APPENDIX — XIV

TRAINING PROGRAMME

WEIGHT TRAINING

PREPARATORY I

Exercises:  
1. Arm Curl  
2. Half Squat  
3. Standing Press  
4. Back hyper extension  
5. Heel Raise  
6. Leg Curl

1st week  
10 Repetitions x 2 sets : 5 min. rest between set

2nd week  
12 Repetitions x 2 sets - 5 min. rest between set

3rd week  
14 Repetitions x 2 sets - 5 min. rest between set

4th week  
15 Repetitions x 2 sets - 5 min. rest between set

PREPARATORY II & III

Exercises:  
1. Knee Extension  
2. Bench Press  
3. Reverse curl  
4. Standing Press  
5. Squat

5th week  
10 Rep. x 2 sets - 5 min. rest between set

6th week  
12 Rep. x 2 sets - 5 min. rest between set

7th week  
14 Rep. x 2 sets - 5 min. rest between set

8th week  
15 Rep. x 2 sets - 5 min. rest between set

9th week New  
10 Rep. x 2 sets - 5 min. rest between set

10th week  
12 Rep. x 2 sets - 5 min. rest between set

11th week  
14 Rep. x 2 sets - 5 min. rest between set

12th week  
15 Rep. x 2 sets - 5 min. rest between set
CIRCUIT TRAINING

Exercises:  
1. Push up  
2. Trunk curl  
3. Vertical jump  
4. Step up  
5. Squat thrust  
6. Sit ups

1st week:  
1st session MR/2 load 30 sec in each station with  
- 30 sec break  
- 2 circuits - 5 min. rest between circuits

2nd session MR/2 X 2 load 30 sec in each station with 30 sec break - 2 circuits

2nd week:  
3rd session MR/2 X 3 load 30 sec in each station with 30 sec break - 2 circuits  
4th session - New MR load/2 - 30 sec - 30 sec X 2 circuits

3rd week:  
5th session - New MR load/2 X 2 - 30 sec - 30 sec X 2 circuits  
6th session - New MR load/3 X 2 - 30 sec - 30 sec X 2 circuits

4th week

Exercises:  
1. Rope Skipping  
2. Wall Volley  
3. 10mts shuttle dribbling  
4. Push up  
5. Pendulam heading  

7th session MR/2 - 30 sec - 30 sec x 2 circuits  
8th session MR/2 X 2 - 30 sec - 30 sec x 2 circuits

5th week  
9th session MR/2 X 3 - 30 sec - 30 sec x 2 circuits  
10th session New MR/2 - 30 sec - 30 sec x 2 circuits

6th week  
11th session New MR/2 X 2 - 30 sec - 30 sec x 2 circuits  
12th session New MR/2 X 3 - 30 sec - 30 sec x 2 circuits

7th week  
13th session New MR/2 - 30 sec - 30 sec x 3 circuits  
14th session New MR/2 X 2 - 30 sec - 30 sec x 3 circuits
8th week

15th session New MR/2 X 3 - 30 sec - 30 sec x 3 circuits
9th-12th week maintenance
MR/2 X 3 -30 sec - 30sec x 3 circuits

INTERVAL TRAINING

1st, 2nd, 3rd and 4th weeks

50 mts. x 6 rep. - 1:3 ratio relief - 3 sets
8 min. rest between sets

30 mts. x 6 rep. - 1:3 ratio relief - 3 sets
8 min. rest between sets

5th, 6th, 7th and 8th weeks

30 mts. x 6 rep. - 1:3 ratio relief x 3 sets
8 min rest between sets

50 mts. x 6 rep. - 1:3 ratio relief x 3 sets
8 min rest between sets

9th, 10th, 11th and 12th weeks

30 mts. dribbling x 6 rep. - 1:3 relief - 3 sets
8 min rest between sets

50 mts. dribbling x 6 rep. - 1:3 relief - 3 sets
8 min rest between sets

CALISTHENICS

General Exercises:

Neck movements
Arm Rotation
Trunk & Hip Rotations
Leg side ward swinging
Hopping on one leg - another leg cycling - alternate
Jumping jack
Leg split - forward backward
High Knee action
Bending and bouncing - forward, sideward, backward
Opposite toe touch
Twisting hips continuously
Specific Exercise:

- Leg swinging forward & backward
- Kicking action - both legs
- Trunk bend backward and thrown forward
- Throwing action - to different sides
- Jumping and arch back and straightening
- Heading action - to different sides
- Sideward lunging left & right alternately with taking few steps
- Tackling action
- Running sideward, forward, backward on signal
- Leg inward rotation
- Leg raise forward with knee straight alternately on the spot

STRETCHING EXERCISES

Static Exercises:

- Forward bending backward bending, side bending
- Twisting, Knee tuck, Knee bending
- Shoulder and Chest Stretch
- Arching.

Exercises held for 10 sec in final position x 2 sets

Dynamic Exercises:

- Leg Swinging, Arm circling, Leg cycling, Jumping jack, Jumping split.
- 10 repetitions x 2 sets.

1st week

- Static - 10 sec x 2 sets
- Dynamic - 10 rep. x 2 sets

2nd week

- Static - 12 sec x 2 sets
- Dynamic - 12 rep. x 2 sets

3rd week

- Static - 14 sec x 2 sets
- Dynamic - 14 rep. x 2 sets
4th week

Static - 16 sec x 2 sets
Dynamic - 16 rep. x 2 sets

5th-12th week

Static - 18 sec x 2 sets
Dynamic - 18 rep. x 2 sets

FARTLEK TRAINING

Slow jogging - 10 min
Striding - 2 min
Jogging - 2 min
Slope running - 10 min
Downward running - 10 min
Walk, jog, fast running rhythm - 5 min

PLYOMETRIC TRAINING

1st & 2nd week

Alternate leg bound x 10 rep. x 3 sets - 2min rest
Double leg bound x 10 rep. x 5 sets - "
Single speed hop x 10 rep. x 4 sets - "
Side hop x 10 rep. x 5 sets - "

3rd & 4th week

Vertical hop over a 15' rope - 20 rep. x 3 sets - 2 min rest
Split jump - 8 rep. x 3 sets - 2 min rest
Squat jump - 20 rep. x 3 sets - 2 min rest
Knee tuck jump - 20 rep. x 3 sets - 2 min rest

5th - 12th week

Medicine ball exercise
Side twisting - 20 rep. x 3 sets - 2 min rest
Situp throw - 12 rep. x 3 sets - 2 min rest
Leg toss - 12 rep. x 3 sets - 2 min rest
Scoop pass - 12 rep. x 3 sets - 2 min rest
Chest pass - 20 rep. x 3 sets - 2 min rest
Ball throw - 20 rep. x 3 sets - 2 min rest
BALL DRILL (10 MIN)

- Dribbling the ball inside of the foot 50 mts x 2 sets 30 sec rest
- Dribbling the ball outside of the foot 50 mts x 2 sets 30 sec rest
- Dribbling the ball outside and inside R.f.l. 50 mts x 2 sets 30 sec rest
- Dribbling the ball outside and inside L.f.l. 50 mts x 2 sets 30 sec rest
- Dribbling the ball inside a 10 m circle 30 sec x 3 sets 30 sec rest
- Trapping the ball forward, run and stop 50 mts x 3 sets 30 sec rest
- Zig Zag dribbling 50 mts x 2 sets 30 sec rest

- Dribble - drag the ball to left-dribble drag the ball to right - dribble 50 mts x 2 sets 30 sec rest

SHOOTING DRILL (10 MIN)

- Shooting stationary ball from 25 mts range - 10 kicks
- Dribble and shoot - 10 kicks
- Receiving a wall pass and shooting - 10 times
- Receiving an air ball and shooting - 10 times

SKILL PERFECTION (20 MIN)

1st - 4th week
- Push pass in pairs - 2 min.
- High kick in pairs - 3 min.
- Square pass in pairs - 50 mts x 3 rep.
- Full volley with return in pairs - 3 min.
- Throwing and heading in pairs - 20 rep.
- Throwing and chest trap in pairs - 20 rep.

