



FANTASY SOCCER ACADEMY

Ng'atuny Building 1st floor, Opposite Total Service
Station – Kitengela off Namanga Road

September 1st 2020

FANTASY SOCCER ACADEMY WEEKLY TRAINING SCHEDULE.

	UNDER 10	UNDER 13	UNDER 15	UNDER 17+
TUESDAY	Fun Games (Coach Faith)	Speed & Agility (Coach Mariga)	Loading & Endurance (Coach Levis)	Loading & Endurance (Coach Levis)
WEDNESDAY	Fun Games (Coach Naomi)	Ball Work and laws of the game (Coach Moha)	Ball work & Small sideBall work & Small sided games (Coach Morris))	Speed & Agility (Coach Mariga)
THURSDAY	Fun Games (Coach Faith)	Small sided games (Coach Morris)	Departmental Training. Games situation (All coaches)	Small Sided Games (All Coaches)
FRIDAY	Fun Games (Coach Naomi)	Small sided games + Game	Full game with restriction. Transitional Play	Full game with winning mentality (All Coaches)
SATURDAY	Friendly (If Possible)	Friendly Match	Full game Situation (Evaluation Match)	Friendly Match

POSTAL ADDRESS: P.O BOX 1060 – 00241, Kitengela

TEL: +254-111-775-552

EMAIL: info@fantasysocceracademy.org

WEBSITE: www.fantasysocceracademy.org