



Prepare Age (6 – 10 years)	Basic technique -skill (10 – 14 years)		All technique and skill Special period (14-18 years)	Age
	Level-up technique (6 – 12 years)	Specific technique period One (12-14 years)		
Passing (ground) -inside foot -outside foot -instep simple receiving: -inside foot -outside foot -chest Dribbling: -strait line -slalom -change direction -stop and start -inside & outside foot Simple fakes: -stop the ball -passing by -roll and turn Simple heading: -short throws -self throws Passing in the Air: -inside foot -instep	Repeat technical exercises(in move) -building technical drills -shooting 1 v 1 -ball control -heading -chest, thigh, head combinations -dribbling and finishing -passing with turns -passing in the air -passing on touch -using, chest, high, head combination shooting in the air -defensive exercises -slide tackle -long passing ground -long passing air -combinations fakes (program 1 to 10) All exercises with and with out defender	Repeat knowing exercises -bouncing ball kicking -inside foot -outside foot -instep -long ball receiving -long ball in the air -shooting –inside-outside and instep in different angels(18 and 25 yards) -Volleys -difficult ball control -heading on the goal -Jumping heading -free kicks -cornel kicks -shooting 1 v 1 -finishing 2 v 1 - control the ball with all body parts -quick and strong ball passing -in move lot of one touch passing All exercises with and with out defender	In this age all technical and skill drills have to know and they have to use it in game situations! Every technical drills have to practice in : -quick movement -in game situations -under pressure Never in stay position!	T E C H N I C A L P E R I O D

<p>Goalkeepers: -basic standing -rolls -footwork -using hands -short throws</p> <p>and technique like the field players</p>	<p>Goalkeepers: -repeat exercises -diving low ball -diving middle high ball -ball punching - ball from side -coming out from the goal low and high ball -shooting -goal kicks Communication!!!</p>	<p>Goalkeepers:</p> <ul style="list-style-type: none"> -Repeat technical exercises in under pressure -long throws -long kicks -punching -diving high balls -crosses - 1 v 1 shooting 	<p>Goalkeepers:</p> <p>-All technical drills repeat In quick move and reaction speed. -under pressure-</p>	
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