



OV TOROS FC U14 MLS NEXT ACADEMY

5-Week Ball Technical Plan + 4-Week Fitness Plan

Purpose of the Plan

This plan is designed for players to complete away from team training. It builds the technical habits, movement quality, acceleration, speed, agility, bodyweight strength, and fitness maintenance needed to arrive prepared for the academy environment.

Week 1 is intentionally light ball work only. Weeks 2-5 include two technical days and two fitness days each week. Players should record completion and scores honestly.

Important parent/player notes

- Use cones, shoes, water bottles, or field markings to mark the exact distances listed. Do not guess longer distances.
- One large walking step is roughly one yard if a field is not marked.
- Players should stop if they feel sharp pain, dizziness, or unusual discomfort. This is a development plan, not a punishment plan.
- Quality matters more than rushing. Skills should be clean before they are fast.

Weekly Structure

Week	Day 1	Day 2	Day 3 / Day 4
Week 1	Light ball work	Light ball work	Light ball work / optional mobility only
Weeks 2-5	Technical Day A	Fitness Day A	Technical Day B / Fitness Day B

How to Track Completion

- After each session, players should mark complete/incomplete and record the weekly challenge score if there is one.
- Players should send video only when requested. Short clips are best: 20-40 seconds showing quality and effort.
- Use the RPE scale after fitness sessions: 1 = very easy, 10 = maximum effort. Most sessions should feel 6-8, not 10.

Skill Reference: What the Ball Movements Mean

Inside-inside foundations: Touch the ball side to side using the inside of both feet. Keep the ball close under the hips, knees bent, body relaxed. This builds tight control and quick foot changes.

Outside-inside shift: Use the outside of the foot to move the ball away, then use the inside of the same or opposite foot to bring it across the body. This helps players shift the ball away from pressure and open a passing lane.

Sole roll across body: Place the sole on top of the ball, roll it across your body, then take the next touch with the opposite foot. This is useful in tight spaces when a defender commits.

V-pull: Pull the ball back diagonally with the sole, then push it out with the inside or outside of the foot. This creates a new angle when the first option is blocked.

La Croqueta: Push the ball across the front of your body with the inside of one foot and receive with the inside of the other foot. Sell the defender one way, move the ball quickly across, then accelerate.

Body feint / shoulder drop: Move the body first before moving the ball. Drop the shoulder, bend the knee, and make the defender believe you are going one way before taking the ball the other way.

Scissors / step-over: Move the foot around the outside of the ball to fake one direction, then exit the other direction. The body lean sells the move; the exit touch beats the defender.

Cruyff / L-turn / drag-back turn: Use the sole or inside of the foot to change direction quickly. These help players escape pressure when a defender closes from the front or side.

End product: Every move should finish with something: acceleration, pass, shot, cross, or long pass. A skill is only useful if it leads to the next action.



Research and Coaching Base

This plan uses principles from youth motor learning, small-sided/game-realistic skill development, youth resistance training, injury-prevention warm-ups, and academy-style ball mastery work. The weekly structure combines repetition, clear technique cues, and game transfer rather than random skills.

- FIFA 11+ / FIFA 11+ Kids principles: balance, landing, coordination, mobility, and injury-prevention warm-up habits.
- NSCA youth resistance training guidance: age-appropriate bodyweight strength, technique first, controlled progressions.
- Small-sided games research: repeated decisions and touches support technical execution and game transfer.
- England Football coaching themes: turning, receiving, finishing, ball control, decision-making, and using techniques under pressure.



Week 1 - Light Ball Work Only

Week 1 is a reset week. The goal is rhythm, touch quality, and confidence. There is no sprint or strength day this week.

Week 1 - Day 1: Light Ball Familiarity

Focus: Reconnect with the ball without heavy physical load.

Equipment/set-up: One ball, four cones in a 6x6 yard box, wall/rebounder if available.

Drill 1: Foundations and toe taps

- Time/distance: 4 rounds of 45 seconds foundations + 45 seconds toe taps; 25 seconds rest.
- How to perform: Alternate inside-inside touches, then toe taps on top of the ball. Stay inside the marked box.
- Technique cues: Soft knees, light feet, ball close, eyes up every 3-4 touches.
- Game transfer: Builds comfort receiving and manipulating the ball in crowded areas.

Drill 2: Sole rolls and V-pulls

- Time/distance: 4 rounds of 60 seconds total; 25 seconds rest.
- How to perform: Roll the ball across the body with the sole. Then perform V-pulls: pull back diagonally and push out into space.
- Technique cues: Use the sole, not the toe. Pull the ball far enough to change angle, then push with purpose.
- Game transfer: Helps players escape pressure when the defender blocks the forward pass.

