

WELCOME TO NORCAL- ACF FIORENTINA INTRODUCTORY COACHING COURSE

Course Schedule

SATURDAY:

- **10-12:00PM** – Field – Training Session (guide ball, Dribble-Fake)
- **12:30-2:30PM**– Classroom – Psycho-Motor & Coordination Abilities.
- **3:30-5:00 PM** – Classroom – Technical & Tech-Tactical (Individual Tactical).
- **5:30-7:30PM**– Field – Exercises demo of coordination abilities . Short demo of training session (TBD).

SUNDAY (2 weeks later):

- **9-11:30AM** – Classroom – Q & A curriculum % training each age group
- **12:00-1:30PM** – Field – Training Session (Pass & Receive, Shooting)
- **3:00-5:00 PM** - Field – Demo Tech. Abilities & Group Testing

