



## DALFC TRAINING - MONTHLY PLAN

January 2012

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9/1			<b>8-9pm</b> <b>1 hr Circuit Training (StepUp)</b> <i>CL/PA/JM</i>				<b>11am</b> <b>1 hr Cardio (Pitreavie)</b> <i>CL/PA/JM</i>
WEEK 1							
16/1			<b>8-9pm</b> <b>1 hr Circuit Training (StepUp)</b>				<b>11:30am</b> <b>Friendly Jeanfield Swifts (with DAGFC U17s)</b> <i>CL/PA</i>
WEEK 2			<b>9-10pm</b> <b>1 hr Cardio (Pitreavie Astro)</b> <i>CL/PA/JM</i>				
23/1	<b>8-9pm</b> <b>1 hr 5s (Pitreavie Astro)</b> <i>PA</i>		<b>8-9pm</b> <b>1 hr Class (StepUp)</b>				<b>12:30pm</b> <b>1 hr Cardio (Pitreavie)</b> <i>CL?/PA/JM</i>
WEEK 3			<b>1 hr Cardio (Pitreavie Astro)</b> <i>CL/PA/JM</i>				
30/1	<b>First Touch, Dribbling, Control of ball with different part of the body.</b>						
	<b>8-9pm</b> <b>1 hr Class (Pitreavie Athletic Centre)</b> <i>PA</i>		<b>8-9pm</b> <b>1 hr Class (StepUp)</b>				<b>11am</b> <b>1 hr Cardio (Pitreavie) OR Friendly</b> <i>CL/PA</i>
WEEK 4			<b>9-10pm</b> <b>1 hr Cardio (Pitreavie Astro)</b> <i>CL/PA/JM</i>				



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	MONDAY	TUES	WEDNESDAY	THURS	FRI	SAT	SUNDAY
6/2	<b>Short sharp passing, control of ball, movement off the ball to receive a pass.</b>						
WEEK 5	<b>8-9pm 1 hr Class (Pitreavie Athletic Centre) PA</b>		<b>7:30 Club AGM (Pitreavie)</b>				<b>11am 1 hr Cardio (Pitreavie) OR Friendly CL/PA/JM</b>
			<b>9-10pm 1 hr Ball Work (Pitreavie Astro) CL/PA/JM</b>				
13/2	<b>Long passing (switch, goalie kick), control of ball, movement off the ball to receive a pass.</b>						
WEEK 6	<b>8-9pm 1 hr Class (Pitreavie Athletic Centre) PA</b>		<b>8-9pm 1 hr Class (StepUp)</b>				<b>11am 1 hr Ball Work (Pitreavie) OR Friendly CL/PA</b>
			<b>9-10pm 1 hr Ball Work (Pitreavie Astro) CL/PA/JM</b>				
20/2	<b>Width and Depth in defence and attack.</b>						
WEEK 7	<b>8-9pm 1 hr Class (Pitreavie Athletic Centre) PA</b>		<b>8-9pm 1 hr Class (StepUp)</b>				<b>11am 1 hr Ball Work (Pitreavie) OR Friendly CL/PA/JM</b>
			<b>9-10pm 1 hr Ball Work (Pitreavie Astro) CL/PA/JM</b>				
27/2	<b>Defending skills, body positioning, delay in defence, marking.</b>						
WEEK 8	<b>8-9pm 1 hr Class (Pitreavie Athletic Centre) PA</b>		<b>8-9pm 1 hr Class (StepUp)</b>				<b>11am 1 hr Ball Work(Pitreavie) OR Friendly CL/PA/JM</b>
			<b>9-10pm 1 hr Ball Work (Pitreavie Astro) CL/PA/JM</b>				