Drill 3: Wall pass and first touch

- Time/distance: 5 rounds of 90 seconds; rest 30 seconds.
- How to perform: Stand 7 yards from a wall. Pass with the inside of the foot, receive across the body, then pass again.
- Technique cues: Open body, first touch out of feet, ankle locked on pass, scan before receiving.
- Game transfer: Connects touch quality to passing rhythm and playing away from pressure.

Weekly competition reminder

- Week 1 challenge: clean-touch rhythm. Players will be asked to keep the ball moving with control for a set period.
- Coach Ryan will message the exact scoring rules and video/example for the weekly challenge.

Goalkeeper adjustment for this session

- Goalkeepers complete the ball work with both feet and add light handling: 3 sets of 20 clean catches from self-toss or parent toss.

Week 1 - Day 2: Shifts and Turns

Focus: Move the ball across the feet and change direction with control.

Equipment/set-up: One ball, four cones in a 6x6 yard box, one extra cone as a defender marker.

Drill 1: Inside/outside shift circuit

- Time/distance: 5 patterns x 45 seconds; rest 20 seconds.
- How to perform: Move around the box using inside-inside, outside-inside, and sole roll touches. Change pattern every 30-45 seconds.
- Technique cues: Do not let the ball run away. Touch across the body, then reset balance.
- Game transfer: Prepares players to shift the ball away from pressure and create passing angles.

Drill 2: Cone defender escape

- Time/distance: 16 reps total; 8 each side.
- How to perform: Dribble toward the cone, perform a body feint, V-pull, or sole roll, then exit to either side. Walk back and repeat.
- Technique cues: Sell the fake with the body. Exit touch should be bigger than set-up touches.
- Game transfer: Builds the habit of moving the defender before moving past them.

Drill 3: Turn and pass

- Time/distance: 4 sets of 6 turns, alternating turn type.
- How to perform: Start with back to wall or target. Toss/roll the ball forward, turn with inside hook, outside hook, Cruyff, or drag-back, then pass to target.
- Technique cues: Check shoulder first, turn away from imaginary pressure, then pass with balance.
- Game transfer: Relates to receiving under pressure and finding the next pass after turning.

Weekly competition reminder

- Week 1 challenge: turn quality. Players will be asked to complete clean turns without losing balance or control.
- Coach Ryan will message the exact scoring rules and video/example for the weekly challenge.

Goalkeeper adjustment for this session

- Goalkeepers complete the ball work with both feet and add light handling: 3 sets of 20 clean catches from self-toss or parent toss.



Week 1 - Day 3: Touch Into End Product

Focus: Connect ball mastery to a pass, shot, or target action.

Equipment/set-up: One ball, two small target gates 2 yards wide, wall/rebounder, goal if available.

Drill 1: Shift then target pass

- Time/distance: 5 rounds of 6 passes; 3 right, 3 left.
- How to perform: Start 8-12 yards from a gate. Perform two ball-mastery movements, then pass through the gate. Retrieve and repeat both feet.
- Technique cues: Set the ball outside your feet before passing. Lock ankle and follow through to target.
- Game transfer: Teaches that a skill should create a passing lane, not just look good.

Drill 2: Body feint into finish or pass

- Time/distance: 16 reps total, medium pace.
- How to perform: Dribble at a cone, perform a shoulder drop/body feint, exit diagonally, then pass/finish into target.
- Technique cues: Low center of gravity, convincing fake, accelerate after the exit touch.
- Game transfer: Replicates beating a defender before producing an end product.

Drill 3: Weak-foot repetition block

- Time/distance: 4 rounds of 8 weak-foot passes or finishes.
- How to perform: Repeat simple passes or finishes using the weaker foot only. Keep the action controlled, not rushed.
- Technique cues: Plant foot points to target, chest over ball, clean contact.
- Game transfer: Improves confidence when the game forces the weaker-foot action.

Weekly competition reminder

- Week 1 challenge: target accuracy. Players will be asked to record clean passes or finishes through a target.
- Coach Ryan will message the exact scoring rules and video/example for the weekly challenge.

Goalkeeper adjustment for this session

- Goalkeepers complete the ball work with both feet and add light handling: 3 sets of 20 clean catches from self-toss or parent toss.



Week 2 - Shifting the Ball Across Your Feet + Acceleration Foundation

Recommended rhythm: Technical Day A, rest or team training, Fitness Day A, rest, Technical Day B, Fitness Day B, recovery day. Adjust around team practices and games.

