



			<b>BFA Active Start Compete Plan:</b> Nov-April 1-2 Sessions per week May-Oct 1-2 sessions per week	<b>BFA Fundamentals Training Plan:</b> U6-U9 Girls U6-U8 5v5, 7v7 Boys 2 Sessions per week	<b>BFA Learn to Train Training Plan:</b> U9-U12 Girls U8-U11 7v7, 9v9 Boys Nov-April 2 Sessions per week Oct 3 sessions per week	<b>BFA Training to Train Training Plan:</b> U16 Girls U11-U15 9v9, 11v11 Boys U12 Nov-April 3 Sessions per week May-Oct 3 sessions per week	<b>BFA Training to Train Compete Plan:</b> Boys U16-U20 Girls U15-U19 11v11 Nov-April 3 Sessions per week May-Oct 4 sessions per week	
			<b>Structure:</b> Ball Manipulation-Game-Activity - Game (wet n wild) Ball Manipulation- Activity-Game (1v1,2v2,3v3) (The Soccer Center)	<b>Structure:</b> Ball Manipulation-Game-Activity- Game (4v4-5v5)	<b>Structure:</b> Ball Manipulation-Game-Activity-Game (5v5-7v7)	<b>Structure:</b> FIFA11- Ball Manipulation-Game-Activity - Game (wet n wild) FIFA11-Ball Manipulation- Functional/Phaseofplay-Game (7v7-11v11) (The Soccer Center)	<b>Structure:</b> FIFA11- Ball Manipulation-Game-Activity - Game (wet n wild) FIFA11-Ball Manipulation- Functional/Phaseofplay-Game (9v9-11v11) (The Soccer Center)	
Indoor Facilities (Sat-Sun and 1 Mon, Tue, Thurs)	19-Oct	Week 1	Ball Mastery	1v1 Attacking; Running with the Ball	1v1 Attacking; Running with the Ball	1v1 Attacking; Running with the Ball	1v1 Attacking; Running with the Ball	
	26-Oct	Week 2	Dribbling	Shielding; Turning	Shielding; Turning	Shielding; Turning	Shielding; Turning	
	02-Nov	Week 3	Shooting	Short Passing; Receiving	Short Passing; Receiving	Short Passing; Receiving	Short Passing; Receiving	
	09-Nov	Week 4	Dribbling	Short Passing; Support	Short Passing; Support	Short Passing; Finding Space	Combinations; Attacking Overloads (3v2 etc)	
	16-Nov	Week 5	Ball Mastery	Combinations; Attacking Overloads (2v1 etc)	Combinations; Attacking Overloads (2v1 etc)	Combinations; Attacking Overloads (2v1 etc)	Short Passing; Finding Space; 3rd Man runs	
	23-Nov	Week 6	Dribbling	Shooting and Finishing	Shooting and Finishing	Shooting and Finishing	Shooting and Finishing	
	30-Nov	Week 7	Shooting	1v1 Defending	Attacking Principals of Play	Attacking Principals of Play	Attacking Principals of Play	
	07-Dec	Week 8	Passing	1v1 Attacking; Running with the Ball	1v1 Defending; 2v2 Defending	1v1 Defending; 2v2 Defending	1v1 Defending; 2v2 Defending	
	14-Dec	Week 9	Ball Mastery; Assessments	World Cup; Assessments	World Cup; Assessments	World Cup Assessments	World Cup; Assessments	
	<b>Christmas Break</b>							
	04-Jan	Week 10	Ball Mastery	1v1, 2v2 Attacking; Running with the Ball	Short Passing; Receiving; Support	Short Passing; Receiving; Support	When to play forward and when to keep possession	
	11-Jan	Week 11	Dribbling	Shielding; Turning	Short Passing; Finding Space; 3rd Man runs	Short Passing; Finding Space; 3rd Man runs	Playing out of the back (eg 4v2); Switching play	
	18-Jan	Week 12	Shooting	Short Passing; Receiving	When to play forward and when to keep possession	When to play forward and when to keep possession	Defending from the front (eg 3v3-GK)	
	25-Jan	Week 13	Dribbling	Short Passing; Support	Combinations; Attacking Overloads (3v2 etc)	Combinations; Attacking Overloads (4v3 etc)	When to press and when to drop	
	01-Feb	Week 14	Ball Mastery	Combinations; Attacking Overloads (2v1 etc)	3rd Man Runs in an Attacking Overload	Crossing; Shooting and Finishing	Combinations; Attacking Overloads (3v2 etc)	
	08-Feb	Week 15	Dribbling	Shooting and Finishing	Shooting and Finishing	1v1 Defending; 2v2 Defending	Attacking in the final 1/3 (eg 4v3)	
	<b>Family Day</b>							
	22-Feb	Week 16	Shooting	1v1 Defending	1v1 Attacking and Running with the ball	Defending Principals of Play	Short Passing; Receiving; Support	
	29-Feb	Week 17	Dribbling	1v1 Attacking; Running with the Ball	1v1 Defending; 2v2 Defending	Defending Outnumbered (eg 2v3) Recovery Runs	When to play forward and when to keep possession	
	07-Mar	Week 18	Ball Mastery	Combinations; Attacking Overloads (2v1 etc)	When to play forward and when to keep possession	Short Passing; Receiving; Support	Fun/Pop; Playing out of the back; Switching play; Receiving to play forward	
	<b>March Break March 16-20 2020</b>							
