Veterans (35+): 6-week pre-season

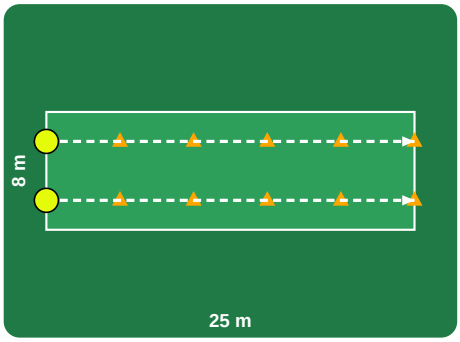
6 weeks. Each week lists the days, a full 60-minute team session built from the We Are Matchday drill library, and solo homework. Adapt numbers and space to your group.

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

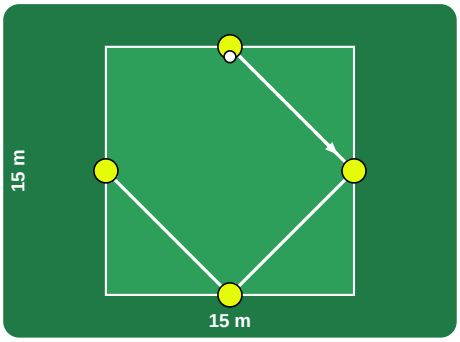
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Week 1: Fitness focus (60 min team session)

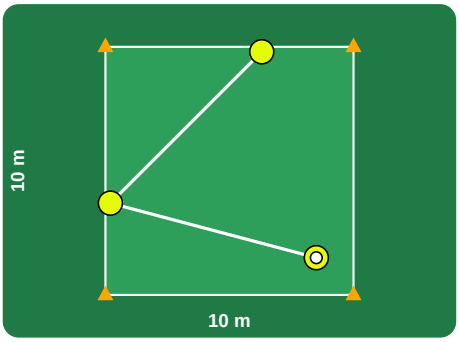
Mon: Rest | Tue: Team session | Wed: Solo session | Thu: Team session | Fri: Rest | Sat: Match | Sun: Recovery



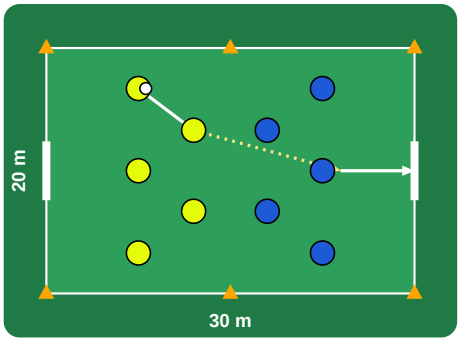
Warm-up | 9 min
FIFA 11+
Evidence-based injury prevention warm-up, parts 1-3
Players 1+.



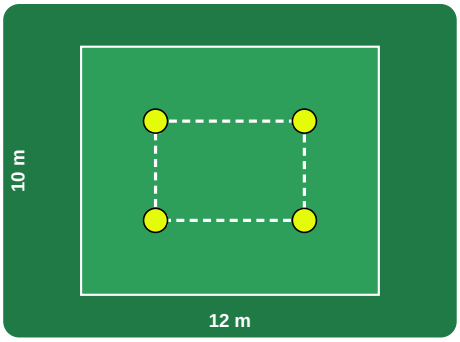
Technical | 12 min
Passing Diamond
Pass and follow round the diamond, add one-twos
Players 6+.



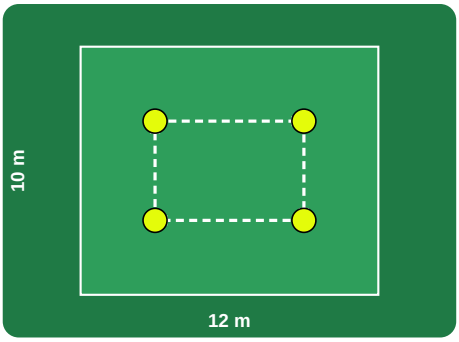
Technical | 12 min
Triangle Passing
3 players, 10m triangle, pass and move to the open cone
Players 3+.



Game | 16 min
Walking Football Match
No running (one foot grounded), ball below head height, no contact
Players 8+.



Conditioning | 6 min
Bodyweight Circuit
4 stations x 30s: squat, lunge, plank, glute bridge
Players 1+.



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

Solo homework (linked to this week)

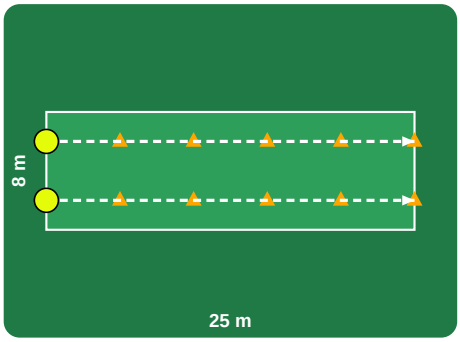
Warm-up 5 min: Balance & Calf Prep - Single-leg balance, calf raises, ankle hops
Technical 7 min: Wall Volleys - Volley and half-volley returns from 3m
Technical 7 min: Cone Slalom - Weave 6 cones 1.5m apart, inside and outside of foot
Challenge 6 min: Solo Juggling Challenge - Beat your record: feet, thighs, head-free juggling
Cool-down 5 min: Mobility Cool-down - Hips, hamstrings, calves, adductors at 4 cones

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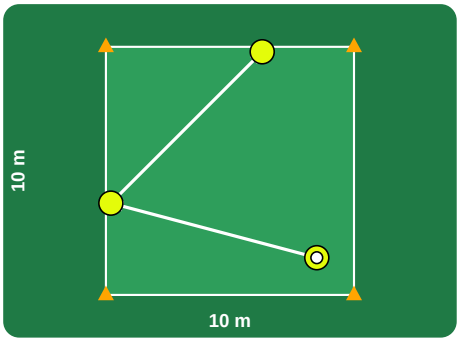
Key: yellow attackers/player, blue defenders, red GK, orange cones, white ball, solid pass/shot, dashed run, dotted dribble.

Week 2: Passing focus (60 min team session)

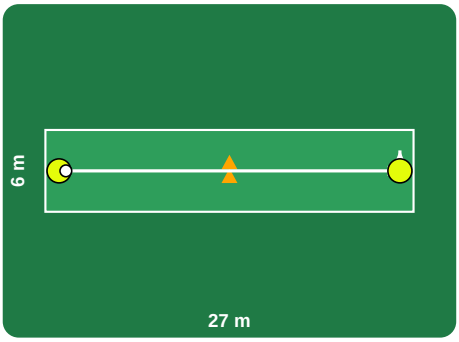
Mon: Rest | Tue: Team session | Wed: Solo session | Thu: Team session | Fri: Rest | Sat: Match | Sun: Recovery



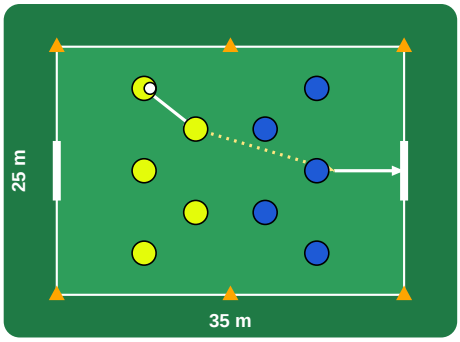
Warm-up | 9 min
FIFA 11+
Evidence-based injury prevention warm-up, parts 1-3 Players 1+.



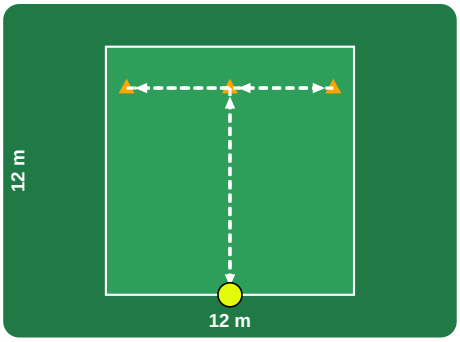
Technical | 12 min
Triangle Passing
3 players, 10m triangle, pass and move to the open cone Players 3+.



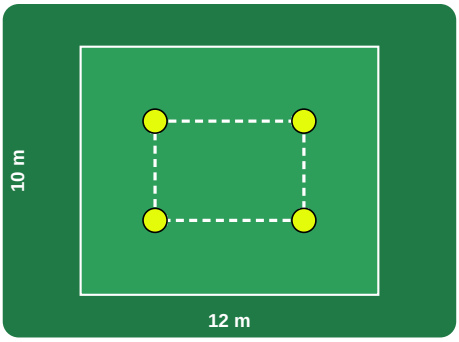
Technical | 12 min
Long Pass Switch
Driven passes 25m between partners, both feet Players 2+.



Game | 16 min
Vets 5v5 Small-sided
35x25m, rolling subs, no slide tackles Players 10+.



Conditioning | 6 min
Agility T-Test
Sprint, shuffle left, shuffle right, backpedal Players 1+.



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

Solo homework (linked to this week)

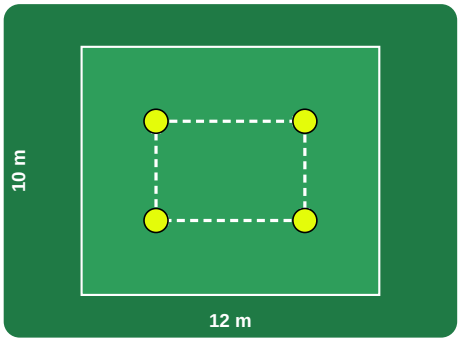
Warm-up 5 min: FIFA 11+ - Evidence-based injury prevention warm-up, parts 1-3
Technical 7 min: Wall Passing - 1 and 2-touch passes against a wall from 5m, alternate feet
Technical 7 min: Wall Volleys - Volley and half-volley returns from 3m
Challenge 6 min: Finishing Reps - 30 shots at corner targets from 12m and angles
Cool-down 5 min: Mobility Cool-down - Hips, hamstrings, calves, adductors at 4 cones

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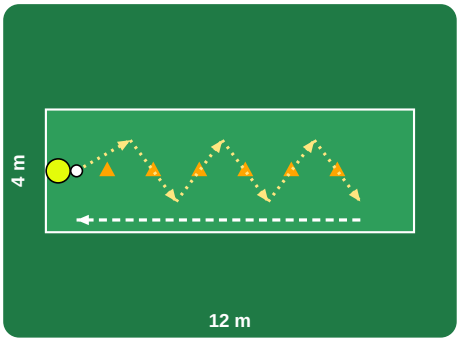
Key: yellow attackers/player, blue defenders, red GK, orange cones, white ball, solid pass/shot, dashed run, dotted dribble.