Week 2 - Technical Day A: Shift Across Feet

Focus: Use inside, outside, and sole touches to move the ball away from pressure.

Equipment/set-up: One ball, 6x6 yard box, two exit gates 2 yards wide.

Drill 1: Inside/outside pattern ladder

- Time/distance: 5 blocks of 45 seconds; rest 20 seconds.
- How to perform: Perform 45 seconds of each pattern: inside-inside, outside-inside, sole roll across, V-pull. Rest 20-30 seconds between patterns.
- Technique cues: Stay light on the front of the feet, keep the ball under control, scan up between patterns.
- Game transfer: Helps players change the picture quickly when a defender blocks the first route.

Drill 2: Roll-across to exit gate

- Time/distance: 16 reps, 8 each direction.
- How to perform: Start central. Roll the ball across the body, take with opposite foot, and accelerate through one of two gates. Walk back.
- Technique cues: Roll must move the ball outside the defender line. Exit touch should be positive and slightly diagonal.
- Game transfer: Useful when receiving pressure from the side and needing to escape into space.

Drill 3: La Croqueta repetitions

- Time/distance: 4 sets of 6 reps; rest 45 seconds.
- How to perform: Place two cones one yard apart as a defender. Push the ball across the cone line with one inside touch and take with the other foot. Accelerate after the second touch.
- Technique cues: Move the ball, not just the feet. Hips face forward. Accelerate after the move.
- Game transfer: Helps players get inside/outside of a defender who steps in too early.

Weekly competition reminder

- Week 2 challenge: shift-across-feet competition. Coach Ryan will send the exact scoring and video example.
- Coach Ryan will message the exact scoring rules and video/example for the weekly challenge.

Goalkeeper adjustment for this session

- Goalkeepers should complete the same footwork patterns, then add a pass through a target gate after the exit touch.

Week 2 - Fitness Day A: Acceleration and Bodyweight Strength

Focus: First 5-10 yards, forward lean, arm drive, and safe bodyweight strength.

Exact set-up: Mark a straight lane with cones at 0, 10, and 15 yards. Use a flat field or turf space.

Drill 1: Acceleration mechanics warm-up

- Reps/sets: 10 minutes total: 2 x 10 yards each drill plus 3 build-ups.
- How to perform: Jog, high knees, heel flicks, open/close gates, A-march, and 3 progressive build-ups. All over 10 yards.
- Technique cues: Tall posture during drills, then forward lean during sprint starts. Arms drive cheek-to-pocket.
- Why it matters: Prepares muscles and teaches sprint posture before faster work.

Drill 2: Falling starts

- Reps/sets: 6 x 10 yards, full walk-back recovery.
- How to perform: Stand tall on the 0-yard line, lean forward until you must step, then sprint to 10 yards. Walk back fully.
- Technique cues: First step should punch the ground back, not reach forward. Keep head neutral and drive arms.
- Why it matters: Trains explosive first step and body angle.

Drill 3: Split-stance accelerations

- Reps/sets: 6 x 15 yards, 60 seconds rest.
- How to perform: Start one foot forward, one back. On go, sprint to 15 yards. Rest 45-75 seconds depending on age.
- Technique cues: Push through both legs, shin angle forward, powerful arms, no false step.
- Why it matters: Improves short-distance acceleration used to press, recover, or separate from a defender.

Drill 4: No-weight strength circuit

- Reps/sets: 3 rounds: 10 squats, 8 reverse lunges each leg, 12 glute bridges, 8-12 push-ups, 15 calf raises, 30-second plank.
- How to perform: Complete squats, reverse lunges, glute bridges, push-ups, calf raises, and front plank. Rest 60 seconds between rounds.
- Technique cues: Controlled reps, knees track over toes, hips level, core tight. Stop before technique breaks.
- Why it matters: Builds the strength base for sprinting, changing direction, and staying resilient.

Week 2 - Technical Day B: Shift Into Pass or Finish

Focus: Make the skill lead to a pass, shot, or longer delivery.



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Equipment/set-up: Ball, wall/rebounder, target gate 2 yards wide, goal if available.

Drill 1: Shift-pass wall circuit

- Time/distance: 5 sets of 90 seconds.
- How to perform: Stand 7 yards from wall. Receive, shift across feet, pass back. Alternate right/left foot.
- Technique cues: First touch sets the second action. Do not stand square. Open body to see the target.
- Game transfer: Replicates receiving pressure, moving the ball, and playing the next pass.

