

Tecumseh Soccer Club

#PlayAtHome

Training Plan Summary



TECUMSEH SC

#PlayAtHome

Under 6 - Under 9

Training Plan

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		20 Minutes Physical Literacy		20 Minutes Physical Literacy		20 Minutes Physical Literacy
		20 Minutes Technical Play Dribbling		20 Minutes Technical Play Passing		20 Minutes Technical Play Dribbling
		5 Minute Journal Reflection		5 Minute Journal Reflection		5 Minute Journal Reflection



TECUMSEH SC

#PlayAtHome

Under 10 - Under 12

Training Plan

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		5-10 Minutes Juggling		5-10 Minutes Juggling		5-10 Minutes Juggling
		20 Minutes Physical Literacy		20 Minutes Physical Literacy		20 Minutes Tactical Understanding
		20 Minutes Technical Play Dribbling		20 Minutes Technical Play Passing		20 Minutes Technical Play Dribbling
		5 Minute Journal Reflection		5 Minute Journal Reflection		5 Minute Journal Reflection

TECUMSEH SC

#PlayAtHome

Under 13 - Under 17

Training Plan

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		5-10 Minutes Juggling	5-10 Minutes Juggling		5-10 Minutes Juggling	5-10 Minutes Juggling
		25 Minutes Physical Training	25 Minutes Physical Training		25 Minutes Physical Training	25 Minutes Tactical Understanding
		25 Minutes Technical Play Dribbling	25 Minutes Technical Play Passing		25 Minutes Technical Play Dribbling	25 Minutes Technical Play Passing
		5-10 Minutes Journal Reflection	5-10 Minutes Journal Reflection		5-10 Minutes Journal Reflection	5-10 Minutes Journal Reflection

QUESTIONS? FEEDBACK?

Contact us: Admin@TecumsehSoccerClub.com

