



ALICANTE FOOTBALL ACADEMY

TRAIN WITH PURPOSE



52-WEEK FOOTBALL TRAINING PDF

A Visual Year Plan for Ambitious Footballers

52

WEEKS

156

SESSIONS

13

BLOCKS

ALICANTEFOOTBALLACADEMY.COM



START HERE

YOUR YEAR OF TRAINING STARTS HERE

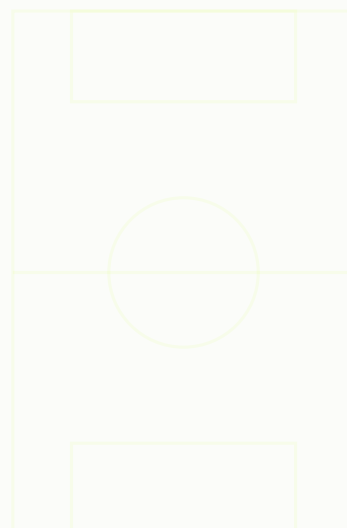


Training regularly matters, but more sessions do not always mean better results. At Alicante Football Academy, we work with players from all backgrounds and skill levels. We often see players add extra sessions without a clear purpose. Sometimes they repeat random drills, train too hard before or after matches, or believe a session is good just because it feels tiring.

This 52-week football training PDF gives you a clear and simple plan. The year is divided into 13 blocks, each lasting four weeks. Each week, you will do three short sessions and one review. You will work on first touch, passing, ball control, your weaker foot, speed, strength, 1v1 moves, finishing, defending, decision-making, and position-specific skills.

Use this plan alongside your team training, not instead of it. Adjust the sessions as needed to fit your matches, team practices, and recovery days. Be honest when recording your results and focus on doing each action well. All you need is a ball, cones, a timer, and a safe place to train. A wall, partner, or goal can help, but they are not required.

This program helps you train with purpose, track your progress, and see what to work on next.





HOW SHOULD YOU USE THIS PLAN?

This plan is for healthy outfield players aged 16 or older. Younger players, goalkeepers, and those returning from injury should follow advice from a qualified coach.

01 Frequency: Complete three individual sessions each week.

02 Session length: Most sessions should take 35–45 minutes.

03 Football first: Team training and matches come first. They can replace extra individual sessions.

04 Hard sessions: Leave at least 24 hours between sprint, power, and conditioning sessions.

05 Recovery: Reduce the workload during busy match weeks.

06 Safety: Stop if you feel pain, dizziness, or any unusual symptoms.

WHAT DOES RPE MEAN?

RPE stands for rate of perceived exertion. It shows how hard a session feels.

RPE 2-3

Very easy.

RPE 4-5

Light to moderate.

RPE 6-7

Challenging but controlled.

RPE 8

Hard work—use this level with care.

EQUIPMENT

● One football

● Six cones or safe markers

● A timer

● A safe training space

● A wall or partner when available

● A safe goal when available



BEFORE EVERY SESSION

A repeatable 10-minute warm-up to prepare your joints, movement and ball contact.

MIN 1-2

Jog, skip, shuffle and move backward.

MIN 3-4

Complete ankle rocks, hip openings and controlled leg swings.

MIN 5-7

Complete calf raises, split squats and glute bridges.

MIN 8-10

Add close ball touches and three progressive runs.



ONE STRENGTH ROUND

- Eight split squats per side
- Ten glute bridges or hip hinges
- Twelve calf raises
- A 20-second side plank per side

Control every repetition. Stop when you still have two good repetitions left.

RECORD THESE TESTS

WALL PASSES

Count controlled returns for 60 seconds per foot.

FIVE-CONE DRIBBLE

Time a five-cone slalom. Keep the spacing the same.

SPEED

Record the best of four 10-meter accelerations.

ACCURACY

Count target hits from 20 shots or firm passes.

MOVEMENT QUALITY

Complete eight split squats, twelve calf raises and a 20-second side plank per side. Record any pain or loss of control.

Only retest during review weeks. Use the same ball, surface, shoes, and distances each time.

BUILD AN HONEST STARTING POINT

Set your baselines. Learn the training rhythm. Keep every test repeatable.



WEEK 01

ESTABLISH YOUR BASELINE

S1

RPE 4-6

Complete 3 x 45 seconds of close touches. Perform the wall-pass test.

S2

RPE 5-7

Complete four 10-meter sprints and two strength rounds.

