



TRAINING SCHEDULE FOR BASIC FOOTBALL PLAYER

DAY	INTRODUCTORY PART	FORMAL PART	SPECIAL PART	ASSEMBLY & DISMISSAL
MONDAY	ASSEMBLY AND ROLL CALL WARM UP	PRACTICE MATCH	PRACTICE MATCH	REVIEW & DISMISSAL (1 LOVE FOOTBALL)
TUESDAY	ASSEMBLY AND ROLL CALL WARM UP	PRACTICE MATCH	PRACTICE MATCH	REVIEW & DISMISSAL (1 LOVE FOOTBALL)
WEDNESDAY	ASSEMBLY AND ROLL CALL WARM UP	PRACTICE MATCH	PRACTICE MATCH	REVIEW & DISMISSAL (1 LOVE FOOTBALL)
THURSDAY	ASSEMBLY AND ROLL CALL WARM UP	PRACTICE MATCH	PRACTICE MATCH	REVIEW & DISMISSAL (1 LOVE FOOTBALL)
FRIDAY	ASSEMBLY AND ROLL CALL WARM UP	PRACTICE MATCH	PRACTICE MATCH	REVIEW & DISMISSAL (1 LOVE FOOTBALL)
SATURDAY	ASSEMBLY AND ROLL CALL WARM UP	PRACTICE MATCH	PRACTICE MATCH	REVIEW & DISMISSAL (1 LOVE FOOTBALL)



SUNDAY	ASSEMBLY AND ROLL CALL WARM UP	PRACTICE MATCH	PRACTICE MATCH	REVIEW & DISMISSAL (1 LOVE FOOTBALL)
--------	--------------------------------------	----------------	----------------	---



TRAINING SCHEDULE FOR FOOTBALL PLAYERS FOR INTERMEDIATE

DAY	INTRODUCTORY PART	FORMAL PART	SPECIAL PART	ASSEMBLY & DISMISSAL
Monday	ASSEMBLY AND ROLL CALL WARM UP	PRACTICE MATCH	PRACTICE MATCH	REVIEW & DISMISSAL (1 LOVE FOOTBALL)
Tuesday	ASSEMBLY AND ROLL CALL WARM UP	PRACTICE MATCH	PRACTICE MATCH	REVIEW & DISMISSAL (1 LOVE FOOTBALL)
Wednesday	ASSEMBLY AND ROLL CALL WARM UP	PRACTICE MATCH	PRACTICE MATCH	REVIEW & DISMISSAL (1 LOVE FOOTBALL)
Thursday	ASSEMBLY AND ROLL CALL WARM UP	PRACTICE MATCH	PRACTICE MATCH	REVIEW & DISMISSAL (1 LOVE FOOTBALL)
Friday	ASSEMBLY AND ROLL CALL WARM UP	PRACTICE MATCH	PRACTICE MATCH	REVIEW & DISMISSAL (1 LOVE FOOTBALL)
Saturday	ASSEMBLY AND ROLL CALL WARM UP	PRACTICE MATCH	PRACTICE MATCH	REVIEW & DISMISSAL (1 LOVE FOOTBALL)



SUNDAY	ASSEMBLY AND ROLL CALL WARM UP	PRACTICE MATCH	PRACTICE MATCH	REVIEW & DISMISSAL (1 LOVE FOOTBALL)
--------	---	----------------	-------------------	---



TRAINING SCHEDULE FOR ADVANCE FOOTBALL PLAYERS

DAY	INTRODUCTORY PART	FORMAL PART	SPECIAL PART	ASSEMBLY & DISMISSAL
MONDAY	ASSEMBLY AND ROLL CALL WARM UP	PRACTICE MATCH	PRACTICE MATCH	REVIEW & DISMISSAL (1 LOVE FOOTBALL)
TUESDAY	ASSEMBLY AND ROLL CALL WARM UP	PRACTICE MATCH	PRACTICE MATCH	REVIEW & DISMISSAL (1 LOVE FOOTBALL)
WEDNESDAY	ASSEMBLY AND ROLL CALL WARM UP	PRACTICE MATCH	PRACTICE MATCH	REVIEW & DISMISSAL (1 LOVE FOOTBALL)
THURSDAY	ASSEMBLY AND ROLL CALL WARM UP	PRACTICE MATCH	PRACTICE MATCH	REVIEW & DISMISSAL (1 LOVE FOOTBALL)
FRIDAY	ASSEMBLY AND ROLL CALL WARM UP	PRACTICE MATCH	PRACTICE MATCH	REVIEW & DISMISSAL (1 LOVE FOOTBALL)
SATURDAY	ASSEMBLY AND ROLL CALL WARM UP	PRACTICE MATCH	PRACTICE MATCH	REVIEW & DISMISSAL (1 LOVE FOOTBALL)
SUNDAY	ASSEMBLY AND ROLL CALL WARM UP	PRACTICE MATCH	PRACTICE MATCH	REVIEW & DISMISSAL (1 LOVE)

