U5-U7: 6-week pre-season

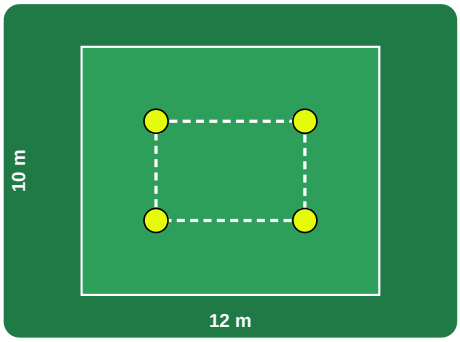
6 weeks. Each week lists the days, a full 45-minute team session built from the We Are Matchday drill library, and solo homework. Adapt numbers and space to your group.

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

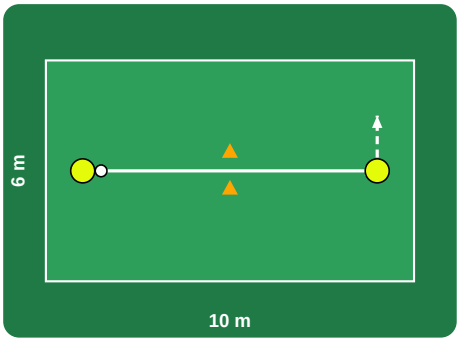
SPONSOR Session sheets supported by [Your brand] | Sponsor strip placeholder | wearematchday: Advertise with us

Week 1: Fitness focus (45 min team session)

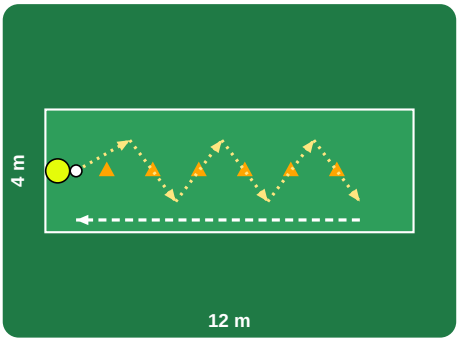
Mon: Rest | Tue: Team session | Wed: Solo session | Thu: Team session | Fri: Rest | Sat: Match | Sun: Recovery



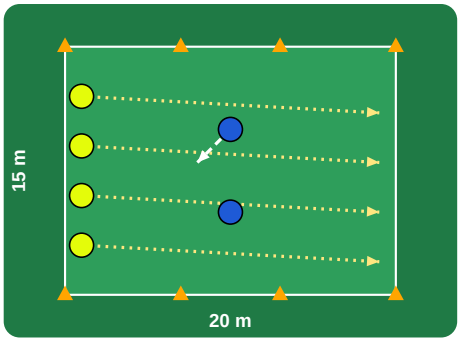
Warm-up | 8 min
Animal Moves
Bear crawl, frog hop, crab walk between cones
Players 1+.



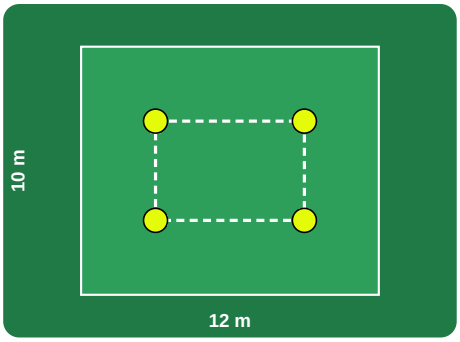
Technical | 10 min
Pass Through the Gate
Pairs 8m apart pass through a 1m gate; receive across the body
Players 2+.



Technical | 10 min
Cone Slalom
Weave 6 cones 1.5m apart, inside and outside of foot
Players 1+.



Game | 12 min
Sharks and Minnows
Minnows dribble end to end; sharks knock balls out
Players 6+.



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

Solo homework (linked to this week)

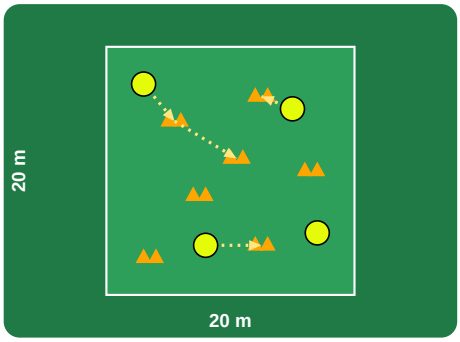
Warm-up 5 min: Animal Moves - Bear crawl, frog hop, crab walk between cones
Technical 3 min: Target Kicks - Kick through a 1m cone gate from 3-5m
Technical 7 min: Cone Slalom - Weave 6 cones 1.5m apart, inside and outside of foot
Cool-down 5 min: Ball Roll Stretch - Roll ball round body, gentle stretches

SPONSOR Session sheets supported by [Your brand] | Sponsor strip placeholder | wearematchday: Advertise with us

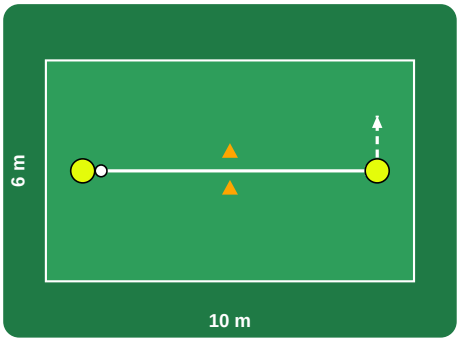
Key: yellow attackers/player, blue defenders, red GK, orange cones, white ball, solid pass/shot, dashed run, dotted dribble.

Week 2: Passing focus (45 min team session)

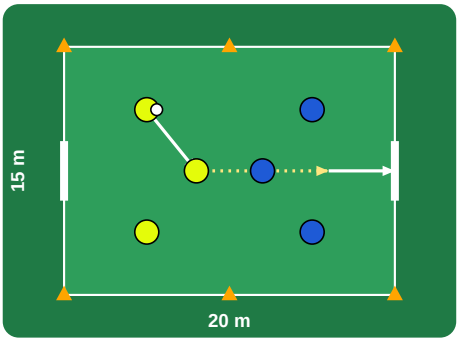
Mon: Rest | Tue: Team session | Wed: Solo session | Thu: Team session | Fri: Rest | Sat: Match | Sun: Recovery



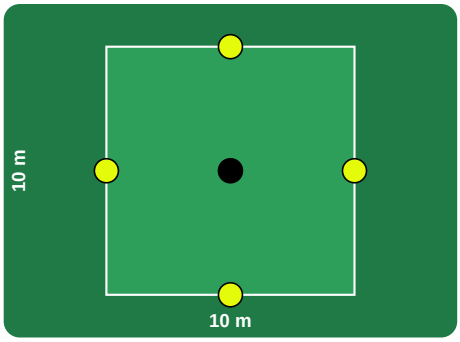
Warm-up | 10 min
Gate Dribbling
Dribble through as many 1m gates as possible in 60s
Players 1+.



