

Coach Name: Ryan Docherty Player: xxxxxxxxxx Club: Stranraer F.C	Age : 28 Weight: 12.2kg 8 week programme 24/03/2020				
<b>Objective</b>	<b>Technical Qualities</b>	<b>Tactical Qualities</b>	<b>Physical</b>	<b>Mental</b>	<b>Outcomes</b>
Improve touch	Left/right foot Soft touch Back foot Touch towards area	Awareness Movement Manipulation	Stamina Speed Calves	Thought process Vision Confidence	
Sharp movements	Body shape Receiving the ball First Touch Sharp Fast	Awareness of game When and where to receive Repetition	Upper body Glutes Use of arms	Speed of thought Awareness	
Shooting	First Touch Types of finish Movement Body shape Shooting positon	Where is the goal When to place the ball Where to aim Aware of defenders	Leg Strength Upper Body	Clarity of mind Target Repetition	

Dribbling	Touches Quick Feet Soft touch Inside and outside feet	Movement Awareness when to pass or dribble Speed	Calves Upper Body	Confidence Understanding Vision belief	
Defending	Aggressive Speed Quick Feet Back ward running	Positional Awareness	Upper Body Stamina	Confidence Awareness Thought Communication	
Passing	Both Feet Angle of body Type of pass	Pass to affect the game Timing Weight Height	Upper Body Speed	Vision Confidence Game awareness	