Drill 2: Move into target pass

- Time/distance: 16 reps total.
- How to perform: Dribble toward cone defender, perform sole roll or La Croqueta, then pass through the target gate. Repeat both directions.
- Technique cues: Skill must create a clear passing lane. Pass with firm inside-foot contact.
- Game transfer: Connects deception to end product.

Drill 3: Move into finish or driven pass

- Time/distance: 16 reps total. Rest as needed.
- How to perform: Dribble at cone, perform selected shift/feint, then finish or drive a pass through target gate.
- Technique cues: First touch after the move sets the strike. Keep head steady and hips balanced.
- Game transfer: Relates to using a skill to create a shot, cross, or line-breaking pass.

Goalkeeper adjustment for this session

- Goalkeepers should replace finishing with distribution: receive back-pass, shift first touch, play driven pass through target.

Week 2 - Fitness Day B: Agility Basics and Maintenance Run

Focus: Safe deceleration, body control, and low/moderate fitness maintenance.

Exact set-up: Mark a 5-yard square and a straight line of 60 yards.

Drill 1: Deceleration reps

- Reps/sets: 8 reps, 5-7 yards each.
- How to perform: Start 5 yards behind a cone. Accelerate to cone, stop under control in 2-3 steps, hold balance for 2 seconds.
- Technique cues: Hips back, knees bent, chest over toes, no upright stopping.
- Why it matters: Players must brake safely before changing direction.

Drill 2: Box agility pattern

- Reps/sets: 5 reps each direction; 45-60 seconds rest.
- How to perform: Sprint forward 5 yards, shuffle right 5 yards, backpedal 5 yards, shuffle left 5 yards. Rest between reps.
- Technique cues: Stay low, do not cross feet on shuffle, eyes forward, control the stop.
- Why it matters: Builds multi-direction movement used in pressing and defending.

Drill 3: Maintenance tempo runs

- Reps/sets: 8 x 60 yards at 65-70%, walk-back recovery.
- How to perform: Run 60 yards at about 65-70% effort, then walk back. Repeat as listed.
- Technique cues: Smooth rhythm, relaxed shoulders, breathe under control. This should not be a max sprint.
- Why it matters: Maintains basic aerobic fitness without overloading the legs.



Week 3 - Getting Inside Your Man + Speed Mechanics

Recommended rhythm: Technical Day A, rest or team training, Fitness Day A, rest, Technical Day B, Fitness Day B, recovery day. Adjust around team practices and games.

Week 3 - Technical Day A: Getting Inside Your Man

Focus: Sell outside, attack inside, and accelerate across the defender.

Equipment/set-up: Ball, cone defender, two gates 2 yards wide: one outside gate, one inside gate.

Drill 1: Body feint to inside exit

- Time/distance: 5 blocks of 45 seconds; rest 20 seconds.
- How to perform: Dribble at cone. Drop shoulder to outside, plant foot, take ball inside through gate. Walk back and repeat.
- Technique cues: Move the defender with body first. Exit touch must cross the defender line.
- Game transfer: Helps wingers, fullbacks, and midfielders get across a defender and protect the ball.

Drill 2: Scissors to inside exit

- Time/distance: 16 reps, 8 each direction.
- How to perform: Step around the ball as if going outside, lean with the body, then take the ball inside with the outside or inside of opposite foot.
- Technique cues: Slow-to-fast. The fake must be believable before the exit touch.
- Game transfer: Creates separation when a defender is side-on or overcommits.

Drill 3: Inside move into contact shield

- Time/distance: 4 sets of 6 reps; rest 45 seconds.
- How to perform: Perform inside exit, then put body between imaginary defender and ball for 2 seconds before passing or dribbling on.
- Technique cues: Use arm for balance, not pushing. Step across defender, ball on far foot.
- Game transfer: Getting inside your man only matters if you can protect the next touch.

Weekly competition reminder

- Week 3 challenge: inside-gate challenge. Coach Ryan will send exact set-up and scoring.
- Coach Ryan will message the exact scoring rules and video/example for the weekly challenge.

Goalkeeper adjustment for this session

- Goalkeepers use the same body-feint work as first-touch deception, then play a pass to either target gate.

Week 3 - Fitness Day A: Speed Mechanics

Focus: Run fast with posture, rhythm, and proper recovery between sprints.

Exact set-up: Mark cones at 0, 10, 20, and 30 yards.

Drill 1: Sprint drill series

- Reps/sets: 2 rounds of each drill over 10 yards.
- How to perform: A-march 10 yards, A-skip 10 yards, ankling 10 yards, high-knee run 10 yards. Walk back after each.
- Technique cues: Tall hips, stiff ankle under body, arms drive straight, no twisting.
- Why it matters: Teaches mechanics before sprinting at speed.