Technical | 13 min
Pass Through the Gate
Pairs 8m apart pass through a 1m gate; receive across the body
Players 2+.



Game | 17 min
3v3 Mini Match
20x15m, pop-up goals, rolling subs
Players 6+.



Cool-down | 5 min
Toe-Taps & Chat
Circle, gentle toe taps, best moment of the day
Players 4+.

Solo homework (linked to this week)

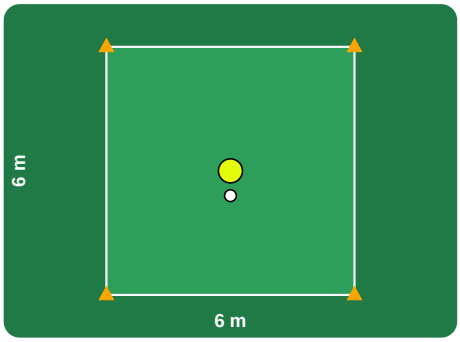
Warm-up 5 min: Ball Mastery Circuit - Toe taps, sole rolls, V-pulls, 30s each
Technical 3 min: Cone Slalom - Weave 6 cones 1.5m apart, inside and outside of foot
Technical 7 min: Target Kicks - Kick through a 1m cone gate from 3-5m
Cool-down 5 min: Mobility Cool-down - Hips, hamstrings, calves, adductors at 4 cones

SPONSOR Session sheets supported by [Your brand] | Sponsor strip placeholder | wearematchday: Advertise with us

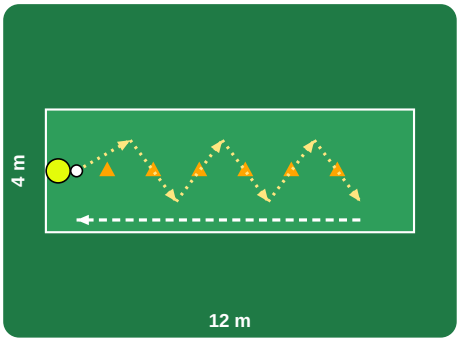
Key: yellow attackers/player, blue defenders, red GK, orange cones, white ball, solid pass/shot, dashed run, dotted dribble.

Week 3: Dribbling focus (45 min team session)

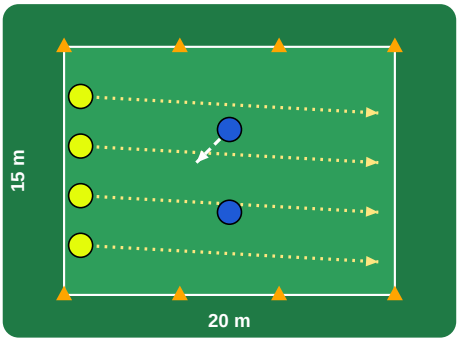
Mon: Rest | Tue: Team session | Wed: Solo session | Thu: Team session | Fri: Rest | Sat: Match | Sun: Recovery



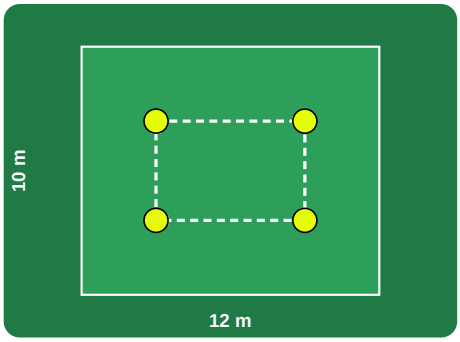
Warm-up | 10 min
Ball Mastery Circuit
Toe taps, sole rolls, V-pulls, 30s each Players 1+.



Technical | 13 min
Cone Slalom
Weave 6 cones 1.5m apart, inside and outside of foot Players 1+.



Game | 17 min
Sharks and Minnows
Minnows dribble end to end; sharks knock balls out Players 6+.



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

Solo homework (linked to this week)

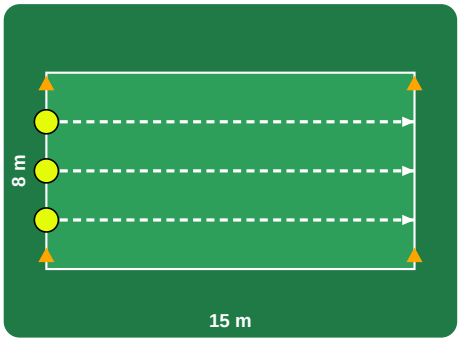
Warm-up 5 min: Traffic Lights - Dribble in the box; green go, amber slow, red stop with the sole
Technical 6 min: Cone Slalom - Weave 6 cones 1.5m apart, inside and outside of foot
Challenge 4 min: Target Kicks - Kick through a 1m cone gate from 3-5m
Cool-down 5 min: Ball Roll Stretch - Roll ball round body, gentle stretches

SPONSOR Session sheets supported by [Your brand] | Sponsor strip placeholder | wearematchday: Advertise with us

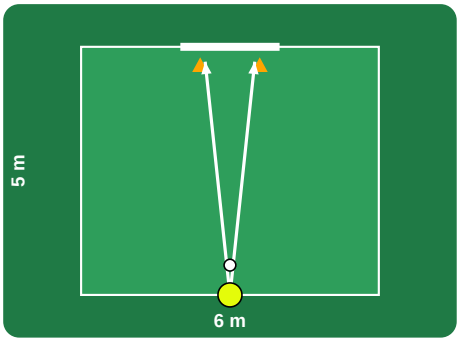
Key: yellow attackers/player, blue defenders, red GK, orange cones, white ball, solid pass/shot, dashed run, dotted dribble.

Week 4: Shooting focus (45 min team session)

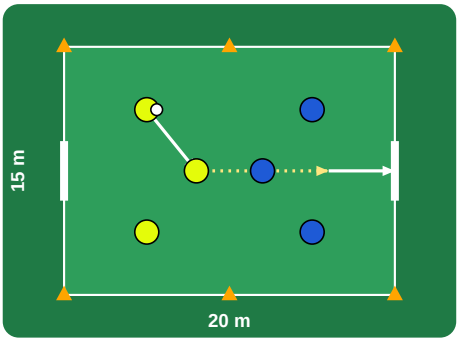
Mon: Rest | Tue: Team session | Wed: Solo session | Thu: Team session | Fri: Rest | Sat: Match | Sun: Recovery



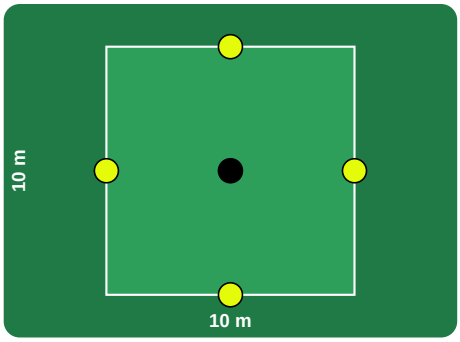
Warm-up | 10 min
Dribble Relay
Teams race dribbling round the end cone and back
Players 4+.



