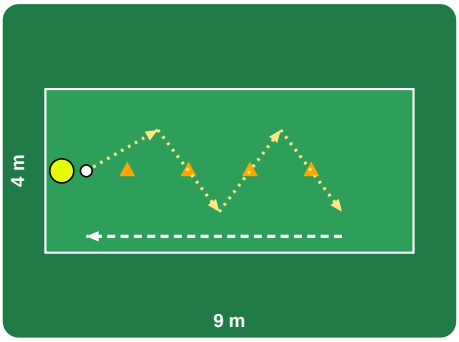
Mon: Solo session | Tue: Rest | Wed: Solo session | Thu: Rest | Fri: Solo session | Sat: Rest | Sun: Rest



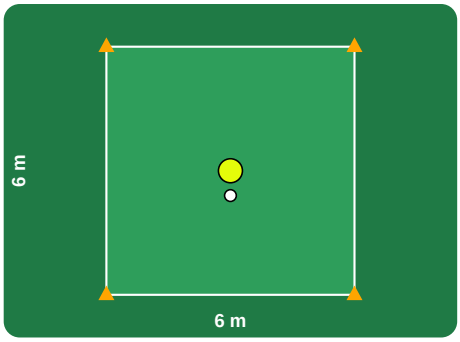

**Warm-up | 5 min**
**FIFA 11+**
Evidence-based injury prevention warm-up, parts 1-3



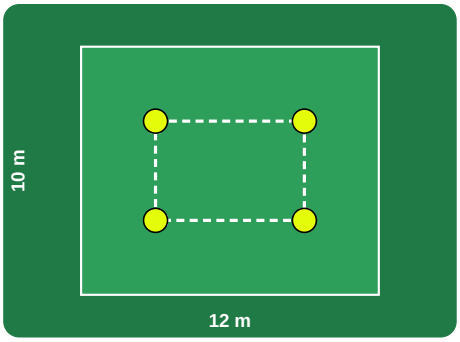

**Technical | 7 min**
**Box Turns**
Different turn at each corner: inside, outside, Cruyff, drag-back




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




**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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# U17-U18: 6-week goalkeeper

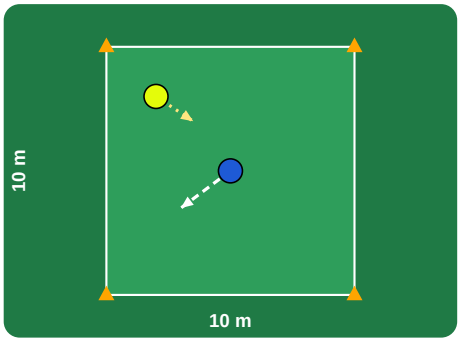
6 weeks. Each week lists the days, a full 90-minute team session built from the We Are Matchday drill library, and solo homework. Adapt numbers and space to your group.

| Week | Focus | Week plan |
|---|---|---|
| 1 | Goalkeeping | Mon: Team session \| Tue: Team session \| Wed: Recovery \| Thu: Team session \| Fri: Team session \| Sat: Match \| Sun: Re |
| 2 | Goalkeeping | Mon: Team session \| Tue: Team session \| Wed: Recovery \| Thu: Team session \| Fri: Team session \| Sat: Match \| Sun: Re |
| 3 | Goalkeeping | Mon: Team session \| Tue: Team session \| Wed: Recovery \| Thu: Team session \| Fri: Team session \| Sat: Match \| Sun: Re |
| 4 | Goalkeeping | Mon: Team session \| Tue: Team session \| Wed: Recovery \| Thu: Team session \| Fri: Team session \| Sat: Match \| Sun: Re |
| 5 | Goalkeeping | Mon: Team session \| Tue: Team session \| Wed: Recovery \| Thu: Team session \| Fri: Team session \| Sat: Match \| Sun: Re |
| 6 | Goalkeeping | Mon: Team session \| Tue: Team session \| Wed: Recovery \| Thu: Team session \| Fri: Team session \| Sat: Match \| Sun: Re |

