



Sample Language Plus Soccer Programme

(this is a sample programme only and changes are at the discretion of the Head Coach)



TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
		Breakfast & Morning Meeting						
Lesson 1		Warm-up Soccer assessment	Warm-up Agility drills without ball Agility drills with ball	Warm-up Warming up with ball	Warm-up Tricks, step overs & feints	Warm-up Timed dribbling course		
Lesson 2		Soccer assessment Group placement	Passing & moving Drills Close control drills	Dribbling Fundamentals Passing & moving	Goal scoring & finishing	Penalty shoot - out Football tennis competition		
Lesson 3	 Arrival	Getting to know players 5-a-side possession	Shooting drills	Small possession plays Defending drills	3 v 1 & 6 v 2 plays Tactical awareness	5-a-side competition	Departure 	
Lesson 4		5-a-side possession Warm-down	7-a-side possession play Warm-down	7-a-side with goals Warm-down	Conditioned close control & game Warm-down	5-a-side competition Warm-down Awards		
Lunch, Afternoon Meeting & Free Time								
Lesson 5		English assessment & tour of centre	Grammar study skills	Grammar study skills	Grammar study skills	Grammar study skills		Grammar study skills
Lesson 6	English assessment Grammar study skills	Listening and speaking	Listening and speaking	Listening and speaking	Listening and speaking	Listening and speaking		
Lesson 7	Vocabulary & learner review	Vocabulary & learner review	Vocabulary & learner review	Vocabulary & learner review	Vocabulary & learner review	Vocabulary & learner review		
Lesson 8	Project	Project	Project	Project	Project	Progress test		
Dinner, Free Time, Evening Entertainment & Bed Time								