21-Mar	Week 19	Ball Mastery	1v1 Attacking; Running with the Ball	Playing out of the back (eg 4v2); Switching play	When to play forward and when to keep possession	Long Passing; Support		
28-Mar	Week 20	Dribbling	Shielding; Turning	Attacking Principals of Play	Playing out of the back (eg 6v4); Switching play	Group Defending (2v2-4v4)		
04-Apr	Week 21	World Cup; Assessments	World Cup; Assessments	World Cup; Assessments	World Cup; Assessments	World Cup; Assessments		
<b>Easter</b>								
18-Apr	Week 22	Shooting	1v1 Attacking; Running with the Ball	1v1 Attacking; Running with the Ball	Short Passing; Receiving; Support	Fun/Pop; Playing out of the back; Switching play; Receiving to play forward		
25-Apr	Week 23	Dribbling	Short Passing; Receiving; Support	Short Passing; Receiving; Support	When to play forward and when to keep possession	Fun/Pop; Defending from the front 3 players; Pressure Cover and Support		
02-May	Week 24	Ball Mastery	Short Passing; Support	Shielding; Turning	Fun; Playing out of the back; Switching play; Receiving to play forward	Fun/Pop; Attacking quickly after gaining possession in the middle third		
09-May	Week 25	Dribbling	Combinations; Attacking Overloads (2v1, 3v2 etc)	Combinations; Attacking Overloads (3v2 etc)	Fun; Defending from the front 3 players; Pressure Cover and Support	Fun/Pop; Defending when outnumbered		
16-May	Week 26	Shooting	Shooting and Finishing	Short passing and finding space	When to press and when to drop as a group	Fun/Pop; Developing wide play in the final 3rd		
23-May	Week 27	Passing	Attacking Principals of Play	Shooting and Finishing	Combinations; Attacking Overloads (3v2 etc)	Fun/Pop; defending from crosses		
30-May	Week 28	Ball Mastery	1v1 Defending	Attacking Principals of Play	Fun; Develop overlaps in flank areas	Fun/Pop; Develop overlaps in flank areas		
06-Jun	Week 29	Dribbling	Defending Principals of Play	1v1 Defending; 2v2 Defending	Crossing; Shooting and Finishing	Fun/Pop; coach defending in flank areas		
13-Jun	Week 30	Shooting	Shielding; Turning	Defending Principals of play	Fun; Coach the central defenders to deal with long passes	Fun/Pop; coach one team on interchange of positions		
20-Jun	Week 31	Ball Mastery	1v1 Attacking; Running with the Ball	When to play forward and when to keep possession	Fun; coach attacking quickly from the goalkeeper	Fun/Pop; Coach the defensive responsibilities of central midfielders		
27-Jun	Week 32	Dribbling	Short Passing; Receiving; Support	Playing out of the back (eg 4v2); Switching play	Combinations; Attacking Overloads (4v3 etc)	Fun/Pop; coach strikers to combine effectively		
04-Jul	Week 33	Shooting	Combinations; Attacking Overloads (3v2 etc)	Defending from the front (eg 3v3-GK)	Fun/Pop; coach strikers to combine effectively	Fun/Pop; coach two central defenders how to defend as a unit		
11-Jul	Week 34	Dribbling	When to play forward and when to play back	When to press and when to drop as a group	Defending Principals of Play	Fun/Pop; Attacking in the final 1/3		
18-Jul	Week 35	Ball Mastery Assessments	World Cup; Assessments	World Cup; Assessments	World Cup; Assessments	World Cup; Assessments		
<b>Summer Training Break</b>								
08-Aug	Week 36	Dribbling	1v1 Attacking; Running with the Ball	Short Passing; Receiving; Support	Fun; Playing out of the back; Switching play; Receiving to play forward	Phase- coach attacking from the middle third into the attacking third		
15-Aug	Week 37	Shooting	Shielding; Turning	Finding Space; third man runs	Fun; Defending from the front 3 players; Pressure Cover and Support	Fun/Pop; Pressing in the opponents half P/C/S + Balance		
22-Aug	Week 38	Passing	Short passing and finding space	Crossing; Shooting and Finishing	Fun; coach attacking play in central areas	Fun/Pop; attacking quickly after gaining possession in the defending third		
29-Aug	Week 39	Ball Mastery	Combinations and Attacking Overloads (3v2)	Attacking in the final 1/3 (eg 4v3)	Defending Principals of Play	Fun/Pop; Defending when outnumbered		
05-Sep	Week 40 Labour Day	Dribbling	Attacking Principals of Play	When to play forward and when to keep possession	Fun; Coach the central defenders to deal with long passes	Fun/Pop; attacking quickly after gaining possession in the middle third		
12-Sep	Week 41	Shooting	1v1 Attacking; Running with the Ball	Playing out of the back (eg 4v2); Switching play	When to press and when to drop as a group	Fun/Pop; Recovery Runs in the defending third		