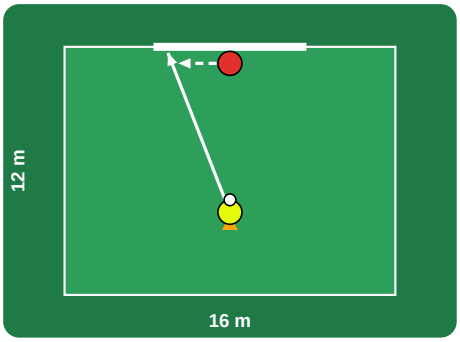
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# Week 1: Goalkeeping focus (90 min team session)

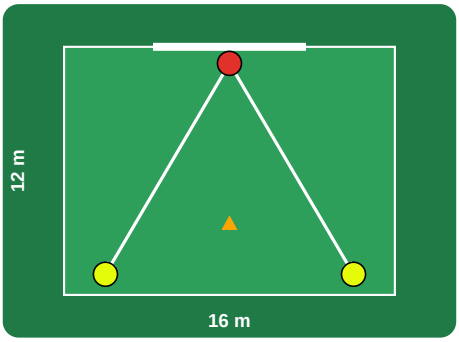
Mon: Team session | Tue: Team session | Wed: Recovery | Thu: Team session | Fri: Team session | Sat: Match | Sun: Rest



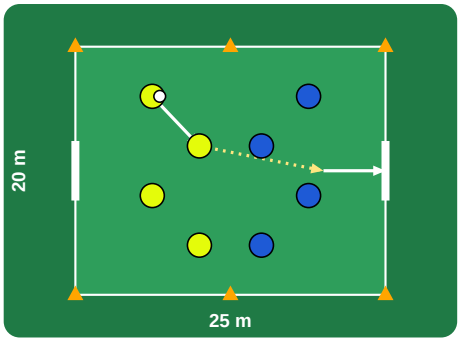

**Warm-up | 14 min**
**Shadow Defending**
Mirror the attacker in a low, side-on stance Players 2+.



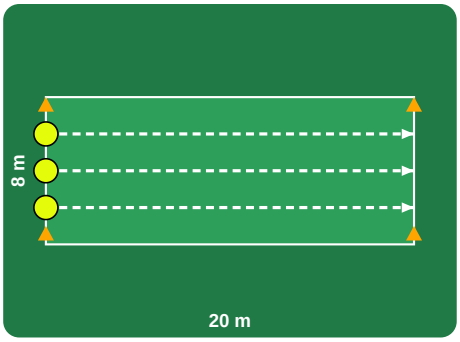

**Technical | 18 min**
**GK Shot Stopping**
Set on the shot, dive, recover to the next Players 2+.



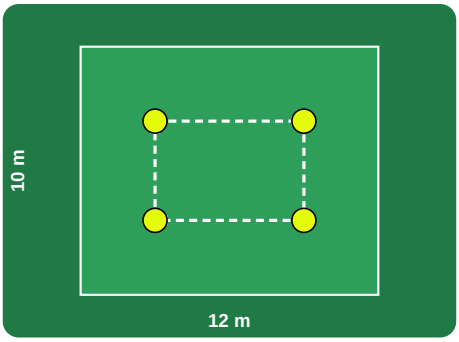

**Technical | 18 min**
**GK Distribution**
Roll, throw and kick to targets in cone zones Players 3+.




**Game | 26 min**
**Possession 4v4**
25x20m, 5 passes = 1 point Players 8+.




**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)

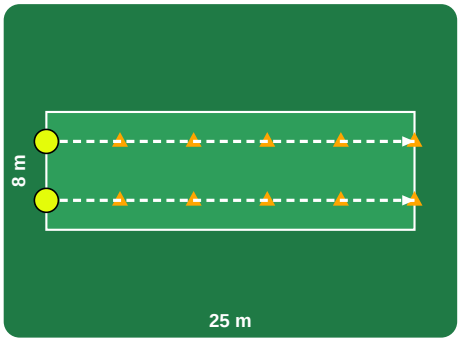
Warm-up 6 min: GK Footwork & Set Position - Shuffle across the goal, set feet on cue
Technical 9 min: GK Wall Reactions - Throw at a wall from 4m, catch the rebound
Challenge 10 min: Box Turns - Different turn at each corner: inside, outside, Cruyff, drag-back
Cool-down 5 min: Mobility Cool-down - Hips, hamstrings, calves, adductors at 4 cones