Drill 2: Build-up sprints

- Reps/sets: 6 x 20 yards at 85-90%, 75 seconds rest.
- How to perform: Accelerate gradually over 20 yards. Do not sprint all-out until the final third. Rest 60-90 seconds.
- Technique cues: Smooth acceleration, relaxed face/hands, stay tall after first steps.
- Why it matters: Introduces faster running safely.

Drill 3: Flying sprint exposure

- Reps/sets: 5 reps: 10-yard build + 10-yard fast zone.
- How to perform: Build up for 10 yards, then run fast for the next 10 yards. Walk back and rest fully.
- Technique cues: Relaxed speed. Do not strain. Quality over number of reps.
- Why it matters: Maintains top-speed qualities needed for recovery runs and attacking separation.

Drill 4: Strength and core circuit

- Reps/sets: 3 rounds: 8 split squats each leg, 25-second single-leg balance each leg, 8 hamstring walkouts, 20-second side plank each side, 15-yard bear crawl.
- How to perform: Complete split squat, single-leg balance, hamstring walkout, side plank, bear crawl. Rest between rounds.
- Technique cues: Balance first. Slow controlled reps. Hips and knees aligned.
- Why it matters: Supports sprinting, stability, and injury resilience.

Week 3 - Technical Day B: Inside Move Into End Product

Focus: Use the inside move to create a shot, pass, cross, or longer delivery.



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Equipment/set-up: Ball, cone defender, wall/target gate, goal if available.

Drill 1: Inside gate into pass

- Time/distance: 5 sets of 90 seconds.
- How to perform: Beat cone through inside gate, then pass through a target with the second or third touch after the move.
- Technique cues: Do not take too many touches after the move. End product must come quickly.
- Game transfer: Relates to breaking pressure and finding a teammate before the space closes.

Drill 2: Inside move into finish

- Time/distance: 16 reps total.
- How to perform: Dribble at cone, fake outside, cut inside, finish/pass to target. Repeat both feet.
- Technique cues: Last touch before strike should be out of feet. Plant foot points at target.
- Game transfer: Useful for wide players cutting inside and midfielders creating shooting lanes.

Drill 3: Driven pass / switch technique

- Time/distance: 5 sets of 6 passes over 18-25 yards.
- How to perform: Use partner, wall, or target zone. Strike through the middle/lower half of the ball with laces or firm inside.
- Technique cues: Approach at slight angle, plant foot beside ball, ankle locked, follow through toward target.
- Game transfer: Helps center backs, midfielders, and wide players switch play and break pressure.

Goalkeeper adjustment for this session

- Goalkeepers replace finishing with distribution after movement: set, receive, shift, driven pass or clipped pass.

Week 3 - Fitness Day B: Change of Direction Basics

Focus: Plant, brake, change direction, and re-accelerate.

Exact set-up: Mark a center cone, a left cone 5 yards away, and a right cone 5 yards away for the 5-10-5 shuttle.

Drill 1: 5-10-5 walk-through to sprint

- Reps/sets: 4 walk-through reps, then 5 timed reps.
- How to perform: Start center. Sprint 5 yards right, touch line, sprint 10 yards left, touch line, sprint 5 yards back through center. Start at 70%, then build.
- Technique cues: Low hips before plant, outside foot brakes, push off hard, do not stand upright into turns.
- Why it matters: Improves soccer-specific change of direction.

Drill 2: Mirror shuffle

- Reps/sets: 8 rounds of 12 seconds; 30 seconds rest.
- How to perform: Partner or parent points left/right. Player shuffles 3-5 yards, stops, and reacts to next call. If alone, use random phone timer/calls.
- Technique cues: Stay low, feet apart, chest forward, no hopping.
- Why it matters: Builds reactive defensive movement.

Drill 3: Mobility and recovery block

- Reps/sets: 8-10 minutes total, 30-40 seconds each movement.
- How to perform: Hip flexor stretch, hamstring stretch, calf stretch, adductor rockbacks, ankle rocks.
- Technique cues: Breathe and hold positions. This is controlled recovery, not bouncing.
- Why it matters: Maintains movement quality through the week.



Week 4 - Tight-Space Deception + Agility

Recommended rhythm: Technical Day A, rest or team training, Fitness Day A, rest, Technical Day B, Fitness Day B, recovery day. Adjust around team practices and games.

