



Training Schedule Timings (U10s–U15s)

Component	Duration	Total Time
Warm Up	10 min	10 min
Ball Mastery	10 min	20 min
Drink Break + Setup	5 min	25 min
Skill Component	15 min	40 min
Drink Break + Setup	5 min	45 min
Game	25 min	70 min

Session Notes

- Total session time is 70 minutes.
- The 5-minute drink break is used for players to get a drink and rest while coaches set up, briefly explain the next activity, and organise teams.
- The end game is allocated 25 minutes and can be adjusted depending on time — extend or shorten as needed.
- If attention drops, reduce the skill component and extend the game.
- For teams that wish to train for 90 minutes, add 5 minutes to Ball Mastery, 5 minutes to the Skill Component, and 10 minutes to the Game.
- When goals are available allow 10 minutes for shooting practice, reduce time from game and skill component to accommodate.