Week 3: Dribbling focus (60 min team session)

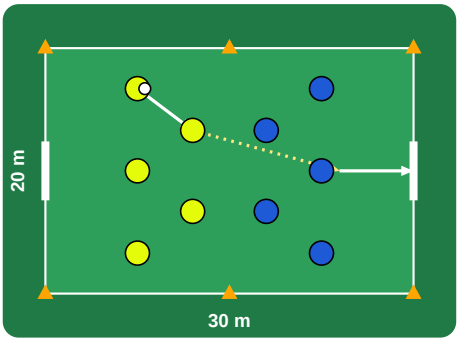
Mon: Rest | Tue: Team session | Wed: Solo session | Thu: Team session | Fri: Rest | Sat: Match | Sun: Recovery



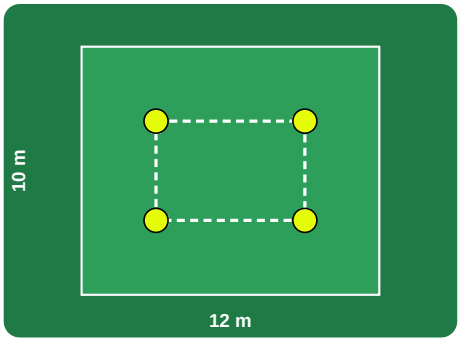
Warm-up | 11 min
Balance & Calf Prep
Single-leg balance, calf raises, ankle hops Players 1+.



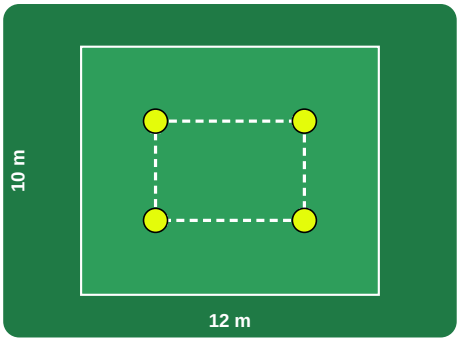
Technical | 15 min
Cone Slalom
Weave 6 cones 1.5m apart, inside and outside of foot Players 1+.



Game | 21 min
Walking Football Match
No running (one foot grounded), ball below head height, no contact Players 8+.



Conditioning | 8 min
Nordic Hamstring Curls
3 x 5 slow lowers; partner holds ankles Players 1+.



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

Solo homework (linked to this week)

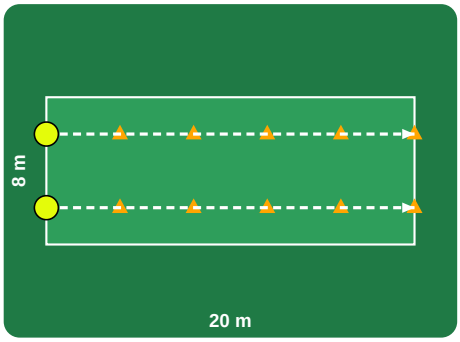
Warm-up 5 min: Balance & Calf Prep - Single-leg balance, calf raises, ankle hops
Technical 7 min: Solo Juggling Challenge - Beat your record: feet, thighs, head-free juggling
Technical 7 min: Cone Slalom - Weave 6 cones 1.5m apart, inside and outside of foot
Challenge 6 min: Wall Strike Accuracy - Strike at taped targets on a wall from 10m
Cool-down 5 min: Mobility Cool-down - Hips, hamstrings, calves, adductors at 4 cones

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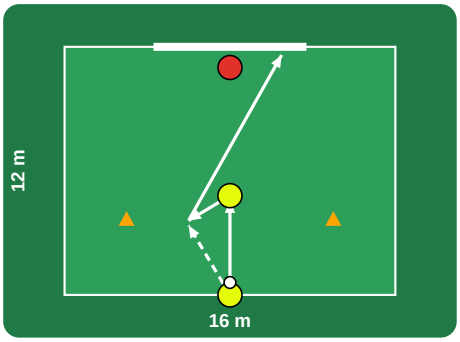
Key: yellow attackers/player, blue defenders, red GK, orange cones, white ball, solid pass/shot, dashed run, dotted dribble.

Week 4: Shooting focus (60 min team session)

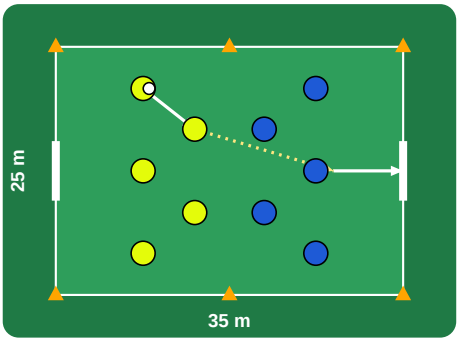
Mon: Rest | Tue: Team session | Wed: Solo session | Thu: Team session | Fri: Rest | Sat: Match | Sun: Recovery



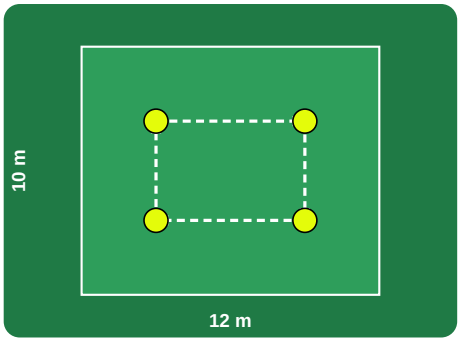
Warm-up | 11 min
Extended Warm-up
Mobility then FIFA 11+ part 1 at gentle pace Players 1+.



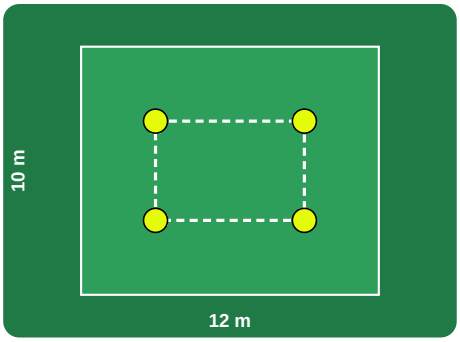
Technical | 15 min
Walking Football Shooting
Walk in, side-foot finish, no running Players 3+.



Game | 21 min
Vets 5v5 Small-sided
35x25m, rolling subs, no slide tackles Players 10+.



Conditioning | 8 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)

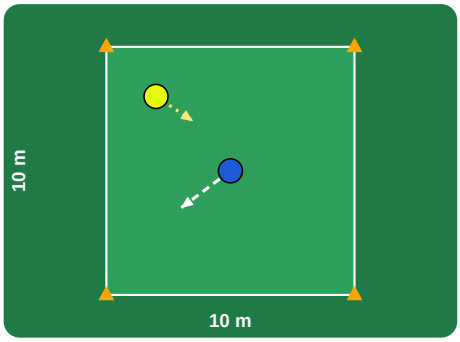
Warm-up 5 min: Extended Warm-up - Mobility then FIFA 11+ part 1 at gentle pace
Technical 7 min: Finishing Reps - 30 shots at corner targets from 12m and angles
Technical 7 min: Wall Strike Accuracy - Strike at taped targets on a wall from 10m
Challenge 6 min: GK Wall Reactions - Throw at a wall from 4m, catch the rebound
Cool-down 5 min: Mobility Cool-down - Hips, hamstrings, calves, adductors at 4 cones

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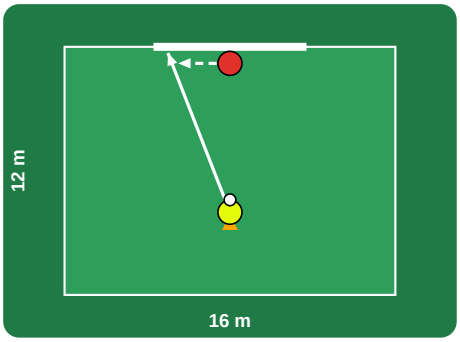
Key: yellow attackers/player, blue defenders, red GK, orange cones, white ball, solid pass/shot, dashed run, dotted dribble.

Week 5: Defending focus (60 min team session)

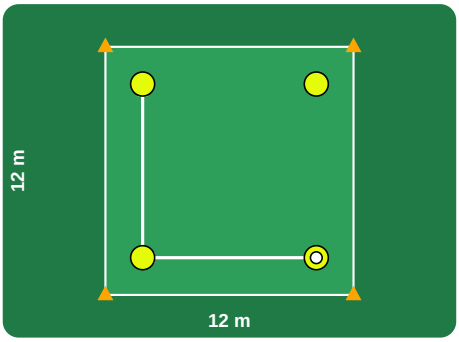
Mon: Rest | Tue: Team session | Wed: Solo session | Thu: Team session | Fri: Rest | Sat: Match | Sun: Recovery



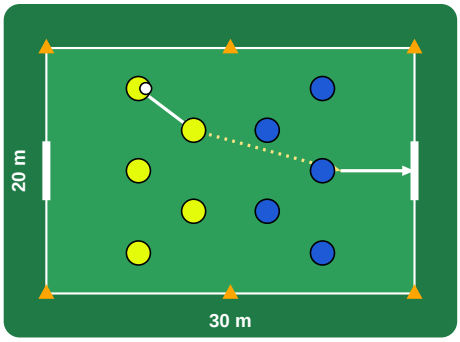
Warm-up | 9 min
Shadow Defending
Mirror the attacker in a low, side-on stance Players 2+.



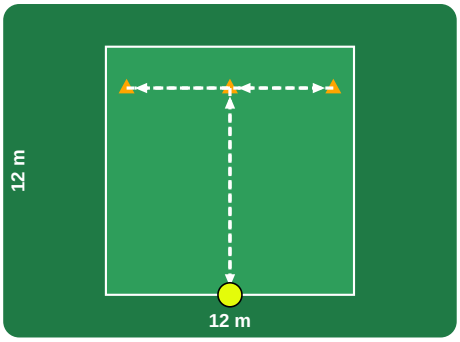
Technical | 12 min
GK Shot Stopping
Set on the shot, dive, recover to the next Players 2+.



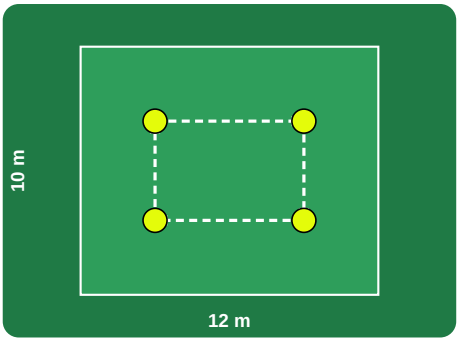
Technical | 12 min
Walking Football Passing Square
Walking pace, 2-touch, both feet Players 4+.



Game | 16 min
Walking Football Match
No running (one foot grounded), ball below head height, no contact Players 8+.