Week 4 - Technical Day A: Tight-Space Deception

Focus: Use fakes and turns when space is limited.

Equipment/set-up: Ball, 5x5 yard box, one exit gate.

Drill 1: Box escape turns

- Time/distance: 5 blocks of 45 seconds; rest 20 seconds.
- How to perform: Dribble inside box. Every 3-4 touches perform Cruyff, drag-back, L-turn, or outside hook, then exit through gate.
- Technique cues: Turn away from pressure. Keep ball close enough to protect. Check shoulder before turn.
- Game transfer: Relates to midfielders/defenders receiving with pressure around them.

Drill 2: Fake pass to turn

- Time/distance: 16 reps, 8 each direction.
- How to perform: Shape body as if passing one way, then drag or Cruyff turn opposite direction and pass to target.
- Technique cues: Eyes and hips sell the pass. Change speed after the fake.
- Game transfer: Creates space when opponents jump passing lanes.

Drill 3: Stop-start deception

- Time/distance: 4 sets of 6 reps; rest 45 seconds.
- How to perform: Dribble slowly, stop the ball with sole, pause half a second, then explode out with outside touch.
- Technique cues: Pause must freeze defender. Exit touch must be sharp.
- Game transfer: Useful on the wing or in tight areas to unbalance defenders.

Weekly competition reminder

- Week 4 challenge: box escape challenge. Coach Ryan will send exact scoring details.
- Coach Ryan will message the exact scoring rules and video/example for the weekly challenge.

Goalkeeper adjustment for this session

- Goalkeepers do tight first-touch escapes: receive back-pass, fake pass one way, take touch the other way, play target.

Week 4 - Fitness Day A: Agility, Deceleration, and Strength

Focus: Control the body before changing direction quickly.

Exact set-up: Mark a T-drill: start cone, 10 yards forward, 5 yards left and right from top cone.

Drill 1: T-drill technique

- Reps/sets: 5 reps at 75-90%, full recovery.
- How to perform: Sprint 10 yards forward, shuffle 5 right, shuffle 10 left, shuffle 5 back to middle, backpedal to start. Rest fully.
- Technique cues: Face forward on shuffles, low hips, plant outside foot, control backpedal.
- Why it matters: Combines acceleration, lateral movement, and deceleration.

Drill 2: Reactive cone call

- Reps/sets: 8 reps, cones 5 yards apart.
- How to perform: Set 3 cones in a triangle, each 5 yards apart. Parent/partner calls a color/number; player reacts, sprints, touches cone, returns.
- Technique cues: First step sharp, eyes up, stop under control.
- Why it matters: Trains reaction and agility instead of memorized patterns only.

Drill 3: Lateral strength circuit

- Reps/sets: 3 rounds: 8 lateral lunges each side, 8 skater jumps each side, 20-second side plank, 25-second calf iso each leg, 8 reverse lunges each leg.
- How to perform: Lateral lunges, skater jumps, side plank, calf iso hold, reverse lunge. Rest between rounds.
- Technique cues: Land quietly, knee tracks over toes, control before speed.
- Why it matters: Supports cutting, defending, and reducing injury risk.

Week 4 - Technical Day B: Receive, Turn, Play Forward

Focus: Turn away from pressure and connect the next action.

Equipment/set-up: Ball, wall/rebounder, cone as defender marker, target gate.

Drill 1: Wall receive and turn

- Time/distance: 5 sets of 90 seconds.
- How to perform: Pass to wall, receive return, turn around cone pressure using assigned turn, then pass through gate.
- Technique cues: Scan before receiving. First touch should help the turn, not stop the ball dead.



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- Game transfer: Relates to receiving from defenders/midfielders and playing forward.

Drill 2: Pressure-side escape

- Time/distance: 16 reps total.
- How to perform: Place cone to one side of body. Receive ball, turn away from cone, accelerate three touches, then pass/finish.
- Technique cues: Protect ball with body. Touch away from pressure. Do not turn into defender.
- Game transfer: Develops awareness and safe possession habits.

Drill 3: Move into finish or driven pass

- Time/distance: 16 reps total. Rest as needed.
- How to perform: Dribble at cone, perform selected shift/feint, then finish or drive a pass through target gate.
- Technique cues: First touch after the move sets the strike. Keep head steady and hips balanced.
- Game transfer: Relates to using a skill to create a shot, cross, or line-breaking pass.

Goalkeeper adjustment for this session

- Goalkeepers add back-pass control and distribution: receive, turn away from pressure cone, play pass into target.

Week 4 - Fitness Day B: Agility + Fitness Maintenance

Focus: Repeat quality movement without losing control.