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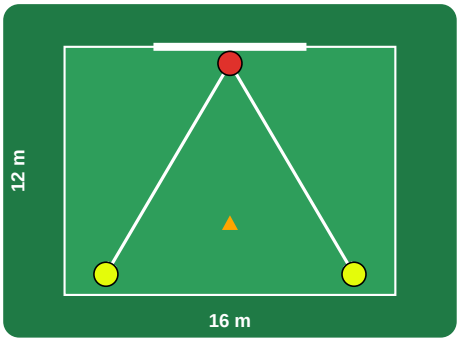
*Key: yellow attackers/player, blue defenders, red GK, orange cones, white ball, solid pass/shot, dashed run, dotted dribble.*

# Week 2: Goalkeeping focus (90 min team session)

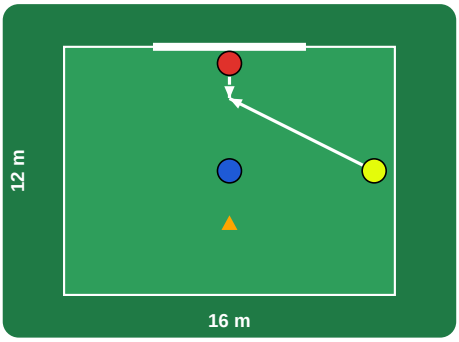
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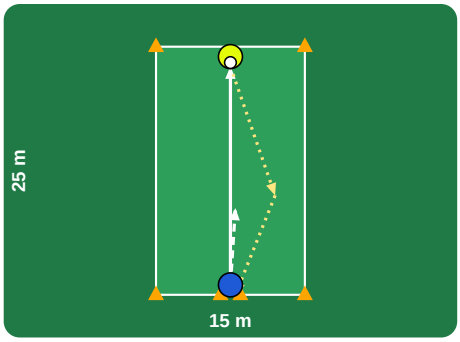

**Warm-up | 14 min**
**FIFA 11+**
Evidence-based injury prevention warm-up, parts 1-3
Players 1+.



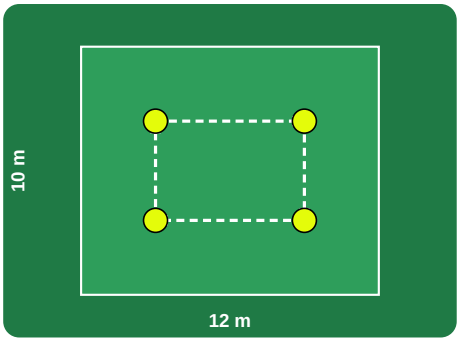

**Technical | 18 min**
**GK Distribution**
Roll, throw and kick to targets in cone zones Players 3+.



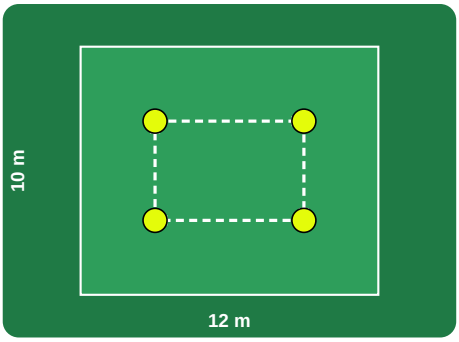

**Technical | 18 min**
**GK Crosses and High Balls**
Claim crosses at the highest point, call early Players 3+.




**Game | 26 min**
**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)

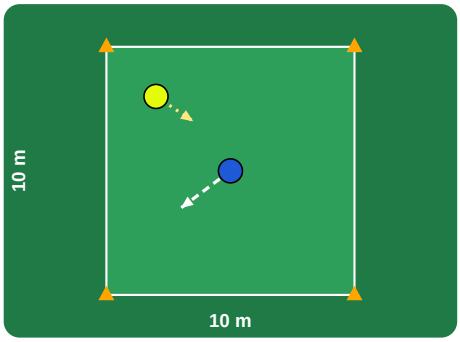
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Technical 9 min: GK Wall Reactions - Throw at a wall from 4m, catch the rebound
Challenge 10 min: 1v1 Moves Lane - Step-over, scissor, La Croqueta at each cone then burst
Cool-down 5 min: Mobility Cool-down - Hips, hamstrings, calves, adductors at 4 cones