Conditioning | 6 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)

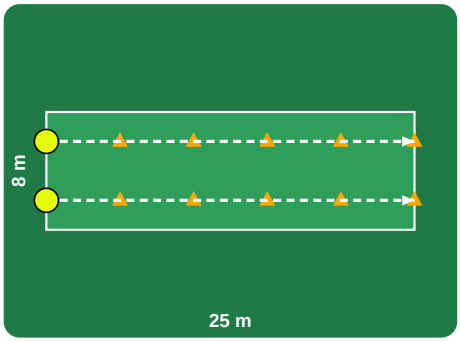
Warm-up 5 min: Jockey Footwork - Backwards and lateral jockey steps through cones
Technical 7 min: Wall Strike Accuracy - Strike at taped targets on a wall from 10m
Technical 7 min: GK Wall Reactions - Throw at a wall from 4m, catch the rebound
Challenge 6 min: Wall Passing - 1 and 2-touch passes against a wall from 5m, alternate feet
Cool-down 5 min: Mobility Cool-down - Hips, hamstrings, calves, adductors at 4 cones

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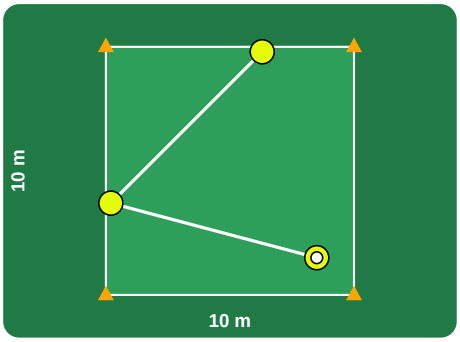
Key: yellow attackers/player, blue defenders, red GK, orange cones, white ball, solid pass/shot, dashed run, dotted dribble.

Week 6: Passing focus (60 min team session)

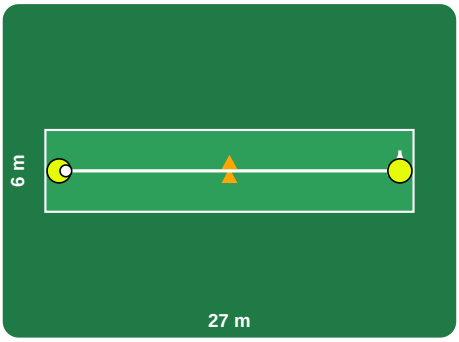
Mon: Rest | Tue: Team session | Wed: Solo session | Thu: Team session | Fri: Rest | Sat: Match | Sun: Recovery



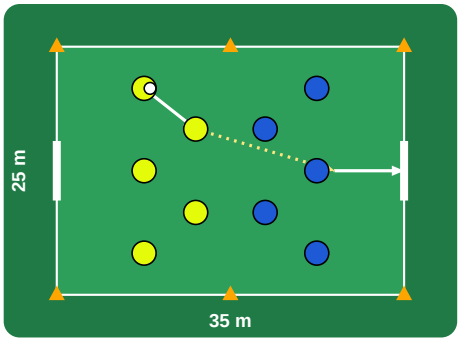
Warm-up | 9 min
FIFA 11+
Evidence-based injury prevention warm-up, parts 1-3 Players 1+.



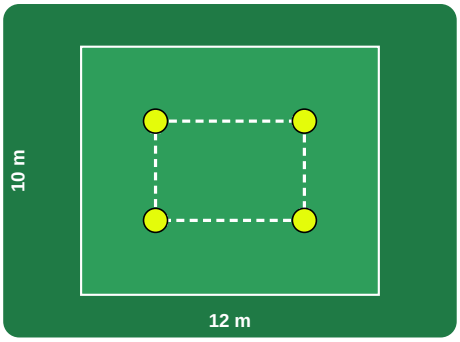
Technical | 12 min
Triangle Passing
3 players, 10m triangle, pass and move to the open cone Players 3+.



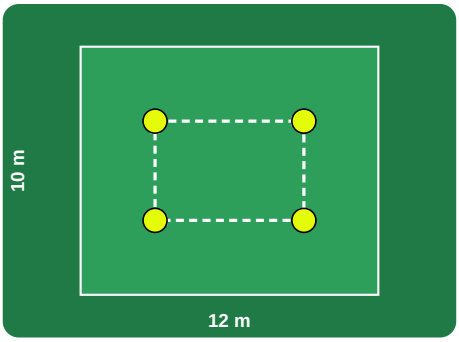
Technical | 12 min
Long Pass Switch
Driven passes 25m between partners, both feet Players 2+.



Game | 16 min
Vets 5v5 Small-sided
35x25m, rolling subs, no slide tackles Players 10+.



Conditioning | 6 min
Nordic Hamstring Curls
3 x 5 slow lowers; partner holds ankles Players 1+.



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

Solo homework (linked to this week)

Warm-up 8 min: GK Footwork & Set Position - Shuffle across the goal, set feet on cue
Technical 7 min: Wall Passing - 1 and 2-touch passes against a wall from 5m, alternate feet
Technical 10 min: Wall Volleys - Volley and half-volley returns from 3m
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.

Veterans (35+): 6-week in-season

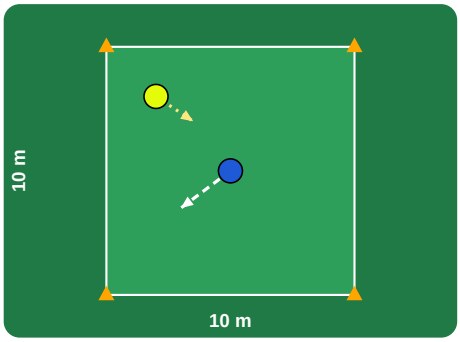
6 weeks. Each week lists the days, a full 60-minute team session built from the We Are Matchday drill library, and solo homework. Adapt numbers and space to your group.

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

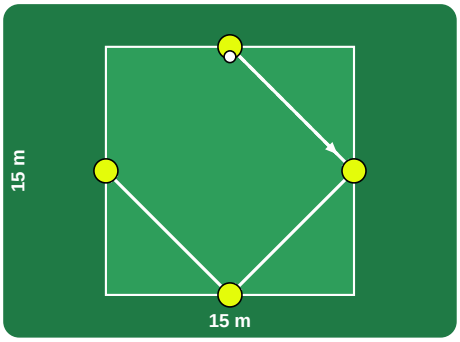
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Week 1: Passing focus (60 min team session)

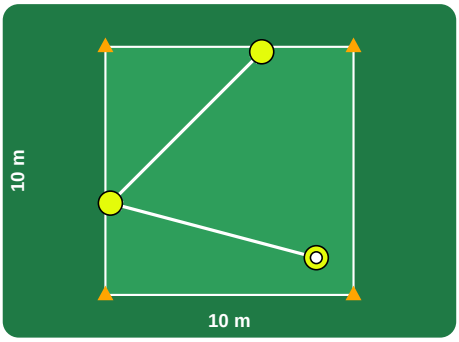
Mon: Rest | Tue: Team session | Wed: Solo session | Thu: Team session | Fri: Rest | Sat: Match | Sun: Recovery



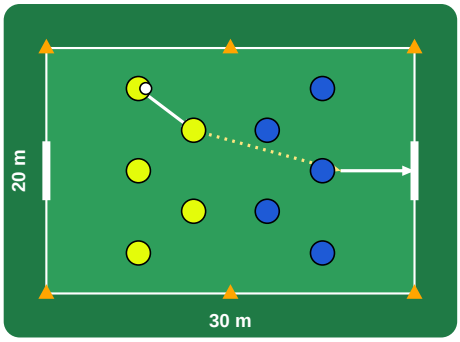
Warm-up | 9 min
Shadow Defending
Mirror the attacker in a low, side-on stance Players 2+.



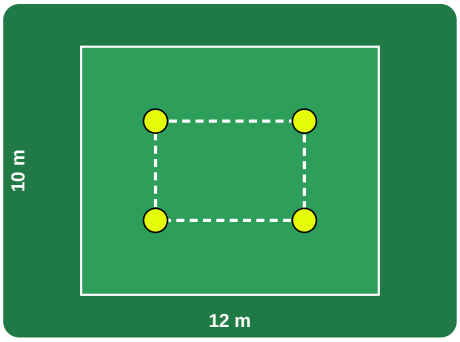
Technical | 12 min
Passing Diamond
Pass and follow round the diamond, add one-twos Players 6+.



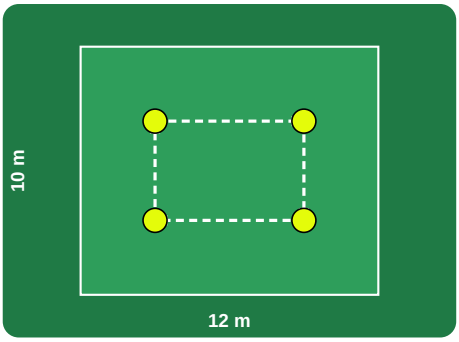
Technical | 12 min
Triangle Passing
3 players, 10m triangle, pass and move to the open cone Players 3+.



Game | 16 min
Walking Football Match
No running (one foot grounded), ball below head height, no contact Players 8+.



Conditioning | 6 min
Bodyweight Circuit
4 stations x 30s: squat, lunge, plank, glute bridge Players 1+.



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

Solo homework (linked to this week)

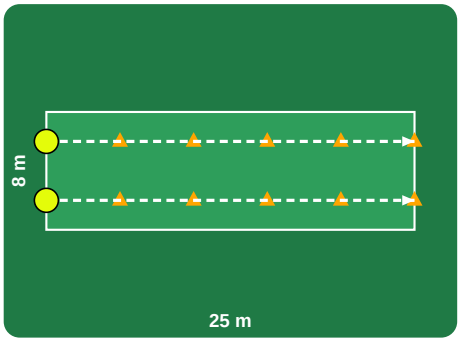
Warm-up 5 min: GK Footwork & Set Position - Shuffle across the goal, set feet on cue
Technical 7 min: Wall Volleys - Volley and half-volley returns from 3m
Technical 7 min: Wall Passing - 1 and 2-touch passes against a wall from 5m, alternate feet
Challenge 6 min: Solo Juggling Challenge - Beat your record: feet, thighs, head-free juggling
Cool-down 5 min: Mobility Cool-down - Hips, hamstrings, calves, adductors at 4 cones

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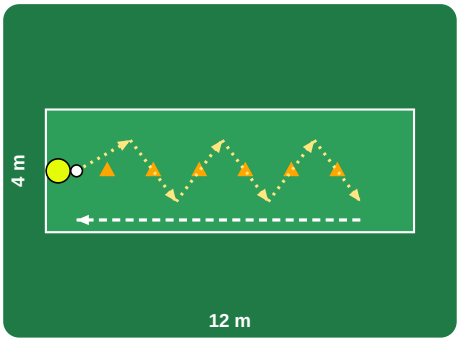
Key: yellow attackers/player, blue defenders, red GK, orange cones, white ball, solid pass/shot, dashed run, dotted dribble.

