

7-DAY SAMPLE TRAINING PLAN – COMPLETE PLAYER DEVELOPMENT
Simple, balanced, and repeatable entry-level system

| Day | CPF** Area | Training Focus | Training Activities |
|-------|------------------------|----------------------------|---|
| DAY 1 | Technical Ability | Ball mastery + first touch | <input type="checkbox"/> 10 min – ball mastery (both feet) <input type="checkbox"/> 10 min – freestyle dribbling in tight space <input type="checkbox"/> 5 min – weak foot wall passing |
| DAY 2 | Tactical Understanding | Decision-making | <input type="checkbox"/> 10–15 min – Watch game footage (pro or youth) <input type="checkbox"/> Ask yourself: “What would I do in this situation?” <input type="checkbox"/> 10 min – scanning drills (checking shoulders before receiving the ball) |
| DAY 3 | Physical Ability | Movement & coordination | <input type="checkbox"/> 10 min – agility ladder or cone drills <input type="checkbox"/> 10 min – acceleration (short sprints) <input type="checkbox"/> 5 min – balance/core work |
| DAY 4 | Mental Strength | Confidence & resilience | <input type="checkbox"/> Write 3 things you did well this week <input type="checkbox"/> Practice a “reset routine” after mistakes <input type="checkbox"/> 5 min – visualization (playing confidently) |
| DAY 5 | Creativity | Freedom & expression | <input type="checkbox"/> 1v1 moves (experiment freely) <input type="checkbox"/> Small-sided game or street/playground soccer <input type="checkbox"/> Try something new without fear of mistakes |
| DAY 6 | Game Application | Transfer to real play | <input type="checkbox"/> Intentionally and bravely apply 1–2 skills from the week in a game or scrimmage <input type="checkbox"/> Focus on decisions, not outcomes |
| DAY 7 | Recovery + Reflection | Learning & reset | <input type="checkbox"/> Light activity (juggling, walking, stretching) <input type="checkbox"/> Answer: <ul style="list-style-type: none"> ○ What improved this week? ○ What will I focus on next week? |

CPF**: Complete Player Framework

👉 **Note:** This is a sample 7-day training plan. For more player development resources, visit the “5-Star Resource Center” on our website.




7-DAY INDIVIDUAL TRAINING PLAN – COMPLETE PLAYER DEVELOPMENT

Simple, balanced, and repeatable entry-level system

| Day | CPF** Area | Training Focus | Training Activities |
|-------|------------------------|----------------|--|
| DAY 1 | Technical Ability | | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| DAY 2 | Tactical Understanding | | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| DAY 3 | Physical Ability | | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| DAY 4 | Mental Strength | | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| DAY 5 | Creativity | | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| DAY 6 | Game Application | | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| DAY 7 | Recovery + Reflection | | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |

CPF**: Complete Player Framework

 **Note:** Create your own 7-day training plan using the sample plan for inspiration. Visit our website for more player development resources.