5th to 8th week
- Low kick into target - 30 kicks
- High kicks to different position - 20 kicks
- Dribble and wall pass in pairs - 50 mts x 2
- Interchange pass - 50 mts x 2
- Diagonal pass drill in threes - 2 min.
- Forward pass drill in threes - 20 rep.

9th to 12th week
- Push kick in threes with two balls without trapping - 2 min.
- Continuous pass circle formation - 3 min.
- Passing in threes - 50 mts - 4 rep.
- Wall pass continuously - 50 mts - 3 rep.
High kick - different trapping - 20 rep
Throwing for distance &
different trapping - 20 rep.

**FUNCTIONAL DRILL (15 MIN)**

Set-1  5th - 7th week
G.K- Catching balls from different directions - 20 rep.
Diving and catching the ball throw to sides - 20 rep.
Throwing the ball to different players - 20 rep.
Saving different shots

Wing backs & stopper backs
Trapping the ball from different direction - 20 rep.
Low kicks and lofted kicks to various position - 20 rep.
Tackling against two opponents 1:2 - 15 rep.

Midfield
Dribbling and low passes to forwards - 15 rep.
Dribbling and wall pass with forward - 15 rep.
Dribbling and shooting - 15 rep.

Attack with two forwards against 1 defender, 2:1 - 15 rep.

Forwards
Passing with forward or midfield against 1 defender 2:1 - 15 rep.
Receive ball dribble & shoot - 20 rep.
Dribble and shoot - 15 rep.

SET - 2 (15 min.)  8th - 10th week
G.K - Volleying and half volleying to different position 20 rep.
Clearing cross passes, corner kicks and lobs 10 each
Saving different shots at goal.
Wing backs

- Clearances by heading the air ball - 15 rep.
- Clearances after chasing by different pass - 15 rep.
- Throw in - 15 rep.
- Dribble and cross pass - 15 rep.
- Tackling against 2 forwards - 15 rep.

Stopper backs

- Clearances by heading the crosses - 15 rep.
- Clearances after chasing the through pass - 15 rep.
- Tackling against 2 forwards - 15 rep.
- Tackling with another defender against 3 attackers - 15 rep.

Mid field

- Tackling wall passes against 2 - 15 rep.
- Diagonal long pass to wing forwards - 15 rep.
- Wall pass with another attacker against 1 defender - 15 rep.
- Dribble and shoot - 15 rep.

Wing forwards

- Dribble and crosses - 15 rep.
- Dribble and shoot - 15 rep.

Strikers

- Heading cross passes - 15 rep.
- Dribble & shoot - 15 rep.

SET - 3 (15 min.) 11th & 12th week

- G.k Saving Shots from different direction continuously - 3 min.
- Catching the ball thrown to left, right, along the ground, on the air, with changes - 2 min.

Defenders

- Continuous tackling one by one - 20 rep.
- Continuous heading the balls - 20 rep.
Throw in from different direction - 20 rep.
Continuous clearance by chasing backward then approach the ball thrown in - 20 rep.

Forwards

Continuous shooting the ball passed from different directions - 20 rep.
Continuous dribbling and shooting - 20 rep.

LEAD UP GAME (20 MIN)

1. King of the ring
2. Volley football
3. Shooting the target
4. Circle keep away

SET PLAY (TACTICAL PLAY)

Set 1 (10 min) 5th to 7th week

Corner kicks to different places and scoring from left to right and defending - 20 rep.
Penalty Kicks - 5 each
Cross passes scoring and defending - 20 rep.
Attack from right vs defence - 20 rep.
Attack from left vs defence - 10 rep.

Set 2 (10 min) 8th to 10th week

Throw in to different position receiving and defending at various situations - 20 rep.
Direct & indirect kick near penalty area attack and defence - 15 rep.
Attackers against defenders moves - 15 rep.

Set 3 (10 min.) 11th & 12th week

Attacker against defenders freezed game - 5 min
Conditioned game - 5 min

THEORETICAL SESSIONS (5 - 10 MIN)

Knowledge about latest rules
Discussions of tactics
Discussions for understanding