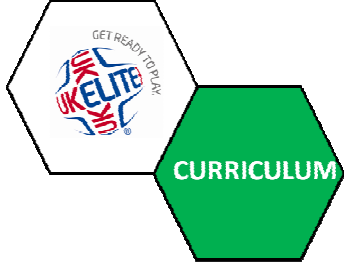


# Is your team ready to play?

## Customize your team training curriculum



**COACH / CONTACT INFORMATION:**

Name [First/Last]: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: [\_\_\_\_\_] \_\_\_\_\_ Cell/Work Phone: [\_\_\_\_\_] \_\_\_\_\_

Email: \_\_\_\_\_

**TEAM INFORMATION:**

Team Name: \_\_\_\_\_ Team Age: \_\_\_\_\_

Club / School: \_\_\_\_\_

**INTERESTED IN:**

Residential Week                      Team Training Week                      Team Tour

Other please explain: \_\_\_\_\_

**TEAM TRAINING / RESIDENTIAL WEEK - CURRICULUM PLANNING:**  
please check box for selection and/or insert specific comments



**ATTACKING**

- Individual creativity
- Shooting / Goal scoring
- Crossing / Finishing
- Attacking with width
- Combination play
- Attacking set plays
- Counter attacking

**FITNESS / SPECIALIZED SESSIONS**

- Goalkeeping
- General conditioning
- Fitness testing
- Speed and Agility / PACE
- Brazilian technical circuits
- Recovery / cool down exercises
- Individual evaluation

**POSSESSION**

- Individual possession
- Receiving and control
- Passing techniques
- Transitional play
- Team shape / support play
- Switching point of attack
- Communication and support

**FORMATION**

- 4/4/2 Formation
- 4/3/3 Formation
- 3/5/2 Formation
- 3/3/1 Small sided formation
- 3/2/2 Small sided formation
- 2/3/2 Small sided formation
- Other

**DEFENDING**

- Individual defending
- Defending as a unit / thirds
- Zonal defending
- Man to man defending
- Defensive transition
- Defending set plays
- Communication and support

**TEAM SPECIFICS**