Technical | 13 min
Target Kicks
Kick through a 1m cone gate from 3-5m Players 1+.



Game | 17 min
3v3 Mini Match
20x15m, pop-up goals, rolling subs Players 6+.



Cool-down | 5 min
Toe-Taps & Chat
Circle, gentle toe taps, best moment of the day
Players 4+.

Solo homework (linked to this week)

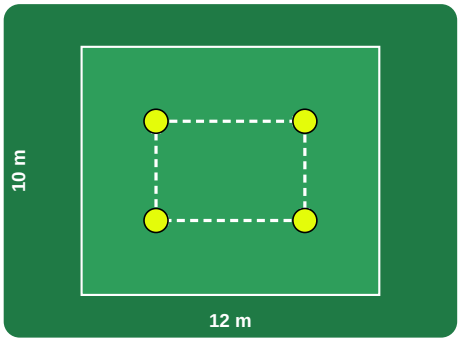
Warm-up 5 min: Traffic Lights - Dribble in the box; green go, amber slow, red stop with the sole
Technical 6 min: Target Kicks - Kick through a 1m cone gate from 3-5m
Challenge 4 min: Cone Slalom - Weave 6 cones 1.5m apart, inside and outside of foot
Cool-down 5 min: Mobility Cool-down - Hips, hamstrings, calves, adductors at 4 cones

SPONSOR Session sheets supported by [Your brand] | Sponsor strip placeholder | wearematchday: Advertise with us

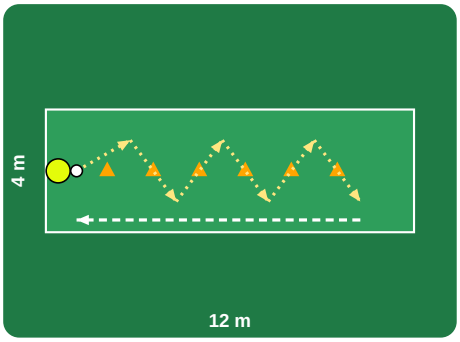
Key: yellow attackers/player, blue defenders, red GK, orange cones, white ball, solid pass/shot, dashed run, dotted dribble.

Week 5: Defending focus (45 min team session)

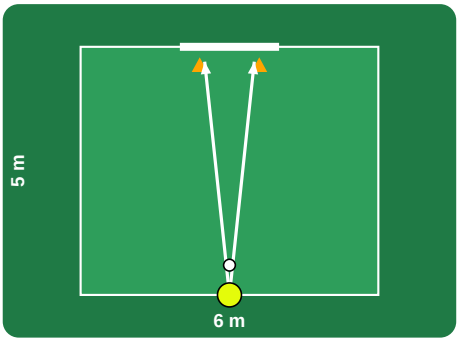
Mon: Rest | Tue: Team session | Wed: Solo session | Thu: Team session | Fri: Rest | Sat: Match | Sun: Recovery



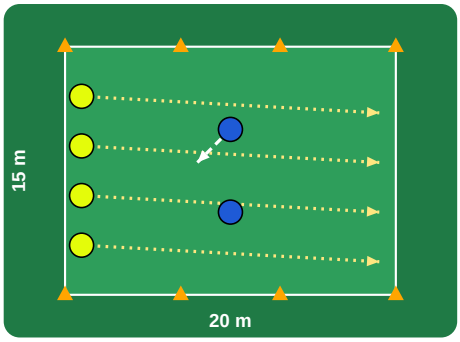
Warm-up | 8 min
Animal Moves
Bear crawl, frog hop, crab walk between cones
Players 1+.



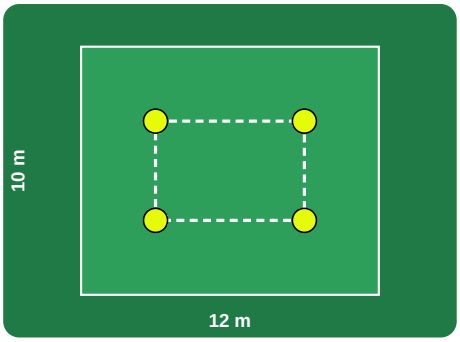
Technical | 10 min
Cone Slalom
Weave 6 cones 1.5m apart, inside and outside of foot
Players 1+.



Technical | 10 min
Target Kicks
Kick through a 1m cone gate from 3-5m Players 1+.



Game | 12 min
Sharks and Minnows
Minnows dribble end to end; sharks knock balls out
Players 6+.



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

Solo homework (linked to this week)

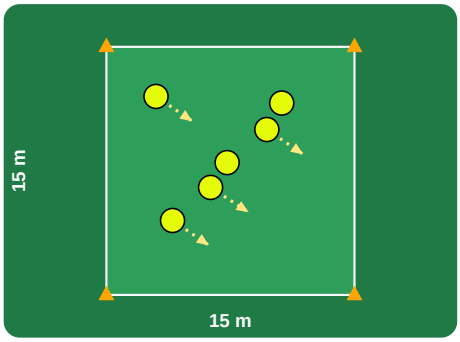
Warm-up 5 min: Gate Dribbling - Dribble through as many 1m gates as possible in 60s
Technical 3 min: Target Kicks - Kick through a 1m cone gate from 3-5m
Technical 7 min: Cone Slalom - Weave 6 cones 1.5m apart, inside and outside of foot
Cool-down 5 min: Ball Roll Stretch - Roll ball round body, gentle stretches

SPONSOR Session sheets supported by [Your brand] | Sponsor strip placeholder | wearematchday: Advertise with us

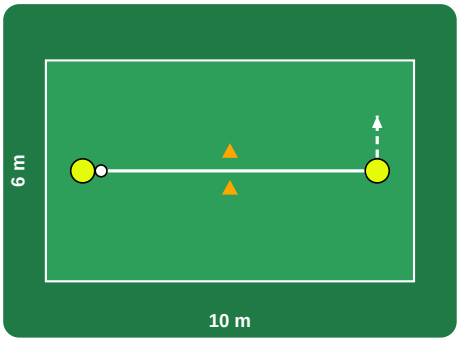
Key: yellow attackers/player, blue defenders, red GK, orange cones, white ball, solid pass/shot, dashed run, dotted dribble.