S3

RPE 5-7

Complete the five-cone dribble and 20 target passes.

WEEKLY CHECK

Save all your scores.

WEEK 02

MAKE CONTROL REPEATABLE

S1

RPE 4-6

Complete 4 x 60 seconds of close control and 5 x 8 passes per foot.

S2

RPE 5-7

Complete six 10-meter runs and two strength rounds.

S3

RPE 5-7

Complete 6 x 60 seconds of receive-turn-pass actions.

WEEKLY CHECK

Count your clean repetitions.

WEEK 03

ADD SPEED

S1

RPE 4-6

Complete 3 x 12 two-touch passes and 4 x 30 seconds of one-touch passing.

S2

RPE 5-7

Complete six accelerations with controlled stops.

S3

RPE 5-7

Complete 3 x 4 pass-turn-dribble-finish actions.

WEEKLY CHECK

Film your final set.

WEEK 04

REVIEW AND RETEST

S1

RPE 3-5

Repeat the wall-pass test.

S2

RPE 4-5

Complete four smooth 10-meter runs and one strength round.

S3

RPE 4-6

Repeat the dribble and target tests.

WEEKLY CHECK

Choose one priority for the next block.

IMPROVE YOUR FIRST TOUCH AND PASSING

Prepare early. Move your first touch into the next action.



WEEK 05

RECEIVE ACROSS YOUR BODY

S1

RPE 4-6

Complete 4 x 8 back-foot receives per side.

S2

RPE 5-7

Complete 3 x 8 firm passes per foot and two strength rounds.

S3

RPE 5-7

Complete 3 x 6 receive-exit-pass actions per side.

WEEKLY CHECK

Check the direction of your first touch.

WEEK 06

USE ONE OR TWO TOUCHES

S1

RPE 4-6

Complete 3 x 10 two-touch passes and 4 x 8 one-touch passes.

S2

RPE 5-7

Complete 3 x 6 pass-move-receive actions in each direction.

S3

RPE 5-7

Complete 4 x 3-minute combination blocks.

WEEKLY CHECK

Compare your one-touch and two-touch accuracy.

WEEK 07

PASS WHILE MOVING

S1

RPE 4-6

Complete 4 x 90 seconds of moving wall passes.

S2

RPE 5-7

Complete six shuffle-to-sprint actions and two strength rounds.

S3

RPE 5-7

Complete 3 x 6 triangle actions in each direction.

WEEKLY CHECK

Check whether you arrive balanced.

WEEK 08

REVIEW YOUR PASSING

S1

RPE 3-5

Repeat the wall-pass test.

S2

RPE 4-5

Complete four smooth sprints and one light strength round.

S3

RPE 4-6

Complete 20 back-foot passes, 20 weaker-foot passes, 20 one-touch passes, 20 moving passes and 20 free passes.

WEEKLY CHECK

Select your weakest passing skill.

BUILD BALL MASTERY AND A USABLE WEAKER FOOT

Improve simple contact first. Add speed when your control remains clean.



WEEK 09

IMPROVE WEAKER-FOOT CONTACT

S1

RPE 4-6

Complete 5 x 10 passes and 3 x 30 seconds of weaker-foot touches.

S2

RPE 5-7

Complete three single-leg strength rounds.

S3

RPE 5-7

Complete 4 x 6 weaker-foot receive-turn-pass actions.

WEEKLY CHECK

Record why your unsuccessful actions failed.

WEEK 10

TURN IN TIGHT SPACES

S1

RPE 4-6

Complete 3 x 6 inside, outside and sole turns.

S2

RPE 5-7

Complete six brake-turn-accelerate actions.

S3

RPE 5-7

Complete 6 x 45 seconds of escape-the-square work.

WEEKLY CHECK

Keep your eyes up as you exit.

WEEK 11

CARRY THE BALL WITH YOUR HEAD UP

S1

RPE 4-6

Complete 6 x 45 seconds of touch-and-scan work.

S2

RPE 5-7

Complete six head-up carries using a visual or verbal cue.

S3

RPE 5-7

Complete 3 x 6 dribbles towards a called gate.

WEEKLY CHECK

Count how often you scan early.

WEEK 12

REVIEW YOUR BALL CONTROL

S1

RPE 3-5

Repeat the weaker-foot passing test.

S2

RPE 4-5

Complete two light turning rounds.

S3

RPE 4-6

Repeat the dribble test with a visual cue.

