



Training Schedule Timings (U5–U9)

Component	Duration	Total Time
Ball Mastery Game	15 min	15 min
Drink Break + Setup	5 min	20 min
Skill Component	15 min	35 min
Drink Break + Setup	5 min	40 min
Game	20 min	60 min

Session Notes

- Total session time is 60 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 20 minutes and can be adjusted depending on time — extend or shorten as needed.
- If attention drops, reduce the skill component and extend the game.