Week 6: Passing focus (45 min team session)

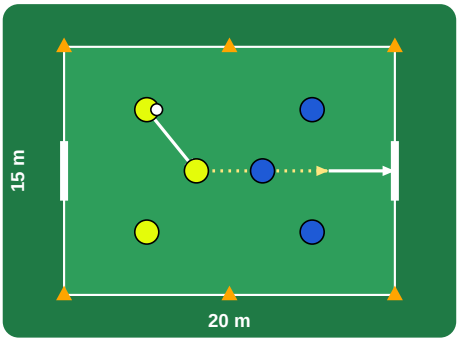
Mon: Rest | Tue: Team session | Wed: Solo session | Thu: Team session | Fri: Rest | Sat: Match | Sun: Recovery



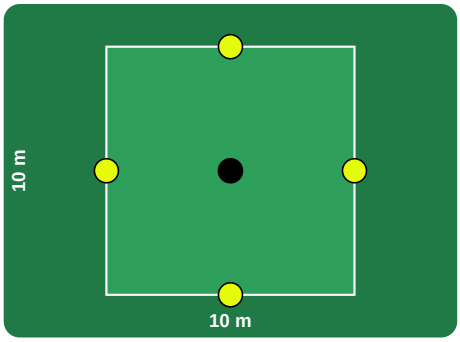
Warm-up | 10 min
Traffic Lights
Dribble in the box; green go, amber slow, red stop with the sole Players 1+.



Technical | 13 min
Pass Through the Gate
Pairs 8m apart pass through a 1m gate; receive across the body Players 2+.



Game | 17 min
3v3 Mini Match
20x15m, pop-up goals, rolling subs Players 6+.



Cool-down | 5 min
Toe-Taps & Chat
Circle, gentle toe taps, best moment of the day Players 4+.

Solo homework (linked to this week)

Warm-up 5 min: Ball Mastery Circuit - Toe taps, sole rolls, V-pulls, 30s each
Technical 3 min: Cone Slalom - Weave 6 cones 1.5m apart, inside and outside of foot
Technical 7 min: Target Kicks - Kick through a 1m cone gate from 3-5m
Cool-down 5 min: Mobility Cool-down - Hips, hamstrings, calves, adductors at 4 cones

SPONSOR Session sheets supported by [Your brand] | Sponsor strip placeholder | wearematchday: Advertise with us

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

U5-U7: 6-week in-season

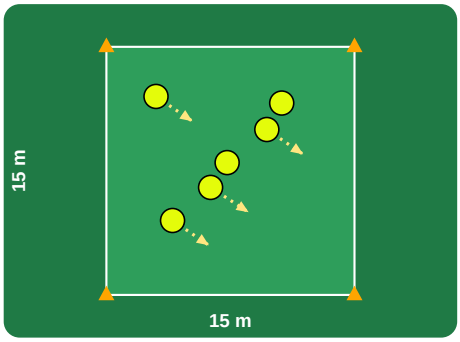
6 weeks. Each week lists the days, a full 45-minute team session built from the We Are Matchday drill library, and solo homework. Adapt numbers and space to your group.

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

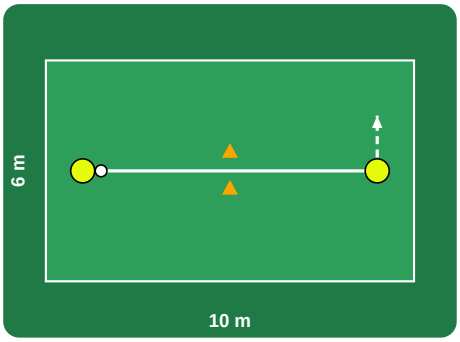
SPONSOR Session sheets supported by [Your brand] | Sponsor strip placeholder | wearematchday: Advertise with us

Week 1: Passing focus (45 min team session)

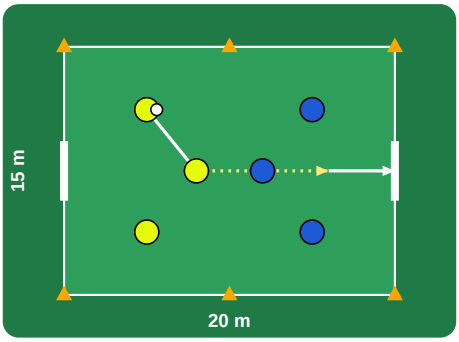
Mon: Rest | Tue: Team session | Wed: Solo session | Thu: Team session | Fri: Rest | Sat: Match | Sun: Recovery



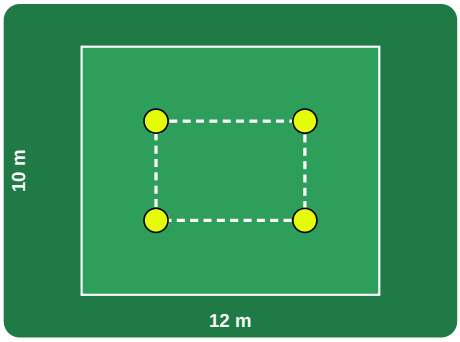
Warm-up | 10 min
Traffic Lights
Dribble in the box; green go, amber slow, red stop with the sole Players 1+.



Technical | 13 min
Pass Through the Gate
Pairs 8m apart pass through a 1m gate; receive across the body Players 2+.



Game | 17 min
3v3 Mini Match
20x15m, pop-up goals, rolling subs Players 6+.



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

Solo homework (linked to this week)

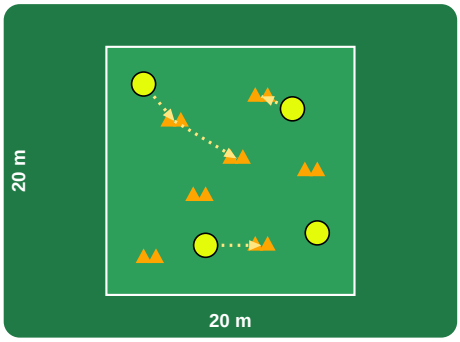
Warm-up 5 min: Gate Dribbling - Dribble through as many 1m gates as possible in 60s
Technical 3 min: Target Kicks - Kick through a 1m cone gate from 3-5m
Technical 7 min: Cone Slalom - Weave 6 cones 1.5m apart, inside and outside of foot
Cool-down 5 min: Ball Roll Stretch - Roll ball round body, gentle stretches

SPONSOR Session sheets supported by [Your brand] | Sponsor strip placeholder | wearematchday: Advertise with us

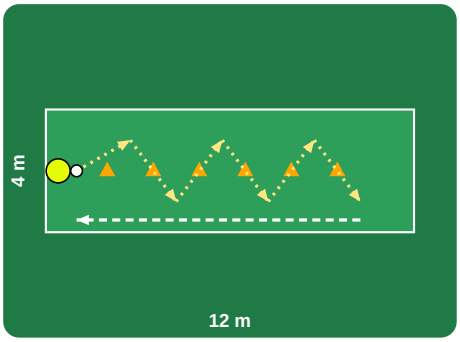
Key: yellow attackers/player, blue defenders, red GK, orange cones, white ball, solid pass/shot, dashed run, dotted dribble.

