

Dana Cup “World Youth Championship” Team Training


To be success individually and as a team in the tournament, attendance to training is a **MUST**, weather your fit or injured. Failure to attend and without any communication, will result in an urgent meeting with player, parent and coach in regards to if the player should attend to Dana Cup. Players are requested to **be at the training venue, 30 minutes prior to the start of training**. At which time **before training, £2 subs per session** will collected (Saturday & Sunday session at £4) no subs means **NO training** (Taff & Mus will collecting this). Taff (U12's) 07960 631 212, KP (U15's) 07532 485 522

June

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
22 nd	23 rd	24 th	25 th	26 th Market Road 8pm-9.30pm	27 th	28 th Market Road 10am-12noon

June

July

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
29 th Individually each player to go for a <u>20-minute jog</u> and to complete a good long stretch session.	30 th Individually each player to go for, <u>2 lots of 12-minute half-pace runs</u> and to complete a good long stretch session.	1 st Market at Road 6.30pm-8pm	2 nd Free Time “relax your body and mind”	3 rd Training at Market Road 8pm-9.45pm	4 th Training at Market Road 12am-2pm and 3pm-4.30pm (Players to bring packed lunch) 4.30pm-4.45pm Discipline, Individual & team Responsibilities	5 th Training at Market Road 10am-12noon and 2pm-4pm (Players to bring packed lunch) Nathan 20min X 2 sessions 12.40pm-1.20pm
6 th Individually each player to go for a <u>20-minute jog</u> and to complete a good long stretch session.	7 th Individually each player to go for, <u>2 lots of 12-minute half-pace runs</u> and to complete a good long stretch session.	8 th Market at Road 6.30pm-8pm	9 th Free Time “relax your body and mind”	10 th Training at Market Road 8pm-9.45pm	11 th Training at Market Road 12am-2pm and 3am-4.30pm (Players to bring packed lunch) 4.30pm-4.45pm Dehydration & Conditioning talk	12 th Training at Market Road 10am-12noon and 2pm-4pm (Players to bring packed lunch) Nathan 20min X 2 sessions 12.40pm-1.20pm
13 th Individually each player to go for a <u>20-minute jog</u> and to complete a good long stretch session.	14 th Individually each player to go for, <u>2 lots of 12-minute half-pace runs</u> and to complete a good long stretch session.	15 th Market at Road 6.30pm-8pm	16 th Free Time “relax your body and mind”	17 th Training at Market Road 8pm-9.45pm	18 th Dana Cup Media Day at Market Road 10am-12pm Dana Cup Team, Parents & Staff meal at Kitchen N1 1pm-4pm	19 th  Pro Touch Soccer ACADEMY Fly to Denmark