Week 2: Dribbling focus (60 min team session)

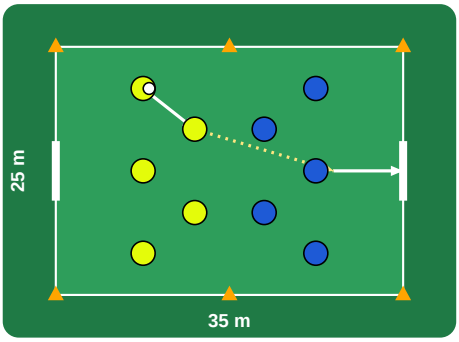
Mon: Rest | Tue: Team session | Wed: Solo session | Thu: Team session | Fri: Rest | Sat: Match | Sun: Recovery



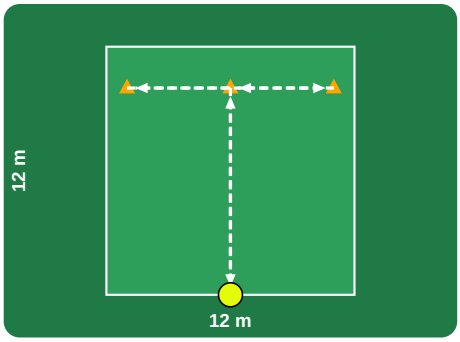
Warm-up | 11 min
FIFA 11+
Evidence-based injury prevention warm-up, parts 1-3 Players 1+.



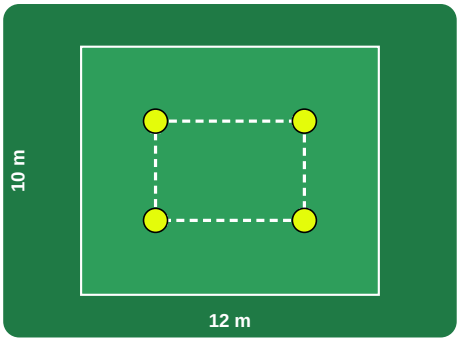
Technical | 15 min
Cone Slalom
Weave 6 cones 1.5m apart, inside and outside of foot Players 1+.



Game | 21 min
Vets 5v5 Small-sided
35x25m, rolling subs, no slide tackles Players 10+.



Conditioning | 8 min
Agility T-Test
Sprint, shuffle left, shuffle right, backpedal Players 1+.



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

Solo homework (linked to this week)

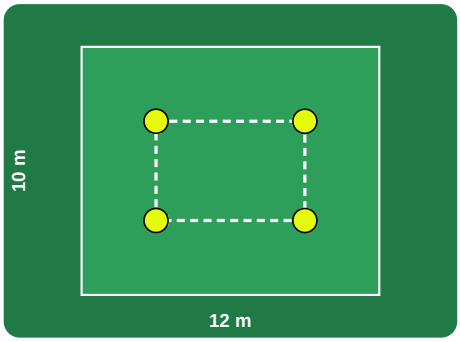
Warm-up 5 min: FIFA 11+ - Evidence-based injury prevention warm-up, parts 1-3
Technical 7 min: Cone Slalom - Weave 6 cones 1.5m apart, inside and outside of foot
Technical 7 min: Solo Juggling Challenge - Beat your record: feet, thighs, head-free juggling
Challenge 6 min: Finishing Reps - 30 shots at corner targets from 12m and angles
Cool-down 5 min: Mobility Cool-down - Hips, hamstrings, calves, adductors at 4 cones

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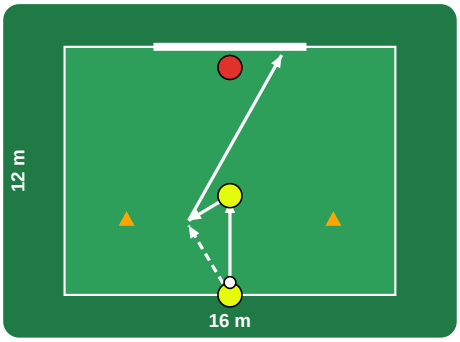
Key: yellow attackers/player, blue defenders, red GK, orange cones, white ball, solid pass/shot, dashed run, dotted dribble.

Week 3: Shooting focus (60 min team session)

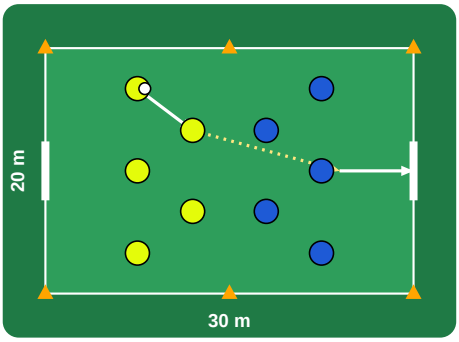
Mon: Rest | Tue: Team session | Wed: Solo session | Thu: Team session | Fri: Rest | Sat: Match | Sun: Recovery



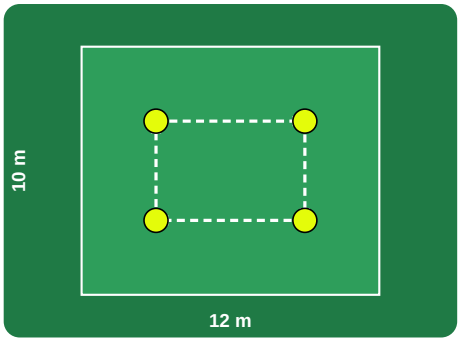
Warm-up | 11 min
Balance & Calf Prep
Single-leg balance, calf raises, ankle hops Players 1+.



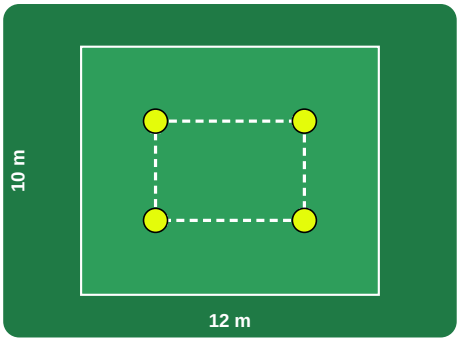
Technical | 15 min
Walking Football Shooting
Walk in, side-foot finish, no running Players 3+.



Game | 21 min
Walking Football Match
No running (one foot grounded), ball below head height, no contact Players 8+.



Conditioning | 8 min
Nordic Hamstring Curls
3 x 5 slow lowers; partner holds ankles Players 1+.



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

Solo homework (linked to this week)

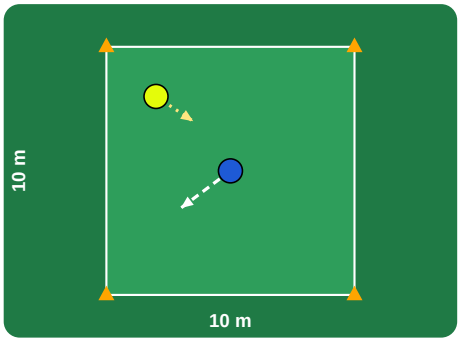
Warm-up 8 min: Balance & Calf Prep - Single-leg balance, calf raises, ankle hops
Technical 7 min: Wall Strike Accuracy - Strike at taped targets on a wall from 10m
Technical 10 min: Finishing Reps - 30 shots at corner targets from 12m and angles
Cool-down 5 min: Mobility Cool-down - Hips, hamstrings, calves, adductors at 4 cones

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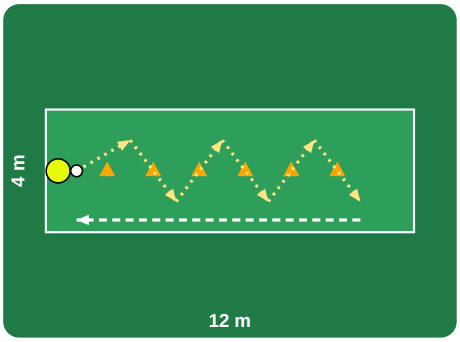
Key: yellow attackers/player, blue defenders, red GK, orange cones, white ball, solid pass/shot, dashed run, dotted dribble.

Week 4: Defending focus (60 min team session)

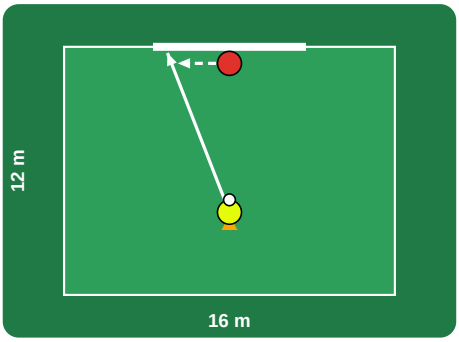
Mon: Rest | Tue: Team session | Wed: Solo session | Thu: Team session | Fri: Rest | Sat: Match | Sun: Recovery



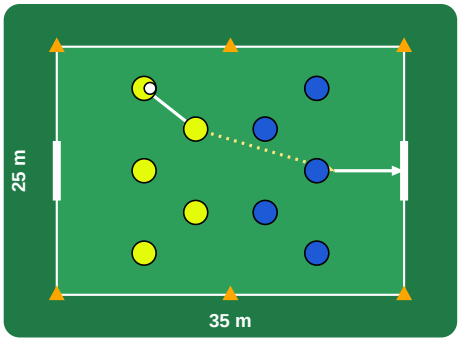
Warm-up | 9 min
Shadow Defending
Mirror the attacker in a low, side-on stance Players 2+.



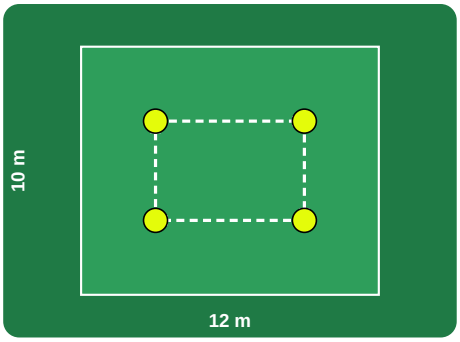
Technical | 12 min
Cone Slalom
Weave 6 cones 1.5m apart, inside and outside of foot Players 1+.



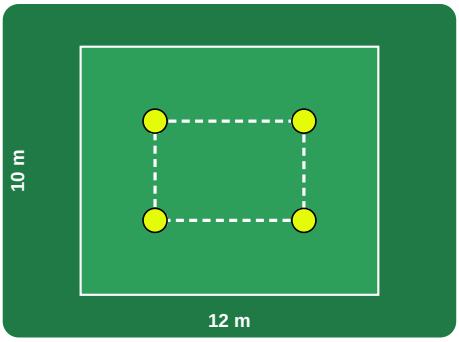
Technical | 12 min
GK Shot Stopping
Set on the shot, dive, recover to the next Players 2+.



Game | 16 min
Vets 5v5 Small-sided
35x25m, rolling subs, no slide tackles Players 10+.



