



**Phillips
Coaching**
Developing positive
pathways

NAME:

#1

			WEEK 1					WEEK 2					WEEK 3					
			ENTER DATE:					ENTER DATE:					ENTER DATE:					
Day 1 Exercises			Count	RND 1	RND 2	RND 3	RND 4	TOTALS:	RND 1	RND 2	RND 3	RND 4	TOTALS:	RND 1	RND 2	RND 3	RND 4	TOTALS:
1	Higgo Quick Kicks	Ea Kick=1																
2	Handball Side To Sides	L&R=1 / Swap Half																
3	Ablett's Above Head 1 Hand L&R Throw	L&R=1																
			TOTALS:															
			ENTER DATE:					ENTER DATE:					ENTER DATE:					
Day 2 Exercises			Count	RND 1	RND 2	RND 3	RND 4	TOTALS:	RND 1	RND 2	RND 3	RND 4	TOTALS:	RND 1	RND 2	RND 3	RND 4	TOTALS:
1	High Marks Alt Sides	Ea Mark=1 / Swap Half																
2	Soccer Pass & Trap	Up & Back=1																
3	Ball Ins Pick & Give	Ea Pick Up=1 / Swap Half																
			TOTALS:															
			ENTER DATE:					ENTER DATE:					ENTER DATE:					
Day 3 Exercises			Count	RND 1	RND 2	RND 3	RND 4	TOTALS:	RND 1	RND 2	RND 3	RND 4	TOTALS:	RND 1	RND 2	RND 3	RND 4	TOTALS:
1	Pressure Kicks	Ea Kick=1 / Swap Half																
2	Groundballs Out & Back	Ea Pick Up=1 / Swap Half																
3	Alt Handballs Above Shoulders	EaPass=1																
			TOTALS:															

SUBSTITUTE EXERCISES AS NEEDED, HOWEVER ALWAYS USE THE SAME TIMING AND SCORESHEET TO FILL-IN SCORES