Exact set-up: Use a 10-yard lane and a 60 yard running lane.

Drill 1: Sprint-stop-turn reps

- Reps/sets: 8 reps of 10 yards out and back.
- How to perform: Sprint 10 yards, stop in control, turn 180 degrees, sprint back. Rest between reps.
- Technique cues: Decelerate before turning. Do not spin upright. Push out of the turn.
- Why it matters: Replicates transition runs and recovery changes.

Drill 2: Low-intensity maintenance run

- Reps/sets: 7 x 60 yards at easy/moderate pace.
- How to perform: Run 60 yards at 60-70%, walk back. Keep form clean.
- Technique cues: Relaxed shoulders, rhythmic breathing, do not race the reps.
- Why it matters: Keeps fitness base without overloading sprint legs.

Drill 3: Mobility reset

- Reps/sets: 8-10 minutes total, 30-40 seconds each movement.
- How to perform: Hip flexor, calf, hamstring, adductor, and ankle mobility work.
- Technique cues: Slow breathing. Hold positions; no bouncing.
- Why it matters: Maintains range of motion and recovery.



Week 5 - Skill Into Game Action + Repeat Effort

Recommended rhythm: Technical Day A, rest or team training, Fitness Day A, rest, Technical Day B, Fitness Day B, recovery day. Adjust around team practices and games.

Week 5 - Technical Day A: Choose and Master Your Best Moves

Focus: Players select their best moves and connect them to game actions.

Equipment/set-up: Ball, cone defender, two exit gates, target/goal.

Drill 1: Best 3 move block

- Time/distance: 5 blocks of 45 seconds; rest 20 seconds.
- How to perform: Choose three moves from the plan. Perform each for a timed block: set-up touch, move, exit touch, acceleration.
- Technique cues: Do not rush the fake. The exit must be faster than the approach.
- Game transfer: Players learn which moves fit their body and position.

Drill 2: Random move call

- Time/distance: 16 reps, 8 each direction.
- How to perform: Parent/partner calls a move or direction. If alone, write moves on paper and pick randomly each rep. Perform move and exit.
- Technique cues: React quickly but keep technique clean. Scan before starting.
- Game transfer: Forces decision-making instead of memorized skill patterns.

Drill 3: Move into end product

- Time/distance: 4 sets of 6 reps; rest 45 seconds.
- How to perform: Perform selected move, then pass, finish, cross, or long pass depending on space and age group.
- Technique cues: Action after the move must happen within 2-3 touches.
- Game transfer: This is the final transfer: skill must solve a game problem.

Weekly competition reminder

- Week 5 challenge: technical combine. Coach Ryan will send exact rules and scoring sheet.
- Coach Ryan will message the exact scoring rules and video/example for the weekly challenge.

Goalkeeper adjustment for this session

- Goalkeepers choose three distribution/handling actions: back-pass switch, driven pass, collapse save, or save-distribute.

Week 5 - Fitness Day A: Acceleration Review and Strength Maintenance

Focus: Refresh acceleration and maintain bodyweight strength before returning to team training.

Exact set-up: Mark cones at 0, 10, 15, and 20 yards.

Drill 1: Acceleration review

- Reps/sets: 3 x 10 yards falling, 3 x 15 yards split stance, 3 x 15 yards side-on start.
- How to perform: Complete falling starts, split stance starts, and side-on starts over the listed distances. Walk back and rest fully.
- Technique cues: Push the ground away, first three steps powerful, arms drive hard.
- Why it matters: Reviews the first steps needed for pressing and separation.

Drill 2: Strength maintenance circuit

- Reps/sets: 3 rounds: 10 squats, 8 lunges each leg, 10 push-ups, 12 glute bridges, 30-second plank, 15 calf raises.
- How to perform: Squat, reverse lunge, push-up, glute bridge, plank, calf raise. Controlled reps only.
- Technique cues: Perfect form, no sloppy reps, breathe during each exercise.
- Why it matters: Keeps strength qualities without causing heavy soreness.

Drill 3: Mobility and activation

- Reps/sets: 8-10 minutes total, 30-40 seconds each movement.
- How to perform: Hip mobility, ankle rocks, glute activation, calf stretch, hamstring stretch.
- Technique cues: Slow and controlled. This is maintenance, not fatigue.
- Why it matters: Keeps the body ready for team preseason.

Week 5 - Technical Day B: Final Technical Combine Preparation

Focus: Complete all key technical actions with quality under light fatigue.

Equipment/set-up: Ball, cones, target gate, wall/rebounder, goal if available.

