



"Play, Learn, Grow"

Alexandra Gunners Development.
ELSIZONE NPC 2016/004005/08



Gunners Coaching Clinic: Training Program



“Play, Learn, Grow”

Alexandra Gunners Development.
 ELSIZONE NPC 2016/004005/08

1. Program

The coaching clinics will be held at Alex Mall 5-aside grounds, every Wednesday and Saturday. Wednesday at 4h30 to 6h00 and Saturday at 09h00 to 10h30. Furthermore, the coaching clinics will run from February until end of October. We will arrange soccer matches with other teams in order to measure the progress of the future stars and for entertainment of the young players. Additionally, we will ask former and current soccer players to give a coaching session to the children. This will motivate the children since they will have personal interaction with their idols.

The training program will show the dates when the u10 coaching clinics will be held. The below table clearly indicates dates and time that Alexandra Gunners FC have chosen in conjunction with Alex 5-aside for the coaching clinics.

Month	Day	Training Details
February	Week 1	
	Saturday, 10 February	Introduction of players and coaches and light soccer drills
	Week 2	
	Wednesday, 14 February	Passing drills and juggling to improve the basics of football
	Saturday, 17 February	Continuing with soccer drills aim to improve basics of football
	Week 3	
	Wednesday, 21 February	Continuing with soccer drills aim to improve basics of football and introducing fitness
	Saturday, 24	Continuing with soccer drills aim to improve basics of football and light soccer match
	Week 4	
	Wednesday, 28 February	Fitness, juggling and introduction of dribbling
March	Week 4	

ELSIZONE NPC company registration 2016/004005/08 trading as Alexandra Gunners Development.
 Directors: Rhulani Baloyi, Freddy Kgapola, Shane Moetlo (CASA)



"Play, Learn, Grow"

Alexandra Gunners Development.
ELSIZONE NPC 2016/004005/08

	Saturday, 3 March	Continuing with fitness, juggling and introduction of dribbling and ending with a light soccer match
Week 5		
	Wednesday, 7 March	Introduction to rules and laws of soccer and ending with a light soccer match
	Saturday, 10 March	Attacking, defending and shooting
Week 6		
	Wednesday, 14 March	Focus on shooting and combination play
	Saturday, 17 March	Focus on positioning and individual training
Week 7		
	Wednesday, 21 March	Focus on position and combination play
	Saturday, 24 March	Focus on position. Attacking and defending
Easter Holiday Break		
April		
Week 8		
	Wednesday, 4 April	Focus on player fitness, trapping and running with the ball
	Saturday, 7 April	Focus on using pace and 1 versus 1 attacking moves
Week 9		
	Wednesday, 11 April	Work on defending and attacking as a team
	Saturday, 14 April	Focus on technical aspects of the game
Week 10		
	Wednesday, 18 April	Work on weakness identified in practice match
	Saturday, 21 April	Practice tactical attacking and defending moves
Week 11		
	Wednesday, 25 April	Fitness, dribbling drills and shooting
	Saturday, 28 April	Practice game at Alex Mall
May		
Week 12		
	Wednesday, 2 May	Focus on player fitness, trapping and running with the ball
	Saturday, 5 May	Focus on using pace and 2 versus 2 attacking moves
Week 13		



"Play, Learn, Grow"

Alexandra Gunners Development.
ELSIZONE NPC 2016/004005/08

	Wednesday, 8 May	Work on defending and attacking as a team
	Saturday, 12 May	Practice match at Alex Mall
	Week 14	
	Wednesday, 15 May	Work on weakness identified in practice match
	Saturday, 19 May	Practice tactical attacking and defending moves
	Week 15	
	Wednesday, 23 May	Fitness, dribbling drills and shooting
	Saturday, 26 May	Friendly game with team outside of Alex
Week 16		
June	Wednesday, 30 May	Passing, dribbling drills and shooting
	Saturday, 2 June	1v1, 2v2, 3v2 and 5v5
	Week 17	
	Wednesday, 6 June	Ball control, passing, dribbling and shooting drills
	Saturday, 9 June	4v3 Attack vs Defense, Practice game
	Week 18	
	Wednesday, 13 June	Shielding, ball control, dribbling drills
	Saturday, 16 June	1v1, 2v2, 4v3 Attack vs Defense, Practice game
	Week 19	
	Wednesday, 20 June	Fitness and passing drills, 1v1, 3v3
	Saturday, 23 June	Friendly Game at Alex Mall
	Week 20	
	Wednesday, 27 June	Fitness and tactical training (lessons learned from game)
	Saturday, 30 June	Free kicks, Corner kicks, Defending and end with Practice Game

Please note Training Program will be released to the parents every month and posted on our website: <http://www.gunnersfnd.org/projects/u10coachingclinics.html>

ELSIZONE NPC company registration 2016/004005/08 trading as Alexandra Gunners Development.
Directors: Rhulani Baloyi, Freddy Kgapola, Shane Moetlo (CASA)



"Play, Learn, Grow"

Alexandra Gunners Development.
ELSIZONE NPC 2016/004005/08

2. How to Pay

Bank Name	Standard Bank
Account Holder	Elsizone NPC (Alexandra Gunners)
Account Number	223666661
Branch	001255
Reference	Player Name

3. Contact Details

For more information of the Gunners FC coaching clinics please contact, **Freddy Kgapola and Sechaba Mothibeli**.

Name	Position	Contact Number
Freddy Kgapola	Coach	074 738 2686
Rhulani Baloyi	Management	072 437 2622
Stanley Makhubela	Coach	071 154 0228
Sechaba Mothibeli	Coach	072 886 4122