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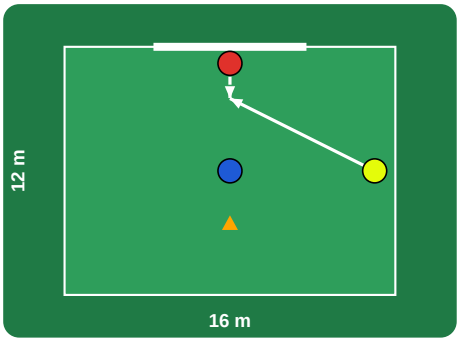
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# Week 3: Goalkeeping focus (90 min team session)

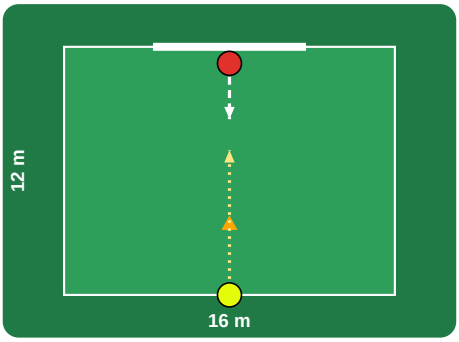
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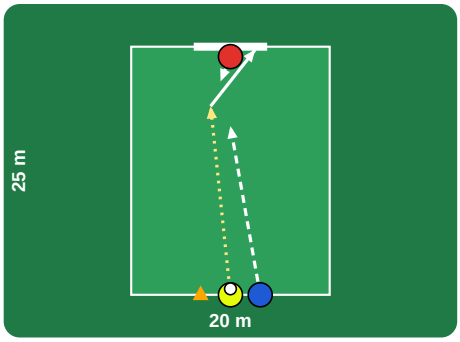

**Warm-up | 14 min**
**Shadow Defending**
Mirror the attacker in a low, side-on stance Players 2+.



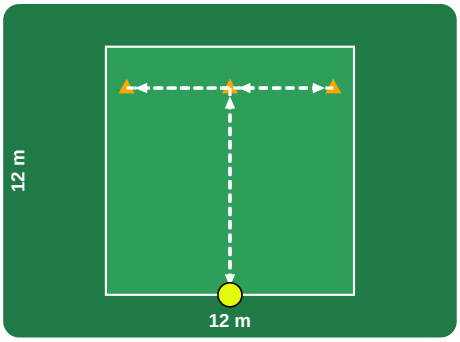

**Technical | 18 min**
**GK Crosses and High Balls**
Claim crosses at the highest point, call early Players 3+.



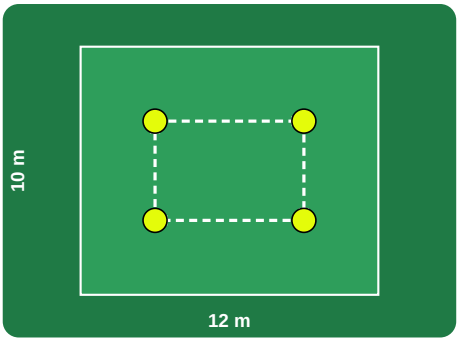

**Technical | 18 min**
**GK 1v1 Breakaways**
Narrow the angle, stay big, spread late Players 2+.




**Game | 26 min**
**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)

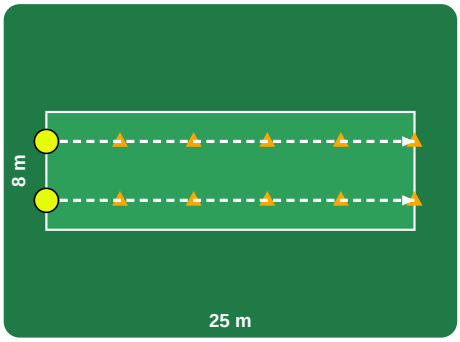
Warm-up 6 min: GK Footwork & Set Position - Shuffle across the goal, set feet on cue
Technical 9 min: GK Wall Reactions - Throw at a wall from 4m, catch the rebound
Challenge 10 min: Solo Juggling Challenge - Beat your record: feet, thighs, head-free juggling
Cool-down 5 min: Mobility Cool-down - Hips,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

