



9-12 YEARS SKILLCENTRE PROGRAMME

CYCLE 1	
Week 1	Striking the Ball Session No 1
Week 2	Tackling Session No 3
Week 3	Receiving the Ball Session No 5
Week 4	Travelling with the Ball Session No 7
Week 5	Striking the Ball Session No 9
Week 6	Tackling Session No 11

CYCLE 2	
Week 1	Receiving the Ball Session No 13
Week 2	Travelling with the Ball Session No 15
Week 3	Striking the Ball Session No 17
Week 4	Pressing Session No 19
Week 5	Receiving the Ball Session No 21
Week 6	Tackling Session No 23

CYCLE 3	
Week 1	Striking the Ball Session No 25
Week 2	1v1 Session No 27
Week 3	Marking Session No 29
Week 4	Travelling with the Ball Session No 31

Director of Football:
Sander Waterland