Week 2: Dribbling focus (45 min team session)

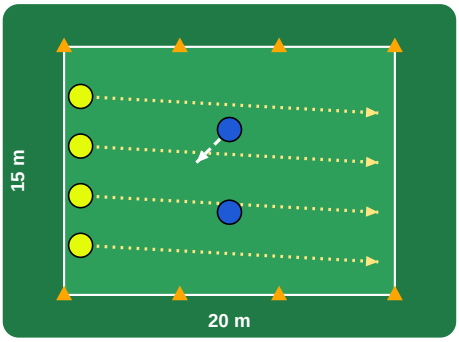
Mon: Rest | Tue: Team session | Wed: Solo session | Thu: Team session | Fri: Rest | Sat: Match | Sun: Recovery



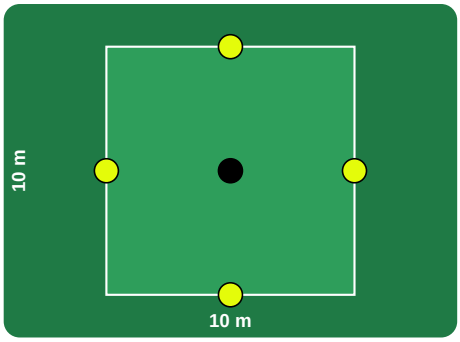
Warm-up | 10 min
Gate Dribbling
Dribble through as many 1m gates as possible in 60s
Players 1+.



Technical | 13 min
Cone Slalom
Weave 6 cones 1.5m apart, inside and outside of foot
Players 1+.



Game | 17 min
Sharks and Minnows
Minnows dribble end to end; sharks knock balls out
Players 6+.



Cool-down | 5 min
Toe-Taps & Chat
Circle, gentle toe taps, best moment of the day
Players 4+.

Solo homework (linked to this week)

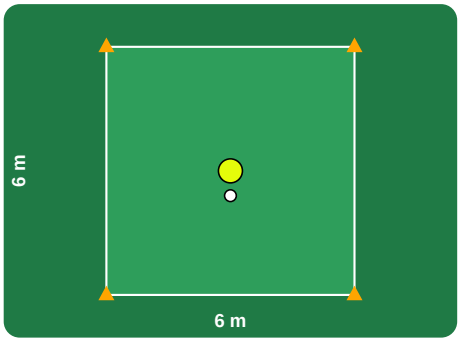
Warm-up 8 min: Ball Mastery Circuit - Toe taps, sole rolls, V-pulls, 30s each
Technical 7 min: Cone Slalom - Weave 6 cones 1.5m apart, inside and outside of foot
Cool-down 5 min: Mobility Cool-down - Hips, hamstrings, calves, adductors at 4 cones

SPONSOR Session sheets supported by [Your brand] | Sponsor strip placeholder | wearematchday: Advertise with us

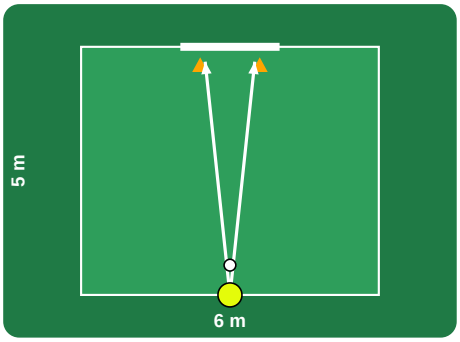
Key: yellow attackers/player, blue defenders, red GK, orange cones, white ball, solid pass/shot, dashed run, dotted dribble.

Week 3: Shooting focus (45 min team session)

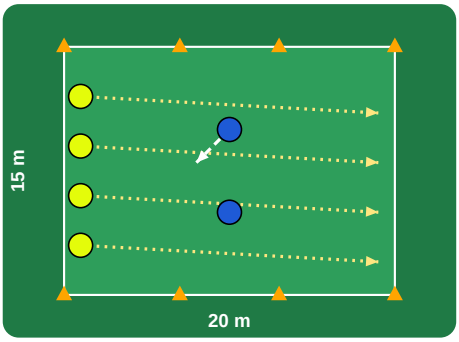
Mon: Rest | Tue: Team session | Wed: Solo session | Thu: Team session | Fri: Rest | Sat: Match | Sun: Recovery



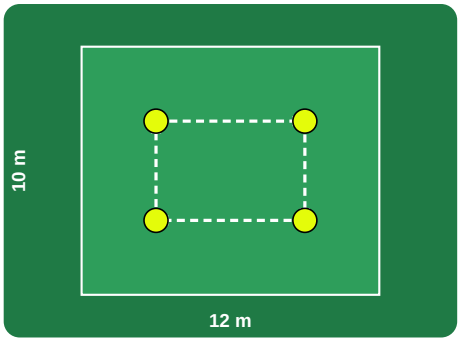
Warm-up | 10 min
Ball Mastery Circuit
Toe taps, sole rolls, V-pulls, 30s each Players 1+.



Technical | 13 min
Target Kicks
Kick through a 1m cone gate from 3-5m Players 1+.



Game | 17 min
Sharks and Minnows
Minnows dribble end to end; sharks knock balls out Players 6+.



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

Solo homework (linked to this week)

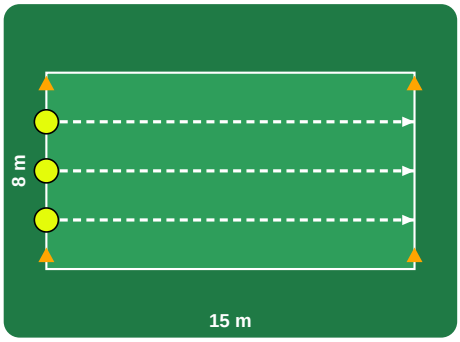
Warm-up 8 min: Animal Moves - Bear crawl, frog hop, crab walk between cones
Technical 7 min: Target Kicks - Kick through a 1m cone gate from 3-5m
Cool-down 5 min: Ball Roll Stretch - Roll ball round body, gentle stretches

SPONSOR Session sheets supported by [Your brand] | Sponsor strip placeholder | wearematchday: Advertise with us

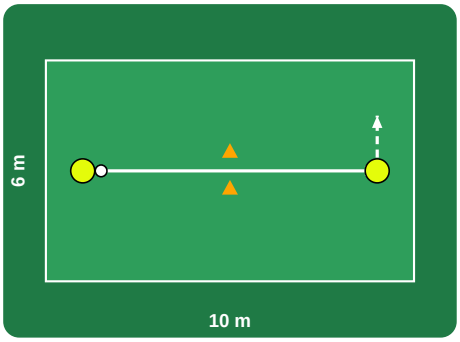
Key: yellow attackers/player, blue defenders, red GK, orange cones, white ball, solid pass/shot, dashed run, dotted dribble.

