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**Technical Training Schedule**

**Sporting Indiana U8-U14**

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| **April 18th**  Focus: Individual Dribbling   * Dribbling moves and technique * Attacking defenders off the dribble * Attacking space with the dribble | **May 16th**  Focus: First Touch/leading touch   * Directing the ball * Decision to move * Body parts for different play |
| **April 25th**  Focus: Passing   * Passing technique * Passing to players * Passing to space | **May 23rd**  Focus: Pressure, Cover, balance   * Playing group defense * Pressuring ball * Sitting in passing lanes |
| **May 2nd**  Focus: Combination Play   * Playing in tandem and trio * Wall Passes and overlaps * Attacking space w/o ball * Running routes | **May 30th**  Focus: Finishing   * Striking the ball to finish * Parts of the foot * Head |
| **May 9th**  Focus: Individual Defense   * The four S’s * The Block Tackle * Containment vs tackle |  |