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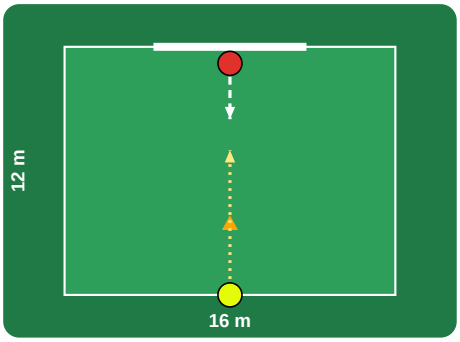
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# Week 4: Goalkeeping focus (90 min team session)

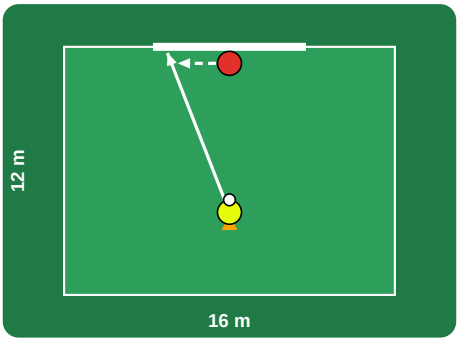
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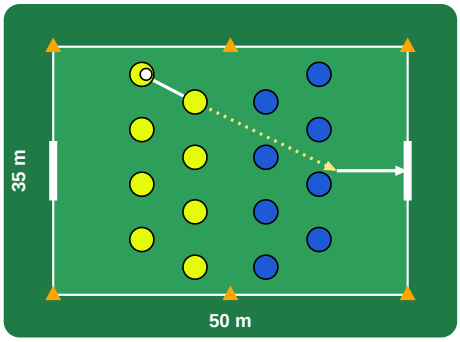

**Warm-up | 14 min**
**FIFA 11+**
Evidence-based injury prevention warm-up, parts 1-3 Players 1+.



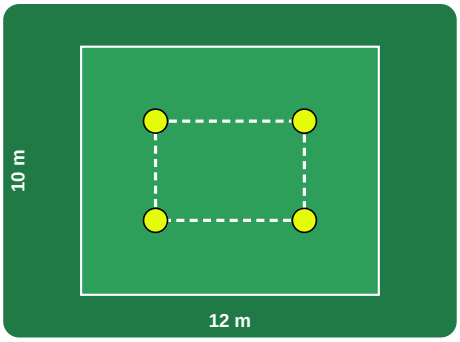

**Technical | 18 min**
**GK 1v1 Breakaways**
Narrow the angle, stay big, spread late Players 2+.



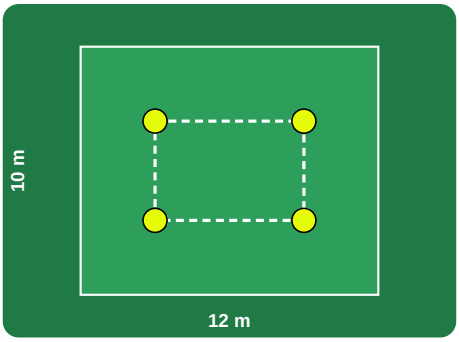

**Technical | 18 min**
**GK Shot Stopping**
Set on the shot, dive, recover to the next Players 2+.




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




**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)

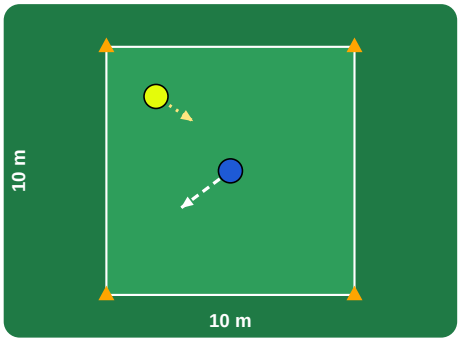
Warm-up 6 min: GK Footwork & Set Position - Shuffle across the goal, set feet on cue
Technical 9 min: GK Wall Reactions - Throw at a wall from 4m, catch the rebound
Challenge 10 min: Finishing Reps - 30 shots at corner targets from 12m and angles
Cool-down 5 min: Mobility Cool-down - Hips, hamstrings,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