Week 4: Defending focus (45 min team session)

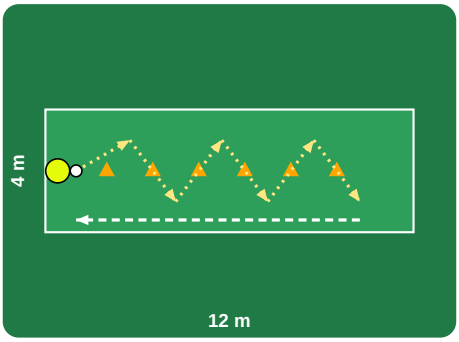
Mon: Rest | Tue: Team session | Wed: Solo session | Thu: Team session | Fri: Rest | Sat: Match | Sun: Recovery



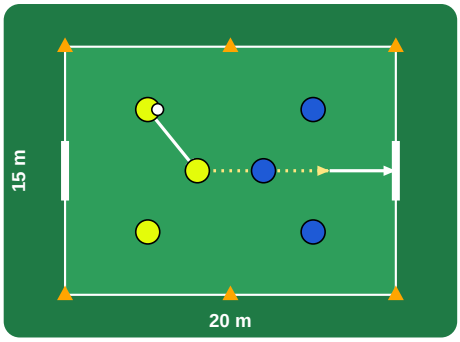
Warm-up | 8 min
Dribble Relay
Teams race dribbling round the end cone and back
Players 4+.



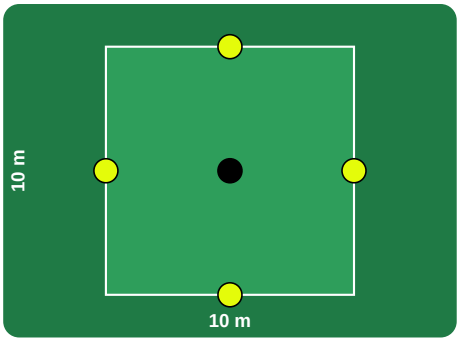
Technical | 10 min
Pass Through the Gate
Pairs 8m apart pass through a 1m gate; receive across the body
Players 2+.



Technical | 10 min
Cone Slalom
Weave 6 cones 1.5m apart, inside and outside of foot
Players 1+.



Game | 12 min
3v3 Mini Match
20x15m, pop-up goals, rolling subs
Players 6+.



Cool-down | 5 min
Toe-Taps & Chat
Circle, gentle toe taps, best moment of the day
Players 4+.

Solo homework (linked to this week)

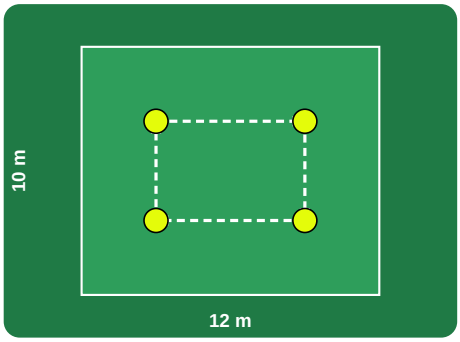
Warm-up 5 min: Traffic Lights - Dribble in the box; green go, amber slow, red stop with the sole
Technical 3 min: Cone Slalom - Weave 6 cones 1.5m apart, inside and outside of foot
Technical 7 min: Target Kicks - Kick through a 1m cone gate from 3-5m
Cool-down 5 min: Mobility Cool-down - Hips, hamstrings, calves, adductors at 4 cones

SPONSOR Session sheets supported by [Your brand] | Sponsor strip placeholder | wearematchday: Advertise with us

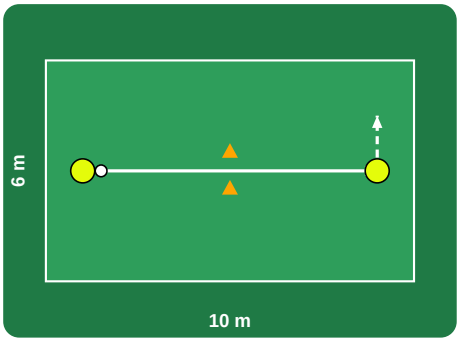
Key: yellow attackers/player, blue defenders, red GK, orange cones, white ball, solid pass/shot, dashed run, dotted dribble.

Week 5: Passing focus (45 min team session)

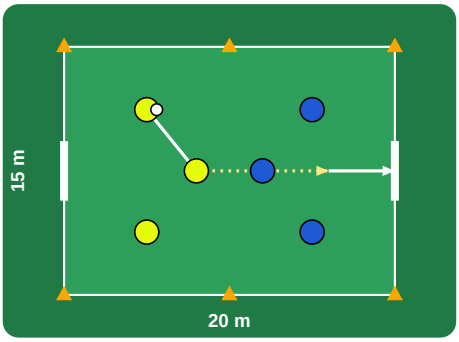
Mon: Rest | Tue: Team session | Wed: Solo session | Thu: Team session | Fri: Rest | Sat: Match | Sun: Recovery



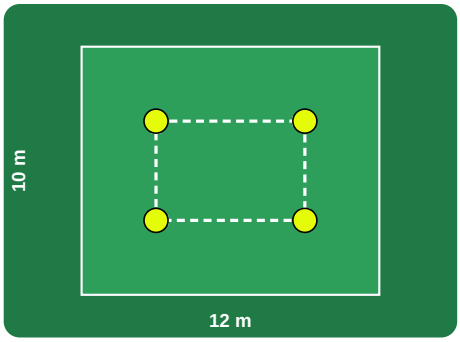
Warm-up | 10 min
Animal Moves
Bear crawl, frog hop, crab walk between cones
Players 1+.



Technical | 13 min
Pass Through the Gate
Pairs 8m apart pass through a 1m gate; receive across the body Players 2+.



Game | 17 min
3v3 Mini Match
20x15m, pop-up goals, rolling subs Players 6+.



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

Solo homework (linked to this week)

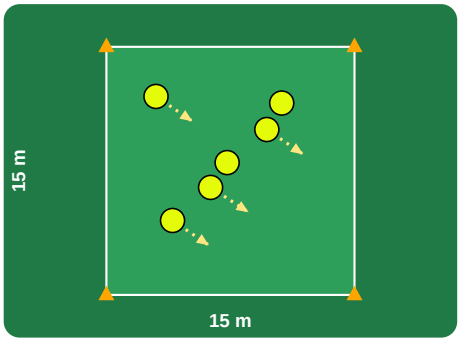
Warm-up 5 min: Gate Dribbling - Dribble through as many 1m gates as possible in 60s
Technical 3 min: Target Kicks - Kick through a 1m cone gate from 3-5m
Technical 7 min: Cone Slalom - Weave 6 cones 1.5m apart, inside and outside of foot
Cool-down 5 min: Ball Roll Stretch - Roll ball round body, gentle stretches

SPONSOR Session sheets supported by [Your brand] | Sponsor strip placeholder | wearematchday: Advertise with us

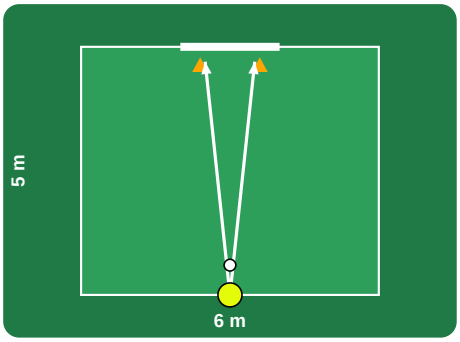
Key: yellow attackers/player, blue defenders, red GK, orange cones, white ball, solid pass/shot, dashed run, dotted dribble.