Conditioning | 6 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)

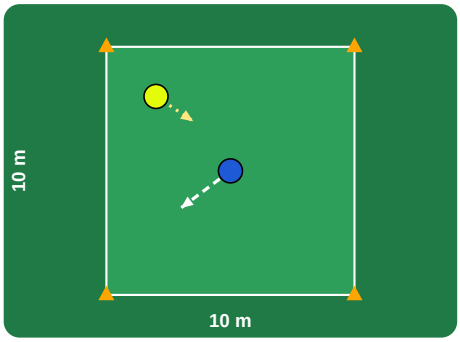
Warm-up 5 min: Jockey Footwork - Backwards and lateral jockey steps through cones
Technical 7 min: Finishing Reps - 30 shots at corner targets from 12m and angles
Technical 7 min: Wall Strike Accuracy - Strike at taped targets on a wall from 10m
Challenge 6 min: GK Wall Reactions - Throw at a wall from 4m, catch the rebound
Cool-down 5 min: Mobility Cool-down - Hips, hamstrings, calves, adductors at 4 cones

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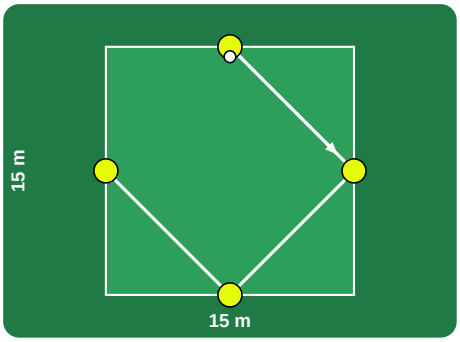
Key: yellow attackers/player, blue defenders, red GK, orange cones, white ball, solid pass/shot, dashed run, dotted dribble.

Week 5: Passing focus (60 min team session)

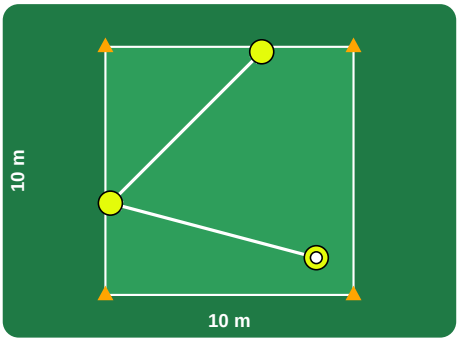
Mon: Rest | Tue: Team session | Wed: Solo session | Thu: Team session | Fri: Rest | Sat: Match | Sun: Recovery



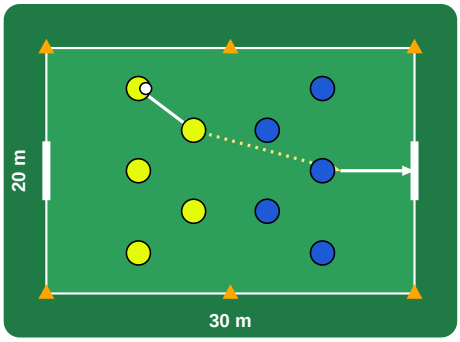
Warm-up | 9 min
Shadow Defending
Mirror the attacker in a low, side-on stance Players 2+.



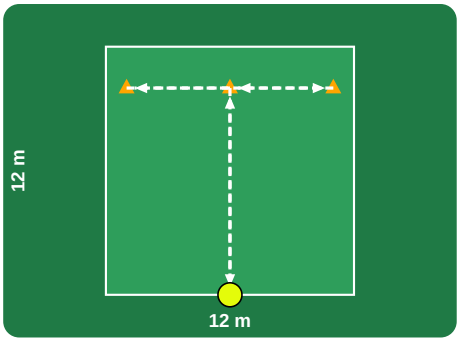
Technical | 12 min
Passing Diamond
Pass and follow round the diamond, add one-twos Players 6+.



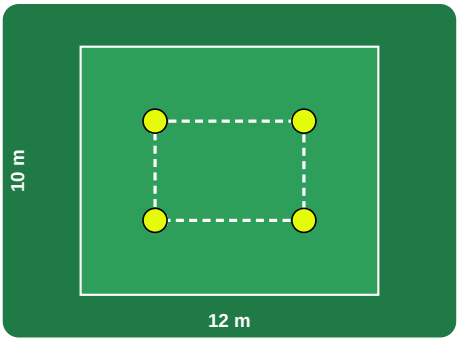
Technical | 12 min
Triangle Passing
3 players, 10m triangle, pass and move to the open cone Players 3+.



Game | 16 min
Walking Football Match
No running (one foot grounded), ball below head height, no contact Players 8+.



Conditioning | 6 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)

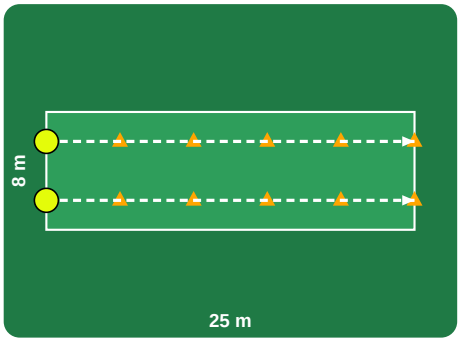
Warm-up 8 min: Jockey Footwork - Backwards and lateral jockey steps through cones
Technical 7 min: Wall Volleys - Volley and half-volley returns from 3m
Technical 10 min: Wall Passing - 1 and 2-touch passes against a wall from 5m, alternate feet
Cool-down 5 min: Mobility Cool-down - Hips, hamstrings, calves, adductors at 4 cones

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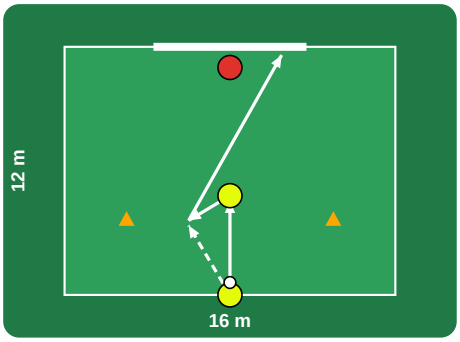
Key: yellow attackers/player, blue defenders, red GK, orange cones, white ball, solid pass/shot, dashed run, dotted dribble.

Week 6: Shooting focus (60 min team session)

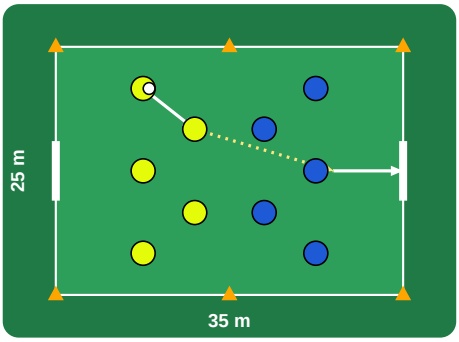
Mon: Rest | Tue: Team session | Wed: Solo session | Thu: Team session | Fri: Rest | Sat: Match | Sun: Recovery



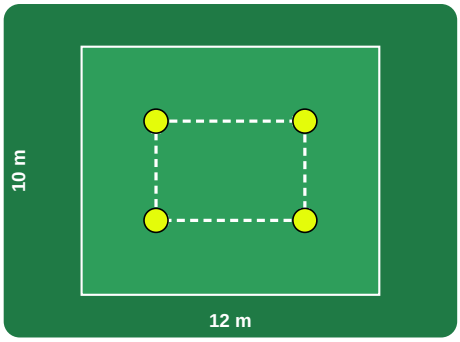
Warm-up | 11 min
FIFA 11+
Evidence-based injury prevention warm-up, parts 1-3 Players 1+.



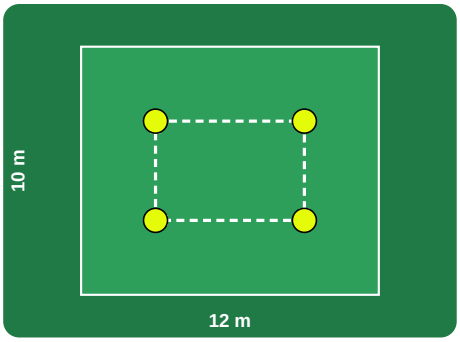
Technical | 15 min
Walking Football Shooting
Walk in, side-foot finish, no running Players 3+.



Game | 21 min
Vets 5v5 Small-sided
35x25m, rolling subs, no slide tackles Players 10+.



Conditioning | 8 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: Finishing Reps - 30 shots at corner targets from 12m and angles
Technical 7 min: Wall Strike Accuracy - Strike at taped targets on a wall from 10m
Challenge 6 min: Wall Volleys - Volley and half-volley returns from 3m
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.

Veterans (35+): 4-week off-season (solo)

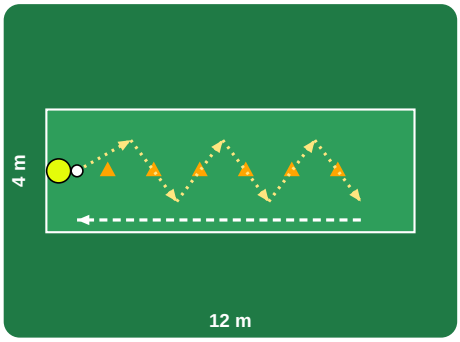
4 weeks. Each week lists the days, a full 30-minute solo session built from the We Are Matchday drill library, and solo homework. Adapt numbers and space to your group.

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

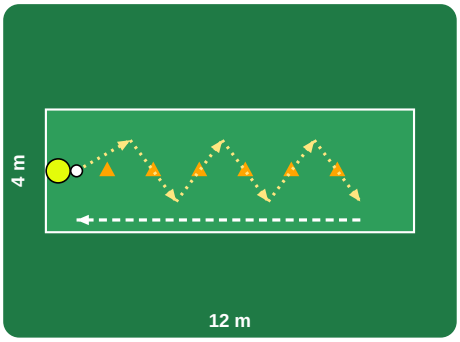
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Week 1: Dribbling focus (30 min solo session)

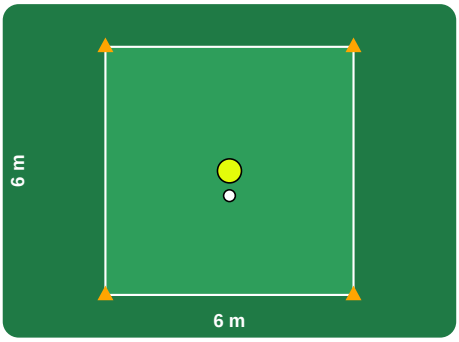
Mon: Solo session | Tue: Rest | Wed: Solo session | Thu: Rest | Fri: Solo session | Sat: Rest | Sun: Rest



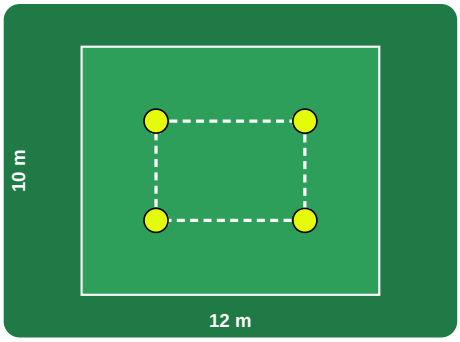
Warm-up | 8 min
Jockey Footwork
Backwards and lateral jockey steps through cones



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



Technical | 10 min
Solo Juggling Challenge
Beat your record: feet, thighs, head-free juggling



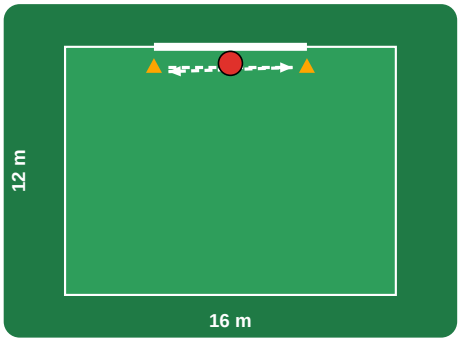
Cool-down | 5 min
Mobility Cool-down
Hips, hamstrings, calves, adductors at 4 cones

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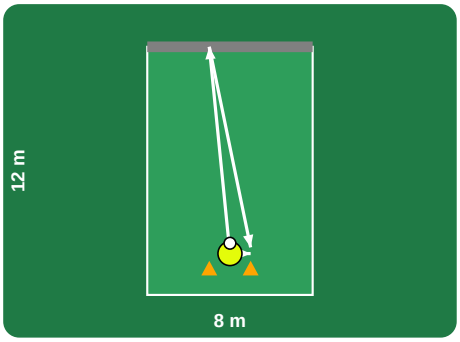
Key: yellow attackers/player, blue defenders, red GK, orange cones, white ball, solid pass/shot, dashed run, dotted dribble.