19-Sep	Week 42	Passing	1v1 Defending	Defending from the front (eg 3v3-GK)	Combinations; Attacking Overloads (3v2 etc)	Fun/Pop; creating space in the middle third		
26-Sep	Week 43	Ball Mastery	2v2 Defending	When to press and when to drop as a group	Fun; Attacking in the final 1/3	Fun/Pop; defensive roles of attacking midfielders		
03-Oct	Week 44	Dribbling Assessments	World Cup; Assessments	World Cup; Assessments	World Cup; Assessments	World Cup; Assessments		

Outdoor Facilities (Mon Tues Wed Thurs)	09-May	Week 25	Dribbling	Combinations; Attacking Overloads (2v1, 3v2 etc)	Combinations; Attacking Overloads (3v2 etc)	Fun; Defending from the front 3 players; Pressure Cover and Support	Fun/Pop; Defending when outnumbered	
	16-May	Week 26	Shooting	Shooting and Finishing	Short passing and finding space	When to press and when to drop as a group	Fun/Pop; Developing wide play in the final 3rd	
	23-May	Week 27	Passing	Attacking Principals of Play	Shooting and Finishing	Combinations; Attacking Overloads (3v2 etc)	Fun/Pop; defending from crosses	
	30-May	Week 28	Ball Mastery	1v1 Defending	Attacking Principals of Play	Fun; Develop overlaps in flank areas	Fun/Pop; Develop overlaps in flank areas	
	06-Jun	Week 29	Dribbling	Defending Principals of Play	1v1 Defending; 2v2 Defending	Crossing; Shooting and Finishing	Fun/Pop; coach defending in flank areas	
	13-Jun	Week 30	Shooting	Shielding; Turning	Defending Principals of play	Fun; Coach the central defenders to deal with long passes	Fun/Pop; coach one team on interchange of positions	
	20-Jun	Week 31	Ball Mastery	1v1 Attacking; Running with the Ball	When to play forward and when to keep possession	Fun; coach attacking quickly from the goalkeeper	Fun/Pop; Coach the defensive responsibilities of central midfielders	
	27-Jun	Week 32	Dribbling	Short Passing; Receiving; Support	Playing out of the back (eg 4v2); Switching play	Combinations; Attacking Overloads (4v3 etc)	Fun/Pop; coach strikers to combine effectively	
	04-Jul	Week 33	Shooting	Combinations; Attacking Overloads (3v2 etc)	Defending from the front (eg 3v3-GK)	Fun/Pop; coach strikers to combine effectively	Fun/Pop; coach two central defenders how to defend as a unit	
	11-Jul	Week 34	Dribbling	When to play forward and when to play back	When to press and when to drop as a group	Defending Principals of Play	Fun/Pop; Attacking in the final 1/3	
	18-Jul	Week 35	Ball Mastery Assessments	World Cup; Assessments	World Cup; Assessments	World Cup; Assessments	World Cup; Assessments	
	<b>Summer Training Break</b>							
	08-Aug	Week 36	Dribbling	1v1 Attacking; Running with the Ball	Short Passing; Receiving; Support	Fun; Playing out of the back; Switching play; Receiving to play forward	Phase- coach attacking from the middle third into the attacking third	
	15-Aug	Week 37	Shooting	Shielding; Turning	Finding Space; third man runs	Fun; Defending from the front 3 players; Pressure Cover and Support	Fun/Pop; Pressing in the opponents half P/C/S + Balance	
22-Aug	Week 38	Passing	Short passing and finding space	Crossing; Shooting and Finishing	Fun; coach attacking play in central areas	Fun/Pop; attacking quickly after gaining possession in the defending third		
29-Aug	Week 39	Ball Mastery	Combinations and Attacking Overloads (3v2)	Attacking in the final 1/3 (eg 4v3)	Defending Principals of Play	Fun/Pop; Defending when outnumbered		
05-Sep	Week 40 Labour Day	Dribbling	Attacking Principals of Play	When to play forward and when to keep possession	Fun; Coach the central defenders to deal with long passes	Fun/Pop; attacking quickly after gaining possession in the middle third		
12-Sep	Week 41	Shooting	1v1 Attacking; Running with the Ball	Playing out of the back (eg 4v2); Switching play	When to press and when to drop as a group	Fun/Pop; Recovery Runs in the defending third		
19-Sep	Week 42	Passing	1v1 Defending	Defending from the front (eg 3v3-GK)	Combinations; Attacking Overloads (3v2 etc)	Fun/Pop; creating space in the middle third		
26-Sep	Week 43	Ball Mastery	2v2 Defending	When to press and when to drop as a group	Fun; Attacking in the final 1/3	Fun/Pop; defensive roles of attacking midfielders		
03-Oct	Week 44	Dribbling Assessments	World Cup; Assessments	World Cup; Assessments	World Cup; Assessments	World Cup; Assessments		