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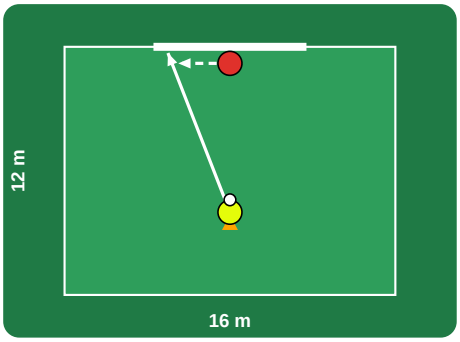
*Key: yellow attackers/player, blue defenders, red GK, orange cones, white ball, solid pass/shot, dashed run, dotted dribble*

# Week 5: Goalkeeping focus (90 min team session)

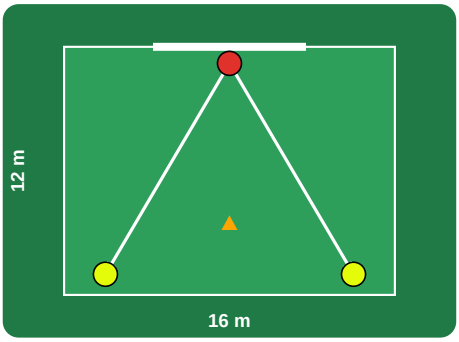
Mon: Team session | Tue: Team session | Wed: Recovery | Thu: Team session | Fri: Team session | Sat: Match | Sun: Rest



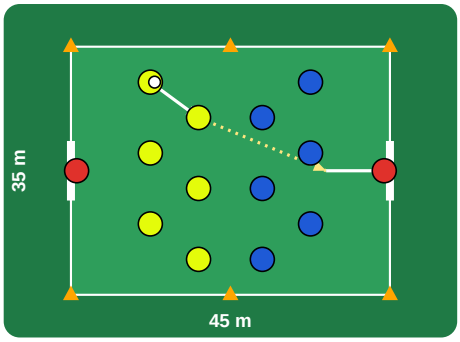

**Warm-up | 14 min**
**Shadow Defending**
Mirror the attacker in a low, side-on stance Players 2+.



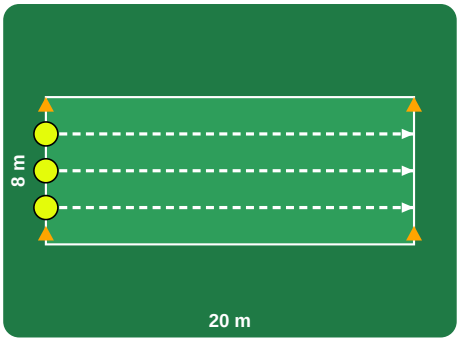

**Technical | 18 min**
**GK Shot Stopping**
Set on the shot, dive, recover to the next Players 2+.



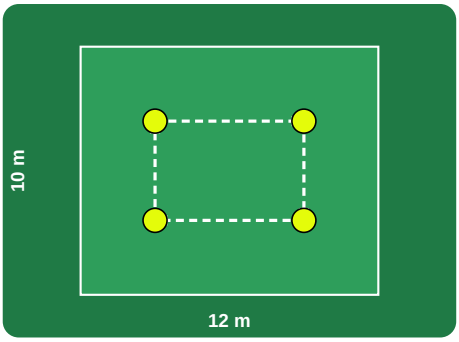

**Technical | 18 min**
**GK Distribution**
Roll, throw and kick to targets in cone zones Players 3+.




**Game | 26 min**
**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)

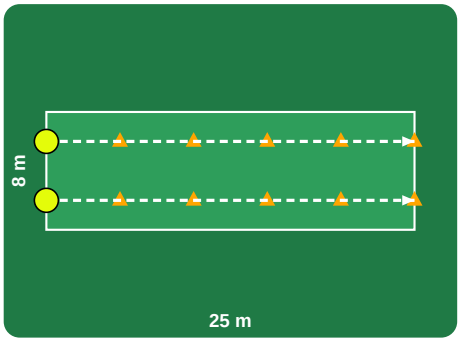
Warm-up 6 min: GK Footwork & Set Position - Shuffle across the goal, set feet on cue
Technical 9 min: GK Wall Reactions - Throw at a wall from 4m, catch the rebound
Challenge 10 min: Volley Finishing - Partner serves, volley at goal; solo self-feed
Cool-down 5 min: Mobility Cool-down - Hips, hamstrings,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