Week 6: Shooting focus (45 min team session)

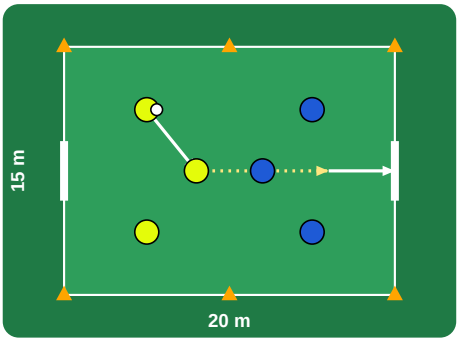
Mon: Rest | Tue: Team session | Wed: Solo session | Thu: Team session | Fri: Rest | Sat: Match | Sun: Recovery



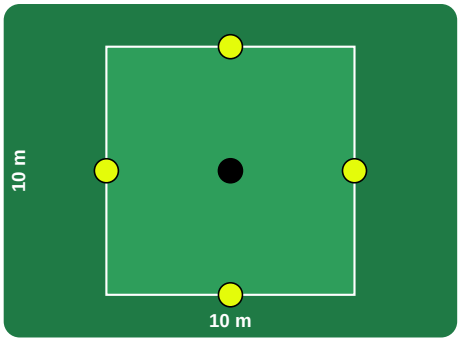
Warm-up | 10 min
Traffic Lights
Dribble in the box; green go, amber slow, red stop with the sole Players 1+.



Technical | 13 min
Target Kicks
Kick through a 1m cone gate from 3-5m Players 1+.



Game | 17 min
3v3 Mini Match
20x15m, pop-up goals, rolling subs Players 6+.



Cool-down | 5 min
Toe-Taps & Chat
Circle, gentle toe taps, best moment of the day Players 4+.

Solo homework (linked to this week)

Warm-up 5 min: Ball Mastery Circuit - Toe taps, sole rolls, V-pulls, 30s each
Technical 6 min: Target Kicks - Kick through a 1m cone gate from 3-5m
Challenge 4 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

SPONSOR Session sheets supported by [Your brand] | Sponsor strip placeholder | wearematchday: Advertise with us

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

U5-U7: 4-week off-season (solo)

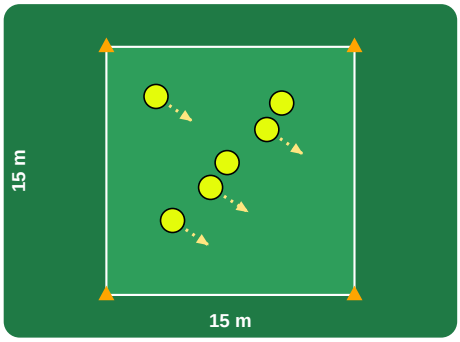
4 weeks. Each week lists the days, a full 30-minute solo session built from the We Are Matchday drill library, and solo homework. Adapt numbers and space to your group.

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

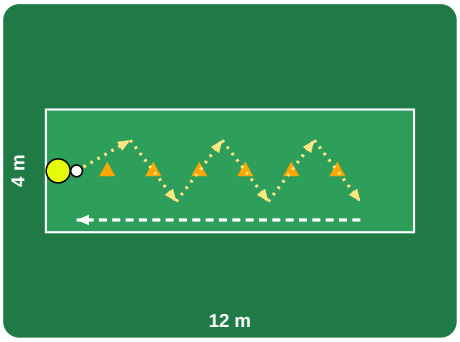
SPONSOR Session sheets supported by [Your brand] | Sponsor strip placeholder | wearematchday: Advertise with us

Week 1: Dribbling focus (30 min solo session)

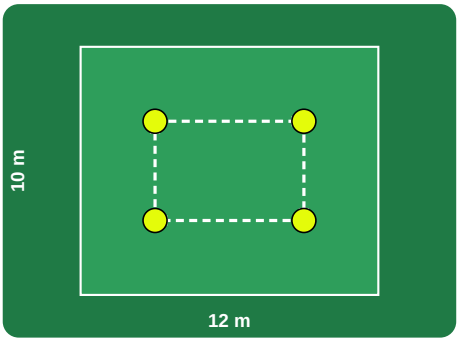
Mon: Solo session | Tue: Rest | Wed: Solo session | Thu: Rest | Fri: Solo session | Sat: Rest | Sun: Rest



Warm-up | 11 min
Traffic Lights
Dribble in the box; green go, amber slow, red stop with the sole



Technical | 14 min
Cone Slalom
Weave 6 cones 1.5m apart, inside and outside of foot



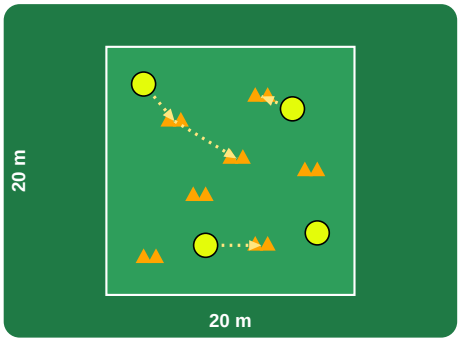
Cool-down | 5 min
Mobility Cool-down
Hips, hamstrings, calves, adductors at 4 cones

SPONSOR Session sheets supported by [Your brand] | Sponsor strip placeholder | wearematchday: Advertise with us

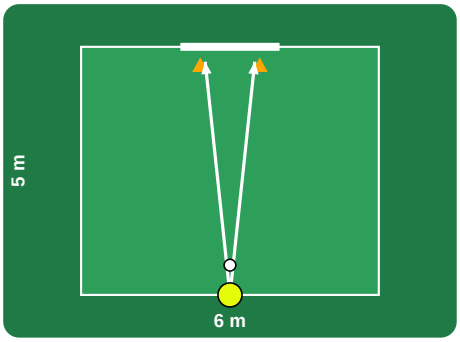
Key: yellow attackers/player, blue defenders, red GK, orange cones, white ball, solid pass/shot, dashed run, dotted dribble

Week 2: Shooting focus (30 min solo session)