Drill 1: Ball mastery review

- Time/distance: 5 sets of 90 seconds.
- How to perform: Cycle through foundations, sole rolls, V-pulls, body feints, La Croqueta, and turns. 30-45 seconds each.
- Technique cues: Clean touches before speed. Keep head up between touches.
- Game transfer: Reviews the technical base built across five weeks.



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Drill 2: Timed slalom into move

- Time/distance: 16 reps total.
- How to perform: Dribble through 4-5 cones spaced 2 yards apart, perform a move at final cone, then pass/finish.
- Technique cues: Close control through slalom, bigger exit after move, balanced end product.
- Game transfer: Combines running with the ball, deception, and final action.

Drill 3: Driven pass / switch technique

- Time/distance: 5 sets of 6 passes over 18-25 yards.
- How to perform: Use partner, wall, or target zone. Strike through the middle/lower half of the ball with laces or firm inside.
- Technique cues: Approach at slight angle, plant foot beside ball, ankle locked, follow through toward target.
- Game transfer: Helps center backs, midfielders, and wide players switch play and break pressure.

Goalkeeper adjustment for this session

- Goalkeepers complete handling, footwork, and distribution combine. Save or catch, recover, then distribute to target.

Week 5 - Fitness Day B: Repeat Effort and Recovery

Focus: Finish the plan with controlled repeat sprint work and recovery habits.

Exact set-up: Mark a straight line of 20 yards and a separate recovery/mobility space.

Drill 1: Repeat sprint consistency

- Reps/sets: 6 x 20 yards; walk back + 60 seconds rest.
- How to perform: Sprint 20 yards, walk back, rest as directed, then repeat. Do not turn this into conditioning chaos; each sprint should be high quality.
- Technique cues: Same sprint shape every rep. If technique collapses, stop the set.
- Why it matters: Measures whether players can repeat fast actions with consistency.

Drill 2: Light ball jog recovery

- Reps/sets: 5 minutes easy ball dribble/jog.
- How to perform: Dribble lightly or jog with the ball around a small area. Keep it easy and controlled.
- Technique cues: Relaxed touches, breathing under control, no hard changes of direction.
- Why it matters: Promotes recovery and keeps connection with the ball.

Drill 3: Full recovery stretch

- Reps/sets: 8-10 minutes total, 30-40 seconds each movement.
- How to perform: Hip flexor, quad, hamstring, calf, adductor, glute, and breathing reset.
- Technique cues: Hold positions, slow breathing, no rushing.
- Why it matters: Players should finish the plan ready for team training, not broken down.



Goalkeeper Add-On Plan

Goalkeepers should complete the same age-appropriate fitness sessions where possible, but they should add goalkeeper-specific handling, footwork, set position, diving, and distribution. These are add-ons, not extra punishment. Keep quality high.

Week 1

- Handling: 4 sets of 20 catches, mixing contour catch, basket catch, and low scoop.
- Wall passing and first touch: 5 x 90 seconds, both feet.

Week 2

- Footwork-set-catch: 4 cones 2 yards apart, shuffle through, set, catch. 5 sets of 6.
- Back-pass distribution: first touch outside pressure, driven pass to 8-12 yard target. 5 sets of 6.

Week 3

- Collapse dive: 3 sets of 5 each side on safe surface. Focus on step, hands, landing, recovery.
- Lateral power step 3 yards, set, catch or scoop: 5 sets of 5 each side.

Week 4

- Reaction handling: parent/partner tosses from 6-8 yards, mixed height, 4 sets of 8.
- Save-distribute: catch/collect, recover, driven pass or throw to target. 16 reps.

Week 5

- GK combine: 15 catches, 12 low scoops, 10 wall passes, 8 distributions to target.
- Record clean distribution score if coach asks for video.

Goalkeeper safety note

- Do not perform repeated diving on concrete, hard ground, or unsafe surfaces.
- Use grass/turf and focus on technique: set, step, dive, land safely, recover.
- If training alone, prioritize handling, footwork, wall passing, and distribution over diving.



Player Tracking Sheet

Players should complete this section honestly. Parents may initial if the coach asks for verification.

Week	Technical A	Fitness A	Technical B	Fitness B	Challenge score / notes
Week 1					
Week 2					
Week 3					
Week 4					
Week 5					

Player commitment

I understand this plan is part of my preparation standard. I will complete the sessions with honesty, effort, and attention to detail.

Player name: _____ Team: _____

Player signature: _____ Date: _____

Parent/guardian signature: _____ Date: _____