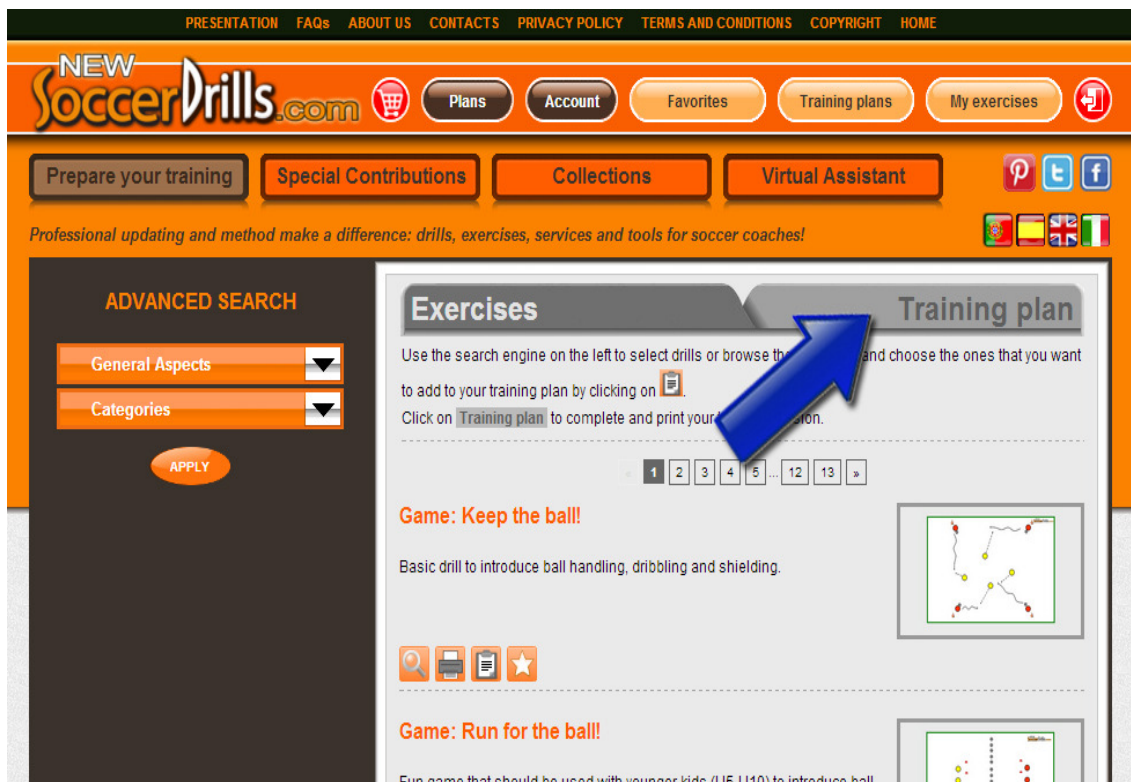


NEXT STEP: YOUR PRACTICE PLAN!

To CREATE YOUR PRACTICE PLANS click on:



You will visualize a page divided into 2 sections: the exercises list and the training plan.
Get into “Training plan”:



NOW YOU CAN PREPARE YOUR PRACTICE SESSIONS!

1. Add exercises to your practice plan

Use the three orange buttons of the section "Add exercises". Choose if you want to:

- add one of our drills, then click on "**List of exercises**"
- add one of your own exercises, then click on "**My exercises**"
- create a specific exercise for your new practice, then click on "**Create my exercise**".

The screenshot shows the 'Add exercises' section of the website. It features three orange buttons: 'List of exercises', 'My exercises', and 'Create my exercise'. Below these buttons is a text prompt: 'Complete your training plan adding the exercises from our list or creating your own ones'. Further down is the 'Training plan info' section, which includes fields for Coach, Club/Category, *Title (filled with 'seduta 26/06/2014'), Scheduled for, Time, Goals (with a rich text editor), Path, and Notes (with another rich text editor). Four blue arrows point to the three orange buttons and the 'Notes' field.

2. Structure your practice

As you add exercises to your practice plan, they will appear in the chart below:

The screenshot shows the 'Exercises' section of the website. It features a tabbed interface with 'Exercises' and 'Training plan'. The 'Exercises' tab is active, showing a table of drills. A blue arrow points to the 'List of exercises' tab, and another blue arrow points to the table. The table has columns for Exercises order, Title, Starts at, Ends at, and Duration. The first five rows are filled with drills: 1. Face-off, Double marking; 2. Game: Keep the ball!; 3. Game: Run for the ball!; 4. Game: Don't loose your ball!; 5. Game: Around the world. Each row has a small icon to its right. Below the table, there is a text prompt: 'Would you like to modify the order you gave to the drills in your training session? Renumber the'.

