

Under 15 - 8 Week Training Plan

Weeks 1-2: Fundamentals and Conditioning

Week 1:

- **Day 1:**
 - Warm-up: Jogging, dynamic stretching (10 minutes)
 - Passing and receiving drills: 10x10 yard grid, players pass and move (15 minutes)
 - Shooting drills: Shooting from different angles (15 minutes)
 - Small-sided game: 4v4 with small goals (20 minutes)
 - Cool-down: Light jogging and static stretching (10 minutes)
- **Day 2:**
 - Warm-up: Agility ladder drills (10 minutes)
 - Dribbling drills: Cone dribbling, using both feet (15 minutes)
 - Defensive drills: 1v1 defending (15 minutes)
 - Small-sided game: 3v3 with no goalkeepers (20 minutes)
 - Cool-down: Light jogging and static stretching (10 minutes)

Week 2:

- **Day 1:**
 - Warm-up: Jogging, dynamic stretching (10 minutes)
 - Passing and receiving drills: Wall passing, focusing on accuracy (15 minutes)
 - Shooting drills: Power shooting, using instep and laces (15 minutes)
 - Small-sided game: 5v5 with goalkeepers (20 minutes)
 - Cool-down: Light jogging and static stretching (10 minutes)
- **Day 2:**
 - Warm-up: Cone dribbling with quick turns (10 minutes)
 - Defensive drills: 2v2 defending with recovery runs (15 minutes)
 - Positional play: Understanding roles and responsibilities (15 minutes)
 - Small-sided game: 6v6 with goalkeepers (20 minutes)
 - Cool-down: Light jogging and static stretching (10 minutes)

Weeks 3-4: Technical Skills and Tactical Understanding

Week 3:

- **Day 1:**
 - Warm-up: Jogging, dynamic stretching (10 minutes)
 - Passing and receiving drills: Triangle passing, focusing on one-touch play (15 minutes)

- Shooting drills: Finishing from crosses (15 minutes)
- Small-sided game: 7v7 on a larger field (25 minutes)
- Cool-down: Light jogging and static stretching (10 minutes)
- **Day 2:**
 - Warm-up: Cone dribbling with changes of direction (10 minutes)
 - Defensive drills: Pressing and closing down (15 minutes)
 - Positional play: Attacking and defending as a unit (15 minutes)
 - Small-sided game: 8v8 with goalkeepers (25 minutes)
 - Cool-down: Light jogging and static stretching (10 minutes)

Week 4:

- **Day 1:**
 - Warm-up: Jogging, dynamic stretching (10 minutes)
 - Passing and receiving drills: Switching play and diagonal passing (15 minutes)
 - Shooting drills: Combination play and finishing (15 minutes)
 - Small-sided game: 9v9 on a larger field (30 minutes)
 - Cool-down: Light jogging and static stretching (10 minutes)
- **Day 2:**
 - Warm-up: Cone dribbling with close control (10 minutes)
 - Defensive drills: Zonal defending and covering positions (15 minutes)
 - Positional play: Transitioning from defense to attack (15 minutes)
 - Small-sided game: 10v10 with goalkeepers (30 minutes)
 - Cool-down: Light jogging and static stretching (10 minutes)

Weeks 5-6: Match Preparation and Strategy

Week 5:

- **Day 1:**
 - Warm-up: Jogging, dynamic stretching (10 minutes)
 - Tactical session: Set pieces (corners, free kicks) (20 minutes)
 - Small-sided game: 11v11 on a full field (30 minutes)
 - Cool-down: Light jogging and static stretching (10 minutes)
- **Day 2:**
 - Warm-up: Cone dribbling with speed and precision (10 minutes)
 - Tactical session: Defensive shape and pressing triggers (20 minutes)
 - Full-field scrimmage: Emphasizing positional play and team strategy (40 minutes)
 - Cool-down: Light jogging and static stretching (10 minutes)

Week 6:

- **Day 1:**

- Warm-up: Jogging, dynamic stretching (10 minutes)
- Tactical session: Offensive patterns of play (20 minutes)
- Small-sided game: 11v11 with focus on executing tactics (30 minutes)
- Cool-down: Light jogging and static stretching (10 minutes)
- **Day 2:**
 - Warm-up: Cone dribbling under pressure (10 minutes)
 - Tactical session: Adjustments based on opponent analysis (20 minutes)
 - Full-field scrimmage: Simulating match scenarios (40 minutes)
 - Cool-down: Light jogging and static stretching (10 minutes)

Weeks 7-8: Review and Intensity

Week 7:

- **Day 1:**
 - Warm-up: Jogging, dynamic stretching (10 minutes)
 - Review session: Focus on individual and team strengths and weaknesses (20 minutes)
 - Intense training: High-intensity interval training (HIIT) drills (20 minutes)
 - Small-sided game: 11v11 with high tempo (30 minutes)
 - Cool-down: Light jogging and static stretching (10 minutes)
- **Day 2:**
 - Warm-up: Cone dribbling with decision-making (10 minutes)
 - Review session: Mental preparation and visualization techniques (20 minutes)
 - Tactical session: Last-minute adjustments and set plays (20 minutes)
 - Full-field scrimmage: Emphasizing intensity and execution (40 minutes)
 - Cool-down: Light jogging and static stretching (10 minutes)

Week 8: Tournament Preparation and Mental Conditioning

- **Day 1:**
 - Warm-up: Jogging, dynamic stretching (10 minutes)
 - Mental conditioning: Team bonding activities and visualization exercises (20 minutes)
 - Tactical session: Fine-tuning strategies for tournament play (20 minutes)
 - Scrimmage: 11v11 with tournament-like intensity (40 minutes)
 - Cool-down: Light jogging and static stretching (10 minutes)
- **Day 2:**
 - Warm-up: Cone dribbling with speed and accuracy (10 minutes)
 - Mental conditioning: Stress management and focus drills (20 minutes)
 - Set-piece practice: Fine-tuning set plays (20 minutes)
 - Scrimmage: Final preparation with emphasis on executing game plan (40 minutes)

- Cool-down: Light jogging and static stretching (10 minutes)

This training plan covers various aspects of the game including technical skills, tactical understanding, physical conditioning, and mental preparation, providing a comprehensive approach to preparing the under 15 age group for competitive play.