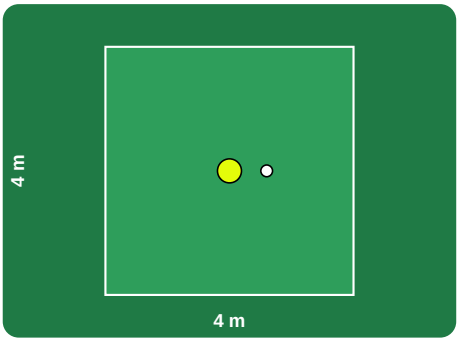
Mon: Solo session | Tue: Rest | Wed: Solo session | Thu: Rest | Fri: Solo session | Sat: Rest | Sun: Rest



Warm-up | 11 min
Gate Dribbling
Dribble through as many 1m gates as possible in 60s



Technical | 14 min
Target Kicks
Kick through a 1m cone gate from 3-5m



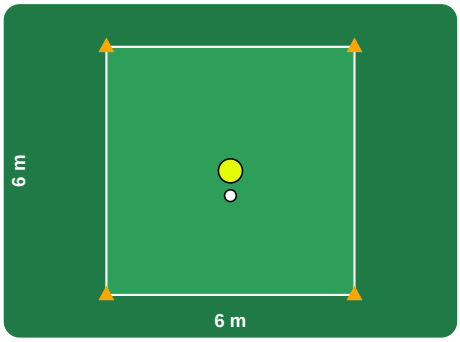
Cool-down | 5 min
Ball Roll Stretch
Roll ball round body, gentle stretches

SPONSOR Session sheets supported by [Your brand] | Sponsor strip placeholder | wearematchday: Advertise with us

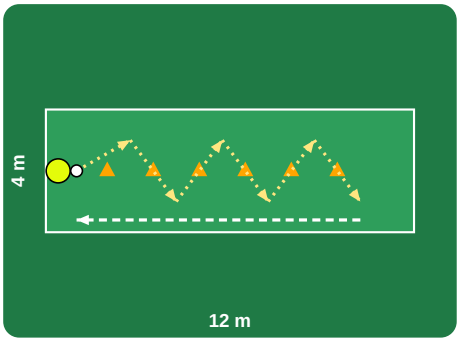
Key: yellow attackers/player, blue defenders, red GK, orange cones, white ball, solid pass/shot, dashed run, dotted dribble

Week 3: Passing focus (30 min solo session)

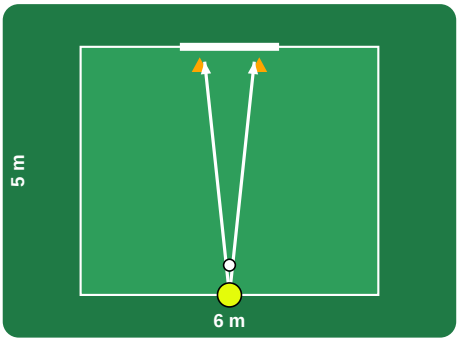
Mon: Solo session | Tue: Rest | Wed: Solo session | Thu: Rest | Fri: Solo session | Sat: Rest | Sun: Rest



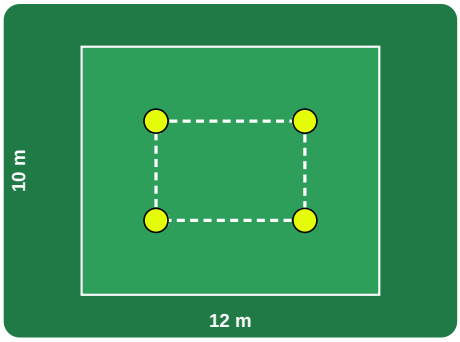
Warm-up | 8 min
Ball Mastery Circuit
Toe taps, sole rolls, V-pulls, 30s each



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



Technical | 10 min
Target Kicks
Kick through a 1m cone gate from 3-5m



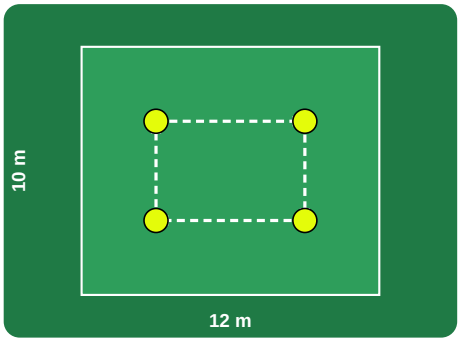
Cool-down | 5 min
Mobility Cool-down
Hips, hamstrings, calves, adductors at 4 cones

SPONSOR Session sheets supported by [Your brand] | Sponsor strip placeholder | wearematchday: Advertise with us

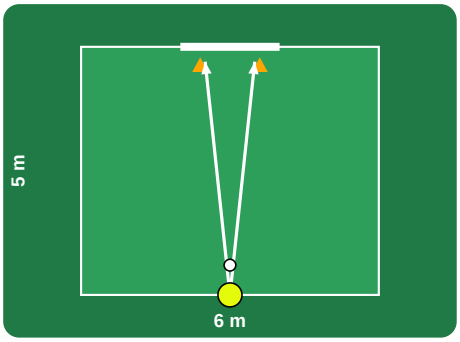
Key: yellow attackers/player, blue defenders, red GK, orange cones, white ball, solid pass/shot, dashed run, dotted dribble

Week 4: Fitness focus (30 min solo session)

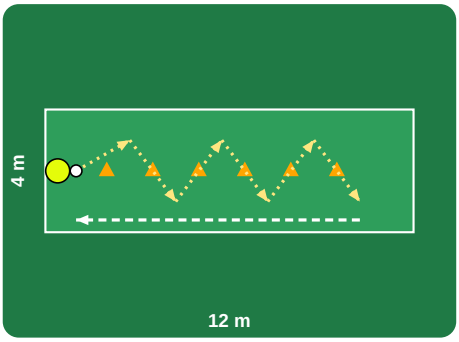
Mon: Solo session | Tue: Rest | Wed: Solo session | Thu: Rest | Fri: Solo session | Sat: Rest | Sun: Rest



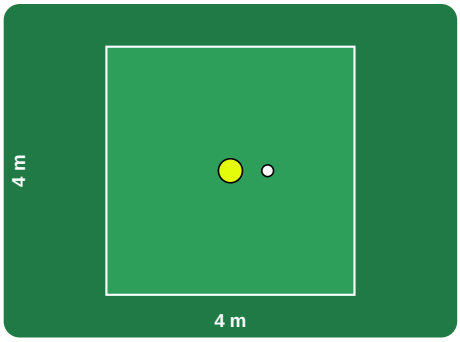
Warm-up | 8 min
Animal Moves
Bear crawl, frog hop, crab walk between cones



Technical | 7 min
Target Kicks
Kick through a 1m cone gate from 3-5m



Technical | 10 min
Cone Slalom
Weave 6 cones 1.5m apart, inside and outside of foot



Cool-down | 5 min
Ball Roll Stretch
Roll ball round body, gentle stretches

SPONSOR Session sheets supported by [Your brand] | Sponsor strip placeholder | wearematchday: Advertise with us

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