

## Soccer Pre-season:

1. Individual observation of each player's skills.
2. Observation of the chemistry between players.
3. Observation of their first touch.
4. Observation of each player's ball control.
5. Observation of their physical condition.

## Drills & Scrimmages:

1. Rondos.
2. Passing and receiving.
3. Switching sides of the field.
4. Juggling.
5. 1-mile run - speed test.
6. Scrimmages.
7. Shooting drills.

**Note:** We will be able to assess the players' skills throughout the pre-season and will be able to divide the players into groups: the starters, Group A, and Group B.

**The Starters:** The group of the best players, giving priority to students who have previous experience playing in the last season.

**Group A:** Players who are not as skilled but played in the previous season, and new players who have good skills but are not starters. They will have an opportunity to play with the best players.

**Group B:** Players who need to learn the basics.

## Season:

1. 7-minute warm-up (2 laps around the field, speed, direction changes, ball control, and stretching before starting practice).
2. Separation into groups.
3. Different types of drills.
4. 10 or 15 minutes of scrimmage.