Week 2: Shooting focus (30 min solo session)

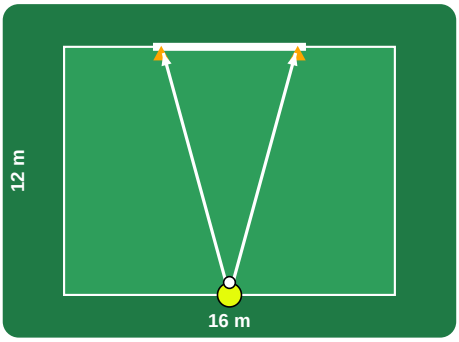
Mon: Solo session | Tue: Rest | Wed: Solo session | Thu: Rest | Fri: Solo session | Sat: Rest | Sun: Rest



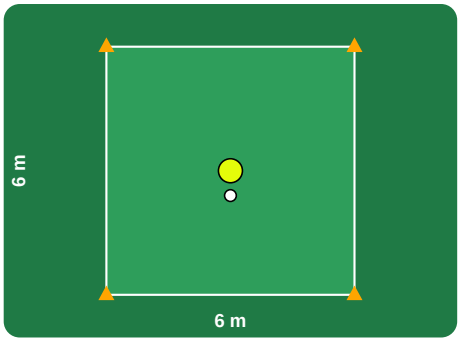
Warm-up | 5 min
GK Footwork & Set Position
Shuffle across the goal, set feet on cue



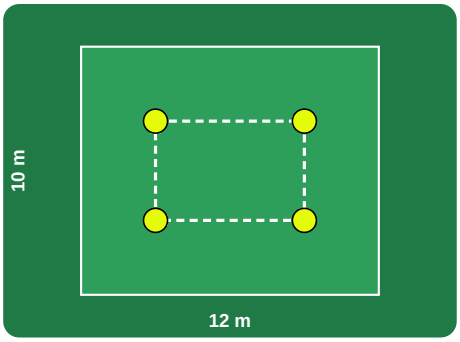
Technical | 7 min
Wall Strike Accuracy
Strike at taped targets on a wall from 10m



Technical | 7 min
Finishing Reps
30 shots at corner targets from 12m and angles



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



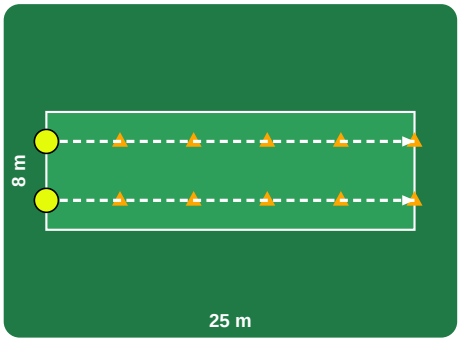
Cool-down | 5 min
Mobility Cool-down
Hips, hamstrings, calves, adductors at 4 cones

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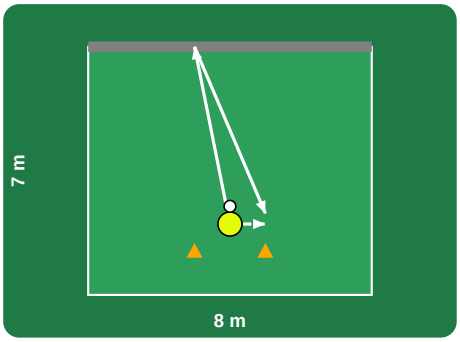
Key: yellow attackers/player, blue defenders, red GK, orange cones, white ball, solid pass/shot, dashed run, dotted dribble

Week 3: Passing focus (30 min solo session)

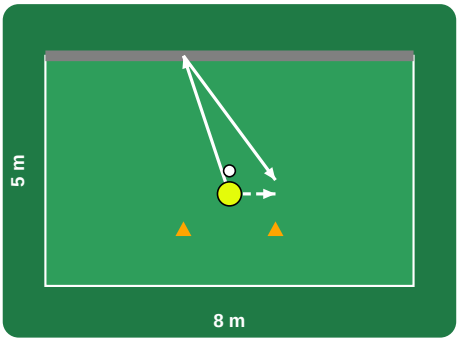
Mon: Solo session | Tue: Rest | Wed: Solo session | Thu: Rest | Fri: Solo session | Sat: Rest | Sun: Rest



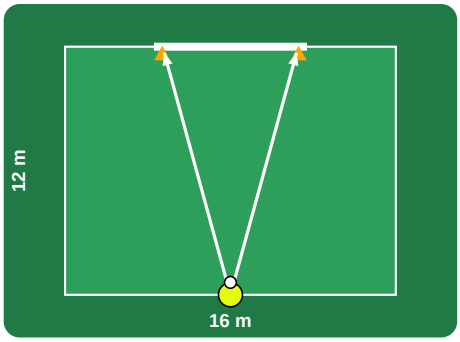
Warm-up | 5 min
FIFA 11+
Evidence-based injury prevention warm-up, parts 1-3



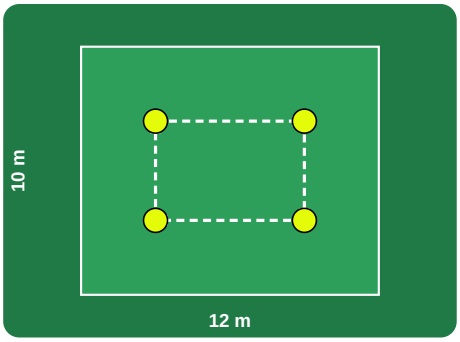
Technical | 7 min
Wall Passing
1 and 2-touch passes against a wall from 5m, alternate feet



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



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



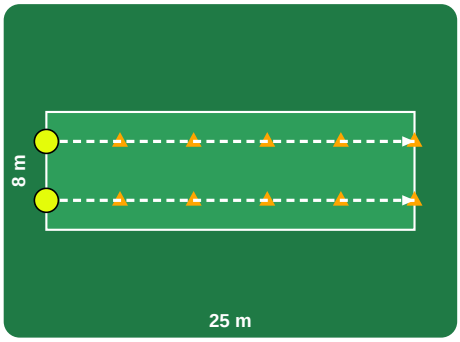
Cool-down | 5 min
Mobility Cool-down
Hips, hamstrings, calves, adductors at 4 cones

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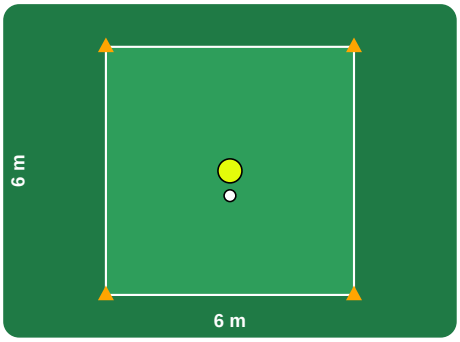
Key: yellow attackers/player, blue defenders, red GK, orange cones, white ball, solid pass/shot, dashed run, dotted dribble.

Week 4: Fitness focus (30 min solo session)

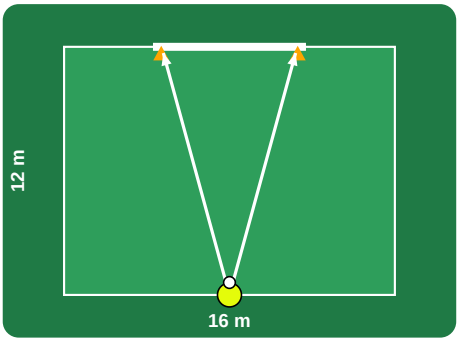
Mon: Solo session | Tue: Rest | Wed: Solo session | Thu: Rest | Fri: Solo session | Sat: Rest | Sun: Rest



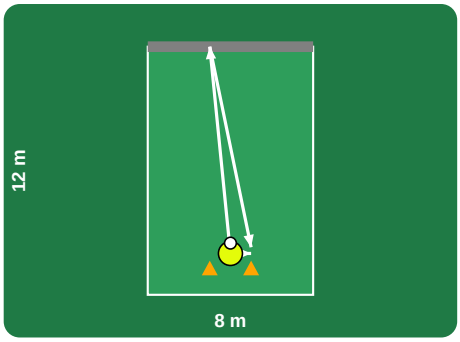
Warm-up | 5 min
FIFA 11+
Evidence-based injury prevention warm-up, parts 1-3



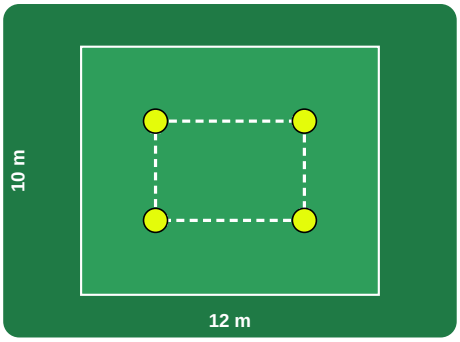
Technical | 7 min
Solo Juggling Challenge
Beat your record: feet, thighs, head-free juggling



Technical | 7 min
Finishing Reps
30 shots at corner targets from 12m and angles



Challenge | 6 min
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

Veterans (35+): 6-week goalkeeper

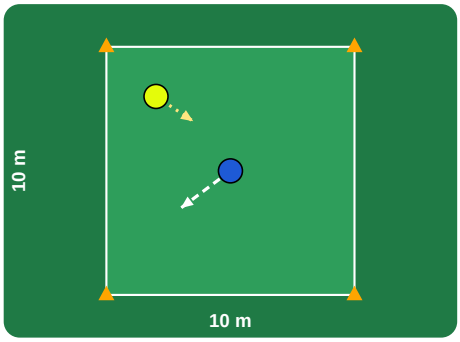
6 weeks. Each week lists the days, a full 60-minute team session built from the We Are Matchday drill library, and solo homework. Adapt numbers and space to your group.

