

# TRAINING WEEK.

DAY	TIME	MINS	TRAINING ELEMENTS	PITCH SIZE	TIME FRAMES	MINS
Monday	08:30	1h 15m	Warmup: 2 rounds, Body Weight, Ball exercises. Possession game with transitions. 3v2 formal / functional.	50x40m 40x30m	4x(2x1,5)/1min break 4x(4acts/plyr o/d)/2min break	25m 20m 30m
Tuesday	08:30	1h 15m	Warmup : 2 rounds, Technical & Passing drills. Possession games 4v4+(2/3/4). 3v3 or 4v4 intensity games (small area).	18x28m 32x30m	6x(2mins/1min break) 8x1,5/1,5mins	30m 20m 25m
	15:00	1h 15m	Warmup: Coordination, Gym-band + Ball exercises. Positional specific training (GK - Def - Central - Offensive).			30m 45m
Wednesday	08:30	1h 15m	Warmup : 2 rounds, Body Weight, Passing drills. 11v0 and 11v5-11. Match big area 8v8 etc.	Half pitch + 70x55m +	4x4min / 2 min break 3x7 min / 2 min break	25m 25m 25m
Thursday	08:30	1h 15m	FC Ebedei Coaches training.			30m
	15:00	1h 15m	Warmup : Coordination, Gym-band + Ball exercises. Positional specific training (GK - Def - Central - Offensive).			45m
Friday	08:30	1h 00m	Warmup : 2 rounds, technical drills, Boxes. Short sprints (max 6). 11v0. Small game 4v4 + wallplayers.	10-15m Half pitch + 32x30m	3x(5mins/1,5 min break) 3x(1,5/1,5mins)	25m 5m 20m 10m
Saturday	TBD		Matchday.			
Sunday			Off.			