Exercises order	Title	Starts at	Ends at	Duration
1	Face-off, Double marking			
2	Game: Keep the ball!			
3	Game: Run for the ball!			
4	Game: Don't loose your ball!			
5	Game: Around the world			

If you change your mind, you can always eliminate a drill from your practice plan or you can also change the structure of your practice, by clicking on the number of the drill and modifying the exercise order.



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3. Add your practice plan details

Click on “Add info”:

Exercises **Training plan**

Create your training session: fill out this form, then print your training plan and take it with you.

List of exercises

Exercises order	Title	Starts at	Ends at	Duration
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Would you like to modify the order you gave to the drills in your training session? Renumber the exercises and click on to save changes.

Add exercises

[List of exercises](#) [My exercises](#) [Create my exercise](#)

Complete your training plan adding the exercises from our list or creating your own ones.

Training plan info

Complete your training session by adding your notes and indicating the goals you want to achieve.

[Add Info](#)

[Finalize training plan](#) [Print Training plan](#)

Click on “Finalize” if your training plan is completed. Click on “Print” if you want to take your training plan with you.

You will visualize the chart below and you will be able to **enter your practice plan goals and your notes**. Once you're done, **don't forget to save your practice plan details** by clicking on “Save info”:

Training plan info

Complete your training session by adding your notes and indicating the goals you want to achieve.

Coach Club/Category

*Title

Scheduled for Time

Goals

B **I** **U** Font Size

Path: p Words:0

Notes

B **I** **U** Font Size

Path: p Words:0

[Save info](#)



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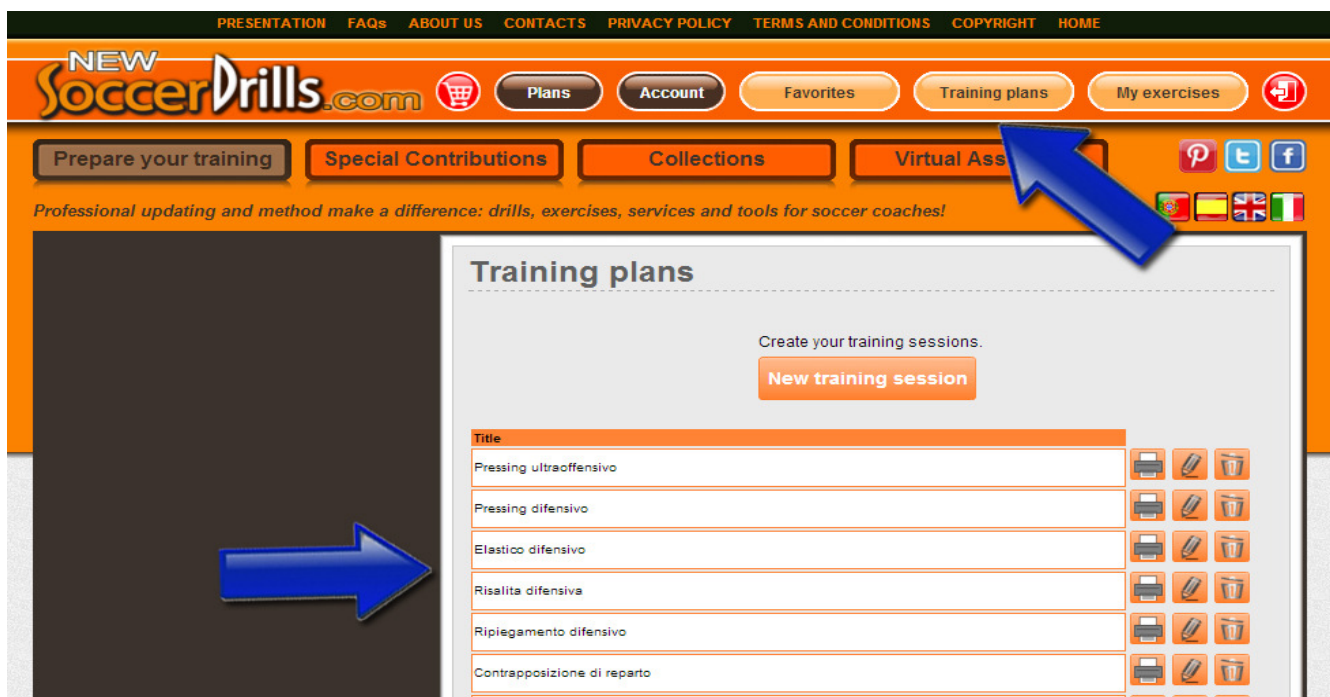


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










3. Store your practice plan

Now that your practice plan is ready, click on "**Print Training Plan**" and take it with you to the soccer pitch! Otherwise, if you click on "**Finalize training plan**", your session will be saved in your training plans list.

