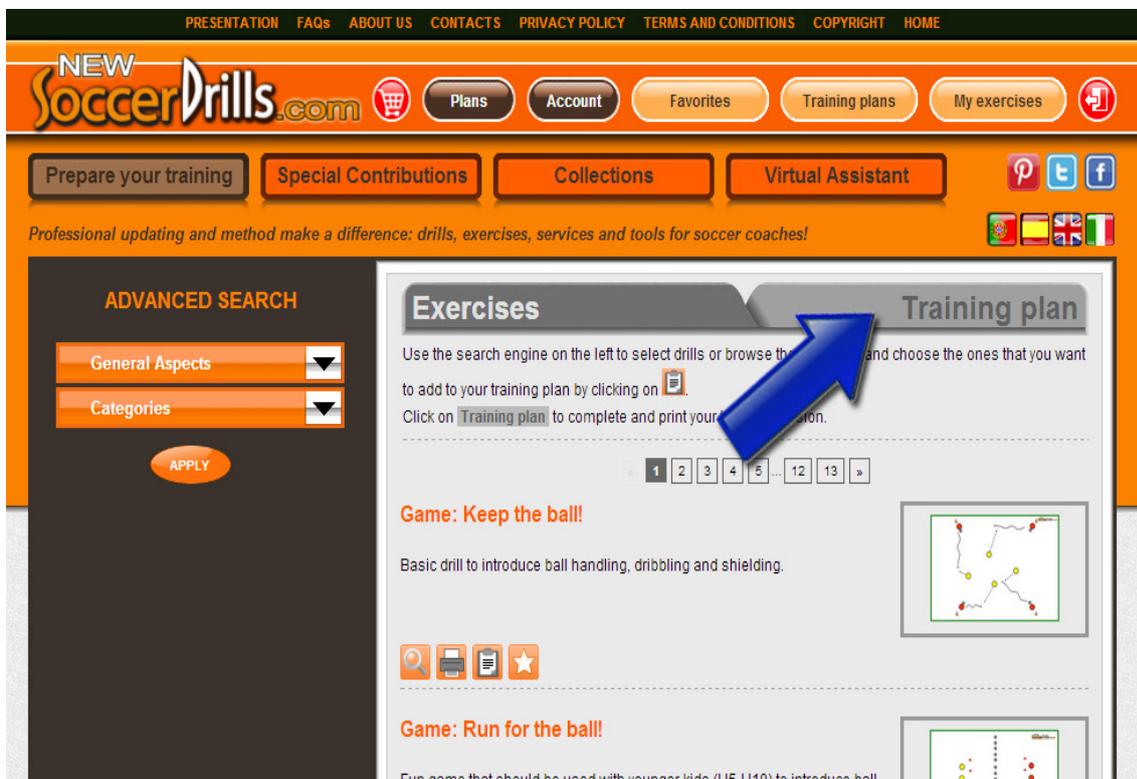


NEXT STEP: YOUR PRACTICE PLAN!

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”:



3. Add your practice plan details

Click on “Add info”:

The screenshot shows a web interface with two tabs: 'Exercises' and 'Training plan'. The 'Training plan' tab is active. Below the tabs, there is a heading 'List of exercises' and a table with columns: Exercises order, Title, Starts at, Ends at, and Duration. Below the table, there is a text box asking if the user wants to modify the order of drills, with a save icon. Below that is a heading 'Add exercises' and three buttons: 'List of exercises', 'My exercises', and 'Create my exercise'. Below these buttons is a text box asking to complete the training plan. Below that is a heading 'Training plan info' and a text box asking to complete the session by adding notes and goals. Below this text box is an orange 'Add Info' button, which is highlighted with a large blue arrow. At the bottom of the 'Training plan info' section are two orange buttons: 'Finalize training plan' and 'Print Training plan'. Below these buttons is a footer text: 'Click on "Finalize" if your training plan is completed. Click on "Print" if you want to take your training plan with you.'

