

PSG ACADEMY ACKWORTH

Training Plan

DAY 1

Warm-Up: Stretching, pulse-raisers, ball work
Individual Assessment: Level assessment & personal aims
Technical Drills: Passing & first-touch assessment
Games: Mini matches with varied rules

Warm-Up: Stretching, pulse-raisers, ball work
Technical Drills: Shooting under pressure in the final third
Games: Mini matches with varied rules

DAY 2

DAY 3

Warm-Up: Stretching, pulse-raisers, ball work
Technical Drills: 1v1 defending & protecting the 18-yard box
Games: Mini matches with varied rules

Warm-Up: Stretching, pulse-raisers, ball work
Technical Drills: Possession play under pressure
(attack & defend)
Games: Mini matches with varied rules

DAY 4

DAY 5

Warm-Up: Stretching, pulse-raisers, ball work
Technical Drills: Drill carousel – shooting, foot golf, and penalties
Player Feedback: 1-to-1 progress review
Games: Mini matches with varied rules