To review, edit or, if necessary, delete a practice session, check your **Training Plans** list whenever you want. You just have click on:



The screenshot shows the NEW SoccerDrills.com website. The top navigation bar includes links for PRESENTATION, FAQs, ABOUT US, CONTACTS, PRIVACY POLICY, TERMS AND CONDITIONS, COPYRIGHT, and HOME. Below this, there are buttons for Plans, Account, Favorites, Training plans, and My exercises. The main content area features a sidebar with buttons for Prepare your training, Special Contributions, Collections, and Virtual Ass. The main section is titled 'Training plans' and contains the text 'Create your training sessions.' and a 'New training session' button. Below this is a table with the following rows:

Title	
Pressing ultraoffensivo	  
Pressing difensivo	  
Elastico difensivo	  
Risalita difensiva	  
Ripiegamento difensivo	  
Contrapposizione di reparto	  



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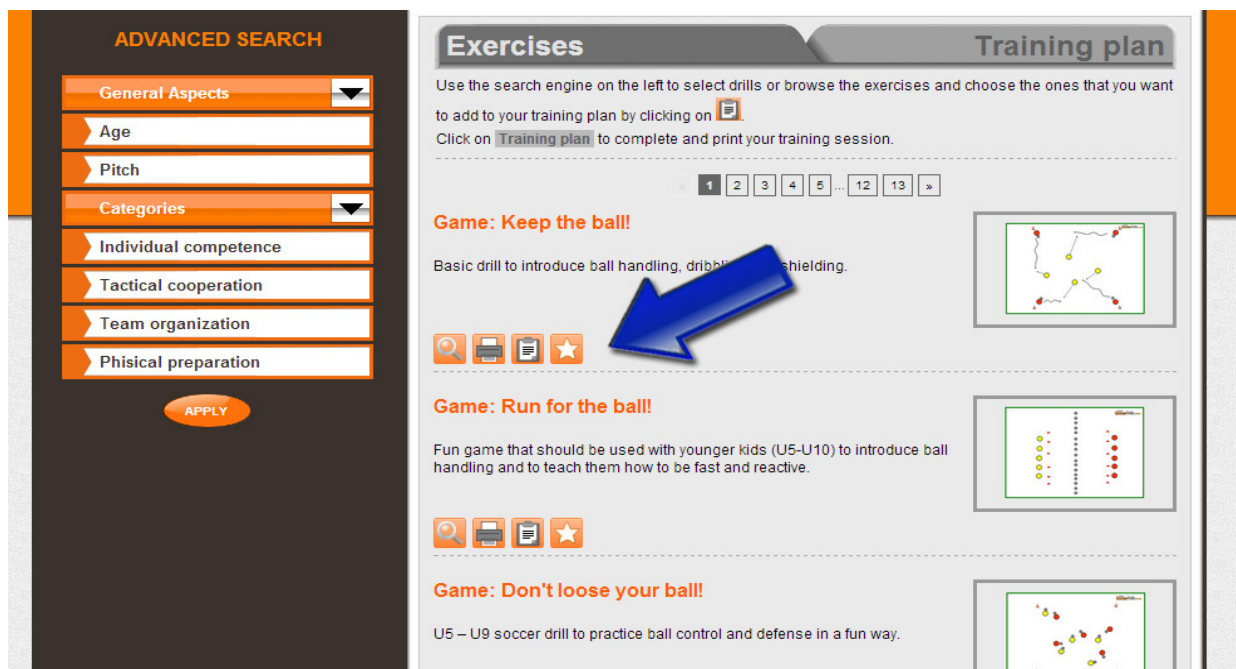
NEWSOCCERDRILLS'S EXERCISES SECTION

Let's see what you will visualize if you don't get into training plan, and you stay inside our **Exercises** section.

Here, you can select our drills by players' age, space and exercise type. Use the advanced search:



Once you find the exercise/exercises that you're looking for, use the buttons that are shown below and speed up your work!



GET A CLOSER VIEW OF THE QUICK ACCESS TOOLBAR!



- 1) Expand description, Graphic, Objectives and Video (if provided);
- 2) Print the selected drill;
- 3) Add the exercise directly to the practice plan that you are preparing;
- 4) Add the exercise to your Favorites and you will be able to work on it later.