

Pardaan

4-Week Training Cycle Planner

Plan a four-week block of sessions around a single theme.

A training cycle takes one theme (say, 'playing out from the back') and develops it over four connected sessions, getting more game-realistic each week. Plan the block here so every session has a clear job and the theme sticks.

Block theme: _____

Age group: _____

Start date: _____

Four-week cycle

Week	Session focus	Key drill / game	Load
1	Introduce the idea - unopposed then light pressure	Rondo + pattern play	Med

End-of-block review

What went well, what to revisit, and where these players go next:

Progression principle

Move from simple to complex and from unopposed to fully opposed across the four weeks: technique first, then decisions, then the same idea inside a game.