



Training Programme

www.risingstars.co.za

UNDER 6 (COACH TBC)

15:00 – 16:00

WEDNESDAY & FRIDAY

UNDER 8 (COACH MISO)

16:00 – 17:00

MONDAY, WEDNESDAY & FRIDAY

UNDER 10 (COACH APHA)

15:00 – 16:00

MONDAY, TUESDAY & THURSDAY

UNDER 12 (COACH ZIMO)

16:00 – 17:00

MONDAY, TUESDAY, THURSDAY & FRIDAY

Depending on Fixtures and time of the season, The players will be exposed to Training Cycles, Speed Training, Individual Skill assessments, Dribbling, Strength & Conditioning etc.

We believe a child should get to play in all positions and learn other sport skills, So we will be adding Futsal, Beach Soccer, Padbol and Padel Tennis to the training programme atleast once a week for ages 10 & 12, and every second week for the Under 8's and 6's.