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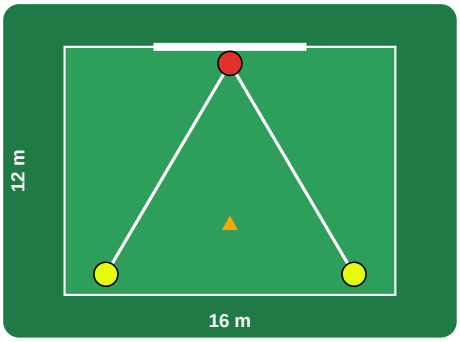
*Key: yellow attackers/player, blue defenders, red GK, orange cones, white ball, solid pass/shot, dashed run, dotted dribble.*

# Week 6: Goalkeeping focus (90 min team session)

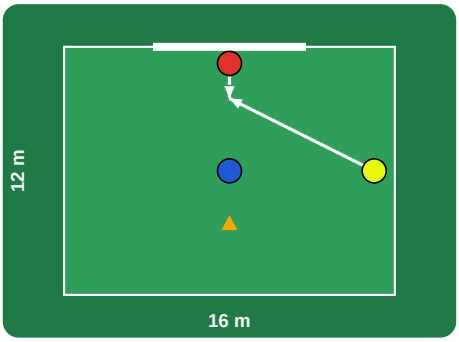
Mon: Team session | Tue: Team session | Wed: Recovery | Thu: Team session | Fri: Team session | Sat: Match | Sun: Rest



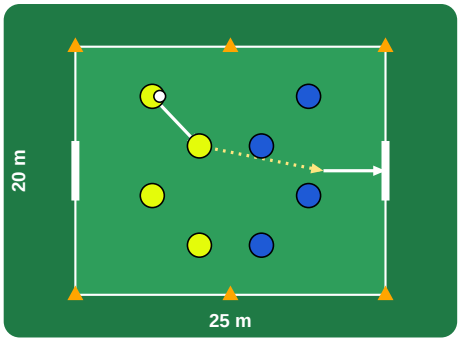

**Warm-up | 14 min**
**FIFA 11+**
Evidence-based injury prevention warm-up, parts 1-3 Players 1+.



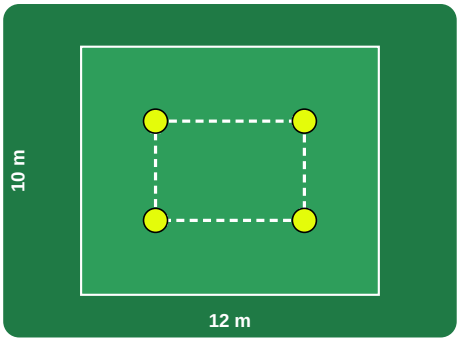

**Technical | 18 min**
**GK Distribution**
Roll, throw and kick to targets in cone zones Players 3+.



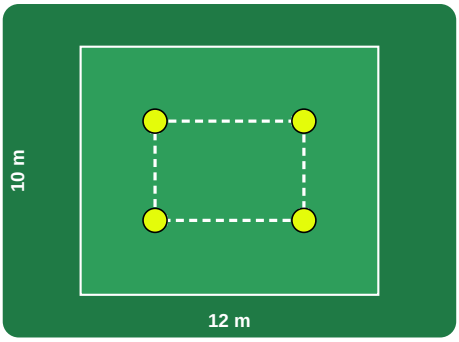

**Technical | 18 min**
**GK Crosses and High Balls**
Claim crosses at the highest point, call early Players 3+.




**Game | 26 min**
**Possession 4v4**
25x20m, 5 passes = 1 point Players 8+.




**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: 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.*