

Cherry Hill FC

Training Session Curriculum

This curriculum outlines the objectives set by the Cherry Hill FC and its Player Development Program. The objectives listed below are required to be executed during each and every training session. Any questions related to these objectives, their necessity, their execution or any other related questions, please contact the Director of Player Development, Kevin C. Nuss.

- 1. Dynamic Warm-Up (10-15 minutes)**
 - 2. Speed, Agility, Strength, and Conditioning (SACS) Training (5-15 minutes)**
 - 3. Technical Training (20-30 minutes)**
 - 4. Tactical Training (25-30 minutes)**
 - 5. Session related game (20-30 minutes)**
 - 6. Communication with Players**
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Dynamic Warm-up

-Lasting 10-15 minutes, the warm up should prepare the body for the demands of a session or game. This is done by increasing the heart rate, respiratory rate and blood flow to the muscles, which in turn increases core body temperature and enhances muscle elasticity. The Dynamic Warm-up should involve both upper and lower extremities, using all the planes of motion. The Dynamic Warm-up MUST progress from low to higher intensity, remembering it is a warm-up.

Speed, Agility, Conditioning and Strength Training

-Lasting 5-15 minutes, SACS Training is the introduction of speed, agility, conditioning, strength and their proper techniques. All elements of SACS Training should be game relevant and game related.

Technical Training

-Lasting 20-25 minutes, Technical Training raises each player's comfort and ability with the ball. Technical Training should rarely exceed a 2:1 (Player to Ball ratio). Technical training should always remain as game realistic as possible.

Tactical Training

-Lasting 25-30 minutes, Tactical Training addresses team attacking and defending strategies. Tactical training should remain as game realistic as possible.

Session Related Game

-Always finish a session with a 15-30 minute training related game, depending on session length.

Communication with Players

-Trainers/Coaches are expected to communicate training ideas and philosophy with players, in effort to educate players.

Combination of Objectives

-Objectives can be successfully combined to create efficient sessions (eg. SACS elements can be included in both the Dynamic warm up and Technical Training element of a training session).

