

Pardaan

Monthly Training Plan

Plan four weeks of training themes and objectives on one page.

Use this planner to map a month of training at a glance so each week builds on the last. Pick one overall theme for the month, then give every week a focus and a clear objective. Fill in the yellow-highlighted example row style shown below, then complete your own.

Team / Age group: _____

Month: _____

Overall theme: _____

Weekly plan

Week	Training theme / focus	Objective (what 'good' looks like)	Done
1	Passing & receiving under light pressure	Players receive on the half-turn and play forward	

How to use it

Keep each week's objective small and observable - something you can see in a game, like 'first touch out of the feet'. Review it at the end of the week and carry anything unfinished into the next block.