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

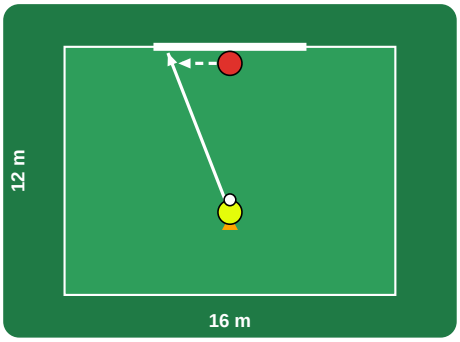
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Week 1: Goalkeeping focus (60 min team session)

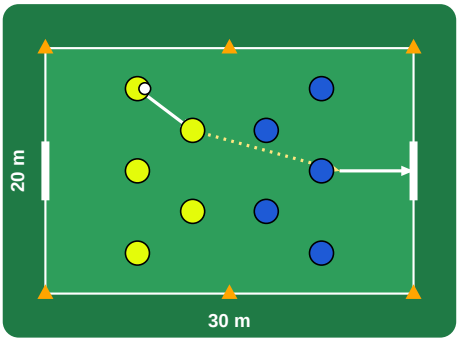
Mon: Rest | Tue: Team session | Wed: Solo session | Thu: Team session | Fri: Rest | Sat: Match | Sun: Recovery



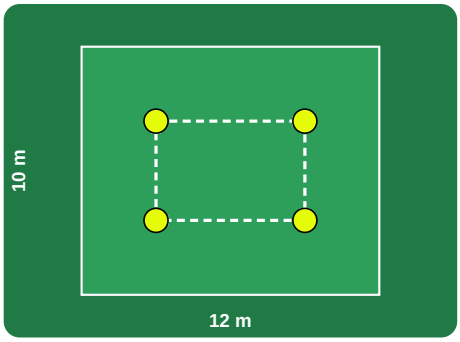
Warm-up | 11 min
Shadow Defending
Mirror the attacker in a low, side-on stance Players 2+.



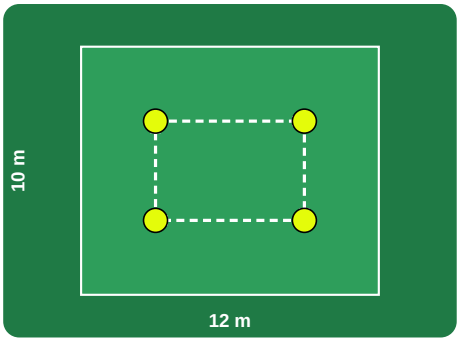
Technical | 15 min
GK Shot Stopping
Set on the shot, dive, recover to the next Players 2+.



Game | 21 min
Walking Football Match
No running (one foot grounded), ball below head height, no contact Players 8+.



Conditioning | 8 min
Bodyweight Circuit
4 stations x 30s: squat, lunge, plank, glute bridge Players 1+.



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

Solo homework (linked to this week)

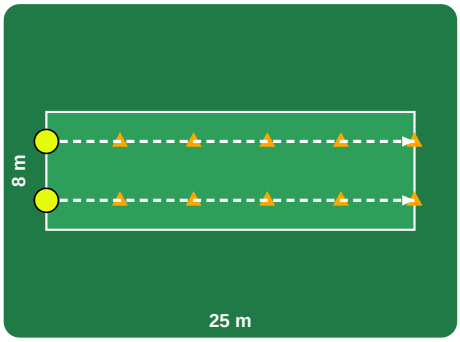
Warm-up 6 min: GK Footwork & Set Position - Shuffle across the goal, set feet on cue
Technical 9 min: GK Wall Reactions - Throw at a wall from 4m, catch the rebound
Challenge 10 min: Solo Juggling Challenge - Beat your record: feet, thighs, head-free juggling
Cool-down 5 min: Mobility Cool-down - Hips,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

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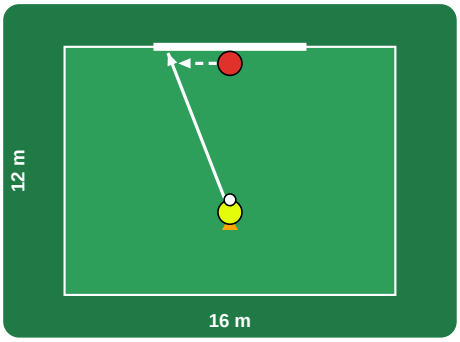
Key: yellow attackers/player, blue defenders, red GK, orange cones, white ball, solid pass/shot, dashed run, dotted dribble.

Week 2: Goalkeeping focus (60 min team session)

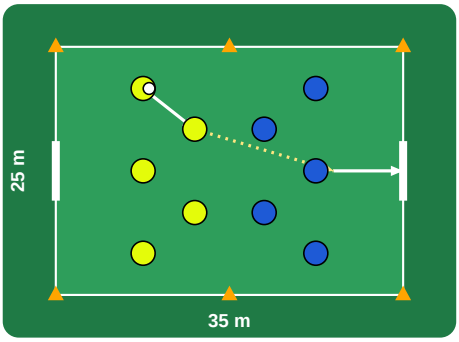
Mon: Rest | Tue: Team session | Wed: Solo session | Thu: Team session | Fri: Rest | Sat: Match | Sun: Recovery



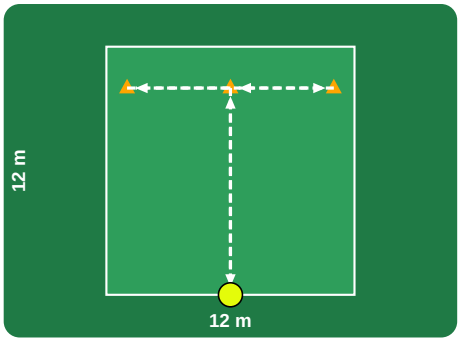
Warm-up | 11 min
FIFA 11+
Evidence-based injury prevention warm-up, parts 1-3 Players 1+.



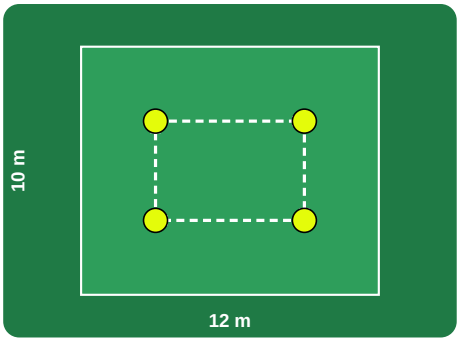
Technical | 15 min
GK Shot Stopping
Set on the shot, dive, recover to the next Players 2+.



Game | 21 min
Vets 5v5 Small-sided
35x25m, rolling subs, no slide tackles Players 10+.



Conditioning | 8 min
Agility T-Test
Sprint, shuffle left, shuffle right, backpedal Players 1+.



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

Solo homework (linked to this week)

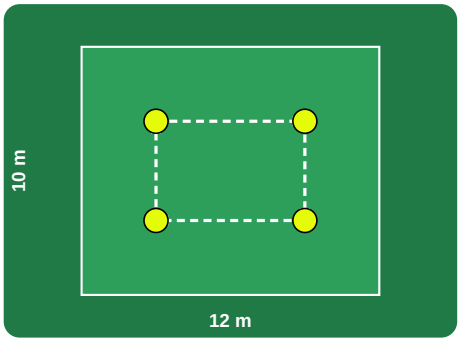
Warm-up 6 min: GK Footwork & Set Position - Shuffle across the goal, set feet on cue
Technical 9 min: GK Wall Reactions - Throw at a wall from 4m, catch the rebound
Challenge 10 min: Finishing Reps - 30 shots at corner targets from 12m and angles
Cool-down 5 min: Mobility Cool-down - Hips, hamstrings,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

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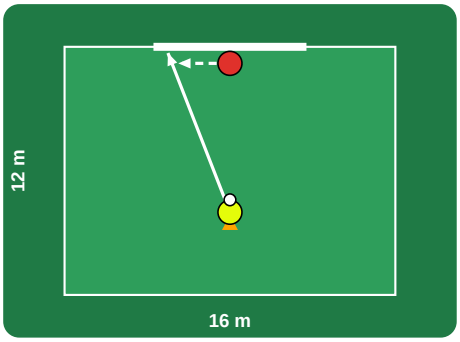
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Week 3: Goalkeeping focus (60 min team session)

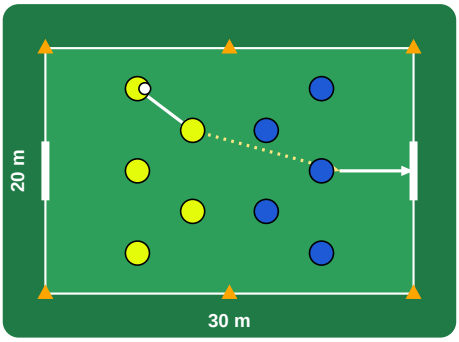
Mon: Rest | Tue: Team session | Wed: Solo session | Thu: Team session | Fri: Rest | Sat: Match | Sun: Recovery



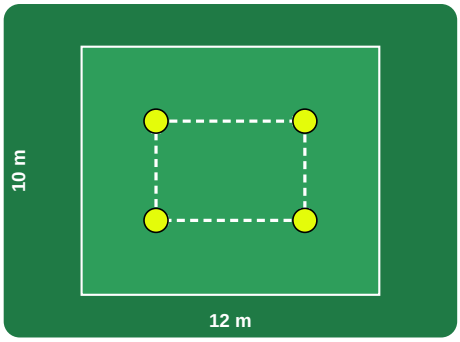
Warm-up | 11 min
Balance & Calf Prep
Single-leg balance, calf raises, ankle hops Players 1+.



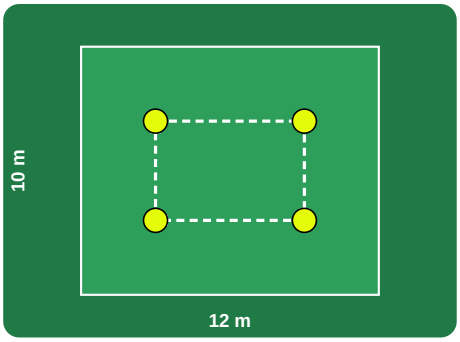
Technical | 15 min
GK Shot Stopping
Set on the shot, dive, recover to the next Players 2+.



Game | 21 min
Walking Football Match
No running (one foot grounded), ball below head height, no contact Players 8+.



Conditioning | 8 min
Nordic Hamstring Curls
3 x 5 slow lowers; partner holds ankles Players 1+.



