

National Coaching Camp prep 1 Training Schedule

Date/Day	Morning Training Session 5:30 AM to 8:00AM		Theory Session	Evening Training Session 5:30 PM to 8:00PM	
15/5/2024 Wednesday	-			15 MIN WARMING UP GENERAL/SPECIFIC	Skill Assessment test
16/5/2024 Thursday	15 MIN WARMING UP GENERAL/SPECIFIC	Skill Assessment test Co-ordination activities (8 to 10 station) with cone, Ladder and markers Agility test cooldown stretching exercise	Nutrition and Dietetics with hydration session By Abhishek Kumar	15 MIN WARMING UP GENERAL/SPECIFIC	4 Drills station 1. Passing and Receiving drill 2. Dribbling 3. 1A vs 2D 4. Shooting 30 minutes matches cooldown stretching exercise
17/5/2024 Friday	15 MIN WARMING UP GENERAL/SPECIFIC	Specific Strength training / gym Endurance circuit (8 to 10 station) cooldown stretching exercise	Swedes Culture session By	15 MIN WARMING UP GENERAL/SPECIFIC	6 Drills station 1. Passing and Receiving drill 2. Crossing and Finishing drill 3. possessions Drill 4. 2A vs 2D 5. Shooting 6. Heading Drill 30 minutes matches cooldown stretching exercise
18/5/2024 Saturday	15 MIN WARMING UP GENERAL/SPECIFIC	Speed training 3*8/pyramid Slow fast running And speed test 30m cooldown stretching exercise	Physiotherapy and Rehabilitation sessions By	15 MIN WARMING UP GENERAL/SPECIFIC	6 Drills station 1. Passing and Receiving drill 2. 1A vs 1D 3. 1A vs 2D 4. 2A vs 2D 5. Attacking Drill 6. Shooting 45 minutes matches cooldown stretching exercise

19/5/2024 Sunday	15 MIN WARMING UP GENERAL/ SPECIFIC	Cross country /plyometric Training cooldown stretching exercise	Psychology of the game and behind the game By	15 MIN WARMING UP GENERAL/SPE CIFIC	4 Drills station 1. Passing and Receiving drill 2. Attacking drill 3. Defensive drill 4. Shooting 45 minutes matches cooldown stretching exercise
20/5/2024 Monday	15 MIN WARMING UP GENERAL/ SPECIFIC	Co-ordination activities (8 to 10 station) with cone, Ladder Agility timing Work on response time cooldown stretching exercise	Art of Swedes living Culture By	15 MIN WARMING UP GENERAL/SPE CIFIC	3 Drills station 1. Passing and Receiving drill 2. possession drill 3. Shooting 45 minutes matches cooldown stretching exercise
21/5/2024 Tuesday	15 MIN WARMING UP GENERAL/ SPECIFIC	Specific Strength training / gym Endurance circuit (8 to 10 station) cooldown stretching exercise		15 MIN WARMING UP GENERAL/SPE CIFIC	Coaches vs players match Players vs players match Players vs other team match cooldown stretching exercise
22/5/2024 Wednesda y	15 MIN WARMING UP GENERAL/ SPECIFIC	Recreational activities Related to football cooldown stretching exercise		15 MIN WARMING UP GENERAL/SPE CIFIC	Recreational activities

Note: In the case of bad weather condition training Schedule will change.