WEEKLY CHECK

Use the same testing setup.

RECEIVE, TURN AND SCAN

Use your body shape and available information to make your first touch useful.



WEEK 13

DIRECT YOUR FIRST TOUCH

S1

RPE 4-6

Complete 4 x 8 first touches through a marked gate.

S2

RPE 5-7

Complete six first-step accelerations after receiving.

S3

RPE 5-7

Complete 3 x 6 scan-receive-exit actions.

WEEKLY CHECK

Make sure the first touch creates your next action.

WEEK 14

RECEIVE ON THE HALF-TURN

S1

RPE 4-6

Complete 4 x 8 half-turn receptions.

S2

RPE 5-7

Complete six turn-and-carry actions over 10 meters.

S3

RPE 5-7

Complete 4 x 2-minute forward, set or protect choices.

WEEKLY CHECK

Open your body before receiving.

WEEK 15

CONTROL DIFFICULT BALLS

S1

RPE 4-6

Complete 4 x 8 cushioned controls from a bouncing ball.

S2

RPE 5-7

Complete six move-under-the-ball actions.

S3

RPE 5-7

Complete 3 x 6 control-then-pass actions.

WEEKLY CHECK

Keep the ball inside a playable area.

WEEK 16

REVIEW YOUR RECEIVING

S1

RPE 3-5

Repeat the receiving-gate test.

S2

RPE 4-5

Complete four smooth accelerations.

S3

RPE 4-6

Use a cue to choose whether to play forward, set or protect.

WEEKLY CHECK

Check whether you selected the correct option.

ACCELERATE, BRAKE AND CHANGE DIRECTION

Fast football starts with good positions, full recovery and controlled braking.



WEEK 17

WIN THE FIRST METERS

S1

RPE 4-6

Complete three quick-touch rounds and four progressive runs.

S2

RPE 5-7

Complete six 10-meter sprints with full recovery.

S3

RPE 5-7

Complete six receive-sprint-pass actions.

WEEKLY CHECK

Watch the quality of your first three steps.

WEEK 18

LEARN TO SLOW DOWN

S1

RPE 4-6

Complete six ball carries into controlled stops.

S2

RPE 5-7

Complete six 10-meter runs and stop within three meters.

S3

RPE 5-7

Complete 3 x 6 stop-scan-pass actions.

WEEKLY CHECK

Finish every action balanced.

WEEK 19

REACT AND CHANGE DIRECTION

S1

RPE 4-6

Complete 3 x 6 cuts in each direction.

S2

RPE 5-7

Complete six cue-led direction changes.

S3

RPE 5-7

Complete 6 x 45 seconds of react-carry-pass work.

WEEKLY CHECK

Do not guess the direction too early.

WEEK 20

REVIEW YOUR SPEED

S1

RPE 3-5

Complete two light ball-speed rounds.

S2

RPE 4-5

Repeat the 10-meter test while fresh.

S3

RPE 4-6

Complete four speed-to-action repetitions.

WEEKLY CHECK

Record only clean and controlled scores.

BUILD STRENGTH AND POWER FOUNDATIONS

Control every repetition. Always finish with two good repetitions left in reserve.



WEEK 21

OWN THE BASIC PATTERNS

S1

RPE 4-6

Complete 3 x 60 seconds of touch-and-pass work.

S2

RPE 5-7

Complete three split squat, hinge, calf and plank rounds.

S3

RPE 5-7

Complete six strength-to-10-meter carry actions.

WEEKLY CHECK

Keep two good repetitions available.

WEEK 22

IMPROVE SINGLE-LEG CONTROL

S1

RPE 4-6

Complete 3 x 6 balanced receives per side.

S2

RPE 5-7

Complete three lunge, single-leg hinge, and calf rounds.

S3

RPE 5-7

Complete 3 x 6 protect-turn-pass actions.

WEEKLY CHECK

Compare your control on both sides.

WEEK 23

EXPRESS STRENGTH QUICKLY

S1

RPE 4-6

Complete 4 x 30 seconds of fast-contact ball work.

S2

RPE 5-7

Complete 3 x 4 jumps and four 10-meter sprints.

S3

RPE 5-7

Complete six first-touch burst actions.

WEEKLY CHECK

Keep every landing quiet and controlled.

WEEK 24

REVIEW YOUR MOVEMENT QUALITY

S1

RPE 3-5

Complete two