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

Solo homework (linked to this week)

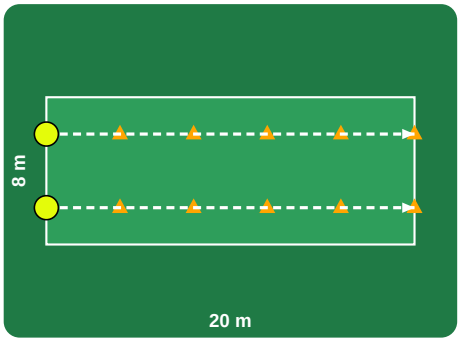
Warm-up 6 min: GK Footwork & Set Position - Shuffle across the goal, set feet on cue
Technical 9 min: GK Wall Reactions - Throw at a wall from 4m, catch the rebound
Challenge 10 min: Wall Strike Accuracy - Strike at taped targets on a wall from 10m
Cool-down 5 min: Mobility Cool-down - Hips, hamstrings,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

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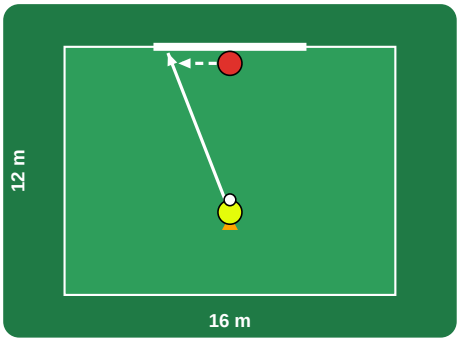
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Week 4: Goalkeeping focus (60 min team session)

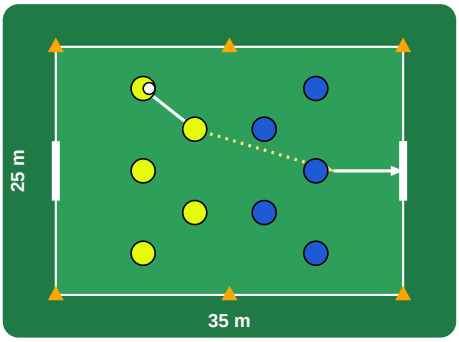
Mon: Rest | Tue: Team session | Wed: Solo session | Thu: Team session | Fri: Rest | Sat: Match | Sun: Recovery



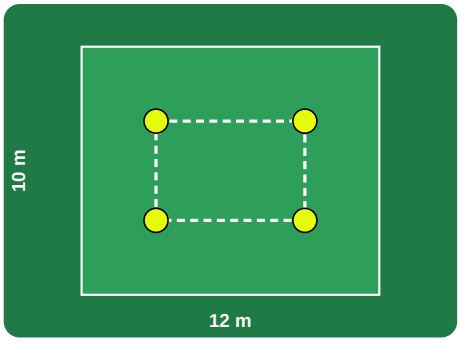
Warm-up | 11 min
Extended Warm-up
Mobility then FIFA 11+ part 1 at gentle pace Players 1+.



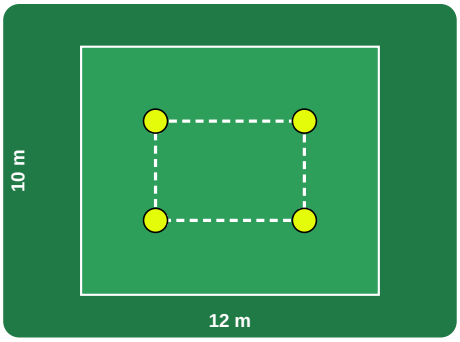
Technical | 15 min
GK Shot Stopping
Set on the shot, dive, recover to the next Players 2+.



Game | 21 min
Vets 5v5 Small-sided
35x25m, rolling subs, no slide tackles Players 10+.



Conditioning | 8 min
Bodyweight Circuit
4 stations x 30s: squat, lunge, plank, glute bridge Players 1+.



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

Solo homework (linked to this week)

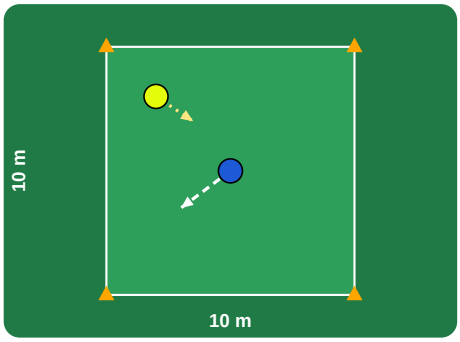
Warm-up 11 min: GK Footwork & Set Position - Shuffle across the goal, set feet on cue
Technical 14 min: GK Wall Reactions - Throw at a wall from 4m, catch the rebound
Cool-down 5 min: Mobility Cool-down - Hips, hamstrings, calves, adductors at 4 cones

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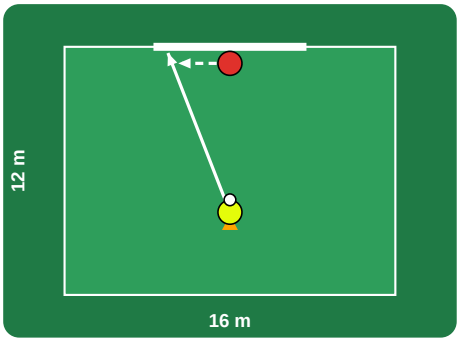
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Week 5: Goalkeeping focus (60 min team session)

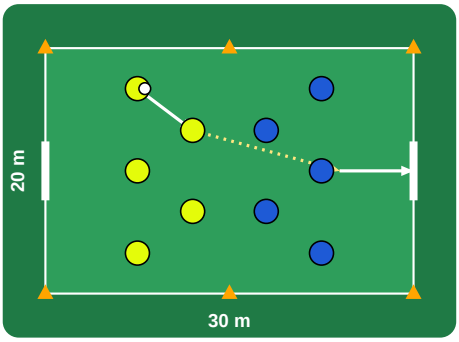
Mon: Rest | Tue: Team session | Wed: Solo session | Thu: Team session | Fri: Rest | Sat: Match | Sun: Recovery



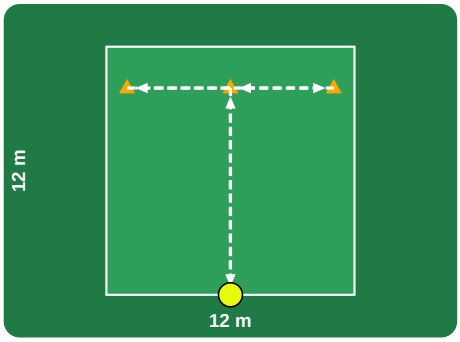
Warm-up | 11 min
Shadow Defending
Mirror the attacker in a low, side-on stance Players 2+.



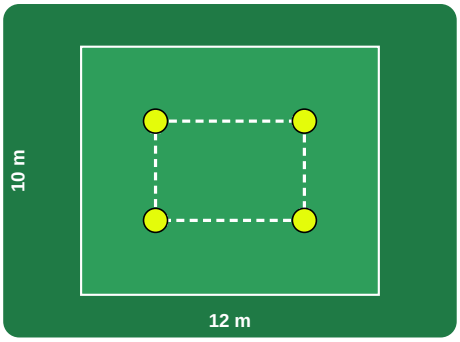
Technical | 15 min
GK Shot Stopping
Set on the shot, dive, recover to the next Players 2+.



Game | 21 min
Walking Football Match
No running (one foot grounded), ball below head height, no contact Players 8+.



Conditioning | 8 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)

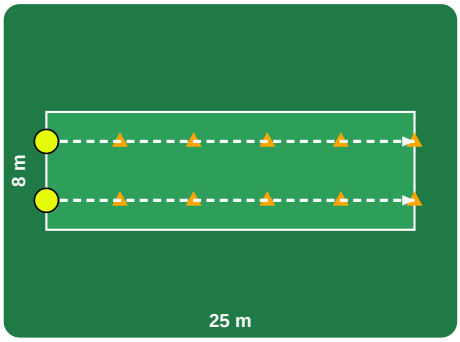
Warm-up 6 min: GK Footwork & Set Position - Shuffle across the goal, set feet on cue
Technical 9 min: GK Wall Reactions - Throw at a wall from 4m, catch the rebound
Challenge 10 min: Wall Passing - 1 and 2-touch passes against a wall from 5m, alternate feet
Cool-down 5 min: Mobility Cool-down - Hips, hamstrings, calves, adductors at 4 cones

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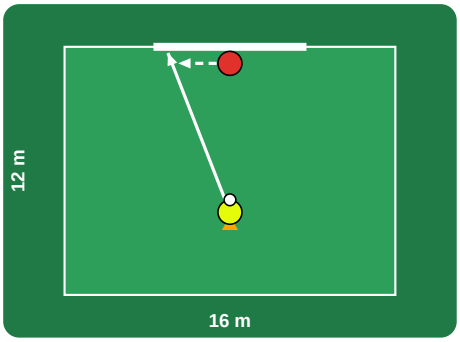
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Week 6: Goalkeeping focus (60 min team session)

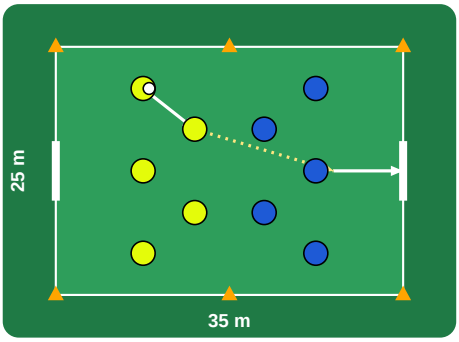
Mon: Rest | Tue: Team session | Wed: Solo session | Thu: Team session | Fri: Rest | Sat: Match | Sun: Recovery



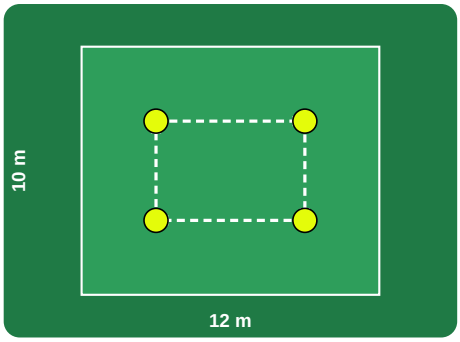
Warm-up | 11 min
FIFA 11+
Evidence-based injury prevention warm-up, parts 1-3 Players 1+.



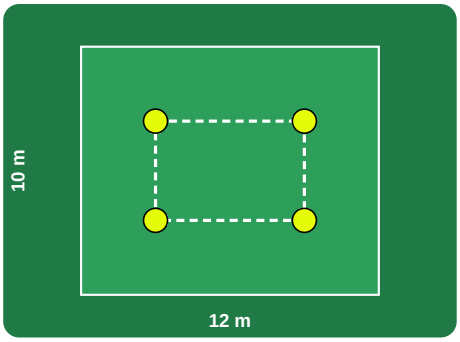
Technical | 15 min
GK Shot Stopping
Set on the shot, dive, recover to the next Players 2+.



Game | 21 min
Vets 5v5 Small-sided
35x25m, rolling subs, no slide tackles Players 10+.



Conditioning | 8 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: Wall Volleys - Volley and half-volley returns from 3m
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.