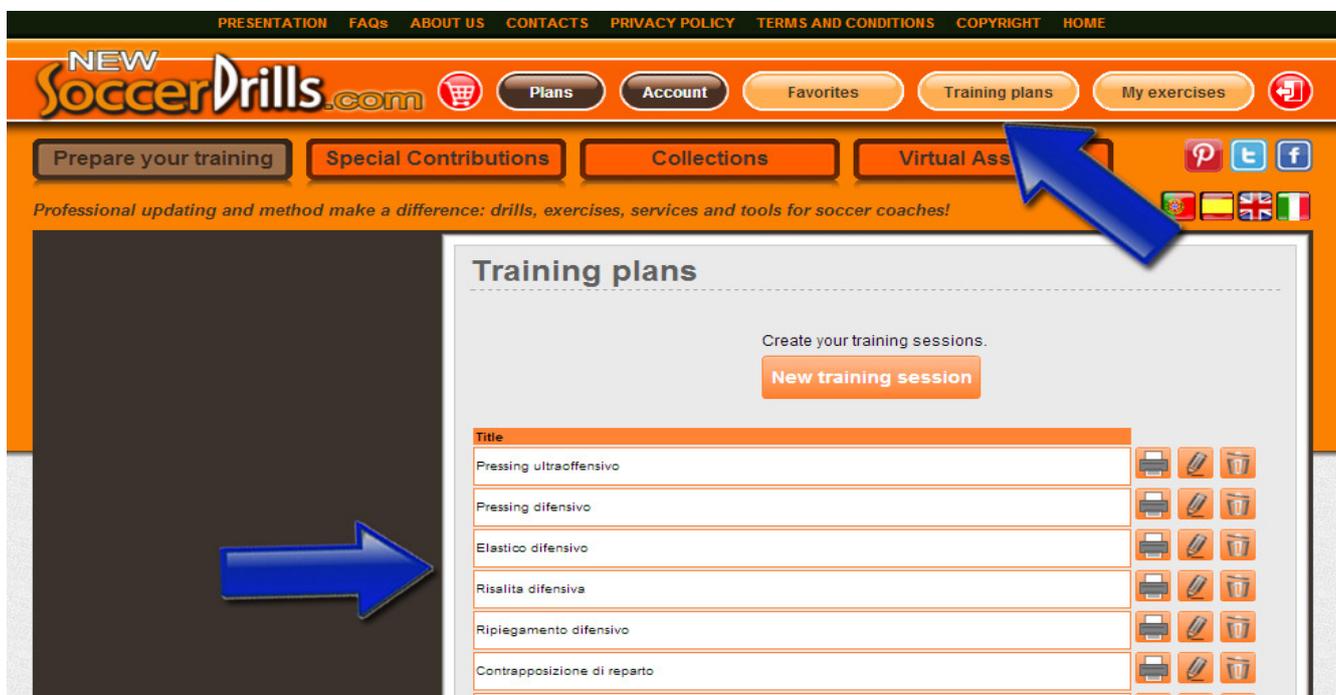
You will visualize the chart below and you will be able to enter your practice plan goals and your notes. Once you're done, don't forget to save your practice plan details by clicking on “Save info”:

The screenshot shows the 'Training plan info' form. It has a heading 'Training plan info' and a text box: 'Complete your training session by adding your notes and indicating the goals you want to achieve.' Below this are several input fields: 'Coach', 'Club/Category', '*Title' (with the value 'seduta 26/06/2014'), 'Scheduled for', and 'Time'. Below these are two rich text editors for 'Goals' and 'Notes'. Each editor has a toolbar with bold, italic, underline, font size, bulleted list, numbered list, link, unlink, and undo/redo icons. Below each editor is a 'Path: p' and 'Words:0' indicator. At the bottom of the form is an orange 'Save info' button, which is highlighted with a large blue arrow. There are also blue arrows pointing to the 'Goals' and 'Notes' text areas.

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 website interface for NEW SoccerDrills.com. The top navigation bar includes links for PRESENTATION, FAQs, ABOUT US, CONTACTS, PRIVACY POLICY, TERMS AND CONDITIONS, COPYRIGHT, and HOME. Below this, the site logo is followed by buttons for Plans, Account, Favorites, Training plans, and My exercises. A blue arrow points to the 'Training plans' button. Below the navigation bar, there are buttons for 'Prepare your training', 'Special Contributions', 'Collections', and 'Virtual Ass'. A blue arrow points to the 'Training plans' button in this row. Below these buttons, a banner reads 'Professional updating and method make a difference: drills, exercises, services and tools for soccer coaches!' with flags for Spain, England, and Italy. The main content area is titled 'Training plans' and contains the text 'Create your training sessions.' and a 'New training session' button. Below this is a table with a 'Title' column and several rows of training session titles. A blue arrow points to the 'New training session' button. To the right of the table, there are icons for printing, editing, and deleting each row.

Title	Print	Edit	Delete
Pressing ultraoffensivo			
Pressing difensivo			
Elastico difensivo			
Risalita difensiva			
Ripiegamento difensivo			
Contrapposizione di reparto			

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:

The screenshot shows the NEWSOCCERDRILLS.COM website interface. At the top, there is a navigation bar with links for PRESENTATION, FAQs, ABOUT US, CONTACTS, PRIVACY POLICY, TERMS AND CONDITIONS, COPYRIGHT, and HOME. Below this is the site logo and several user-related buttons: Plans, Account, Favorites, Training plans, and My exercises. A secondary navigation bar includes buttons for Prepare your training, Special Contributions, Collections, and Virtual Assistant, along with social media icons for Pinterest, Twitter, and Facebook. A blue arrow points to the 'ADVANCED SEARCH' sidebar on the left, which contains filters for General Aspects, Age, Pitch, Categories, Individual competence, Tactical cooperation, Team organization, and Physical preparation, with an 'APPLY' button at the bottom. The main content area is titled 'Exercises' and contains instructions on how to use the search engine. It lists two exercises: 'Game: Keep the ball!' (a basic drill for ball handling) and 'Game: Run for the ball!' (a fun game for younger kids). Each exercise entry includes a diagram and a set of action icons (search, print, document, star).

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

This is a close-up view of the 'Exercises' section from the previous screenshot. The 'ADVANCED SEARCH' sidebar is visible on the left. The main content area shows the 'Game: Keep the ball!' entry. A blue arrow points to the row of action icons (magnifying glass, printer, document, star) located below the exercise description. The 'Game: Run for the ball!' entry is also visible below it.

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.