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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
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| **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
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| **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
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| **May 9th**Focus: Individual Defense * The four S’s
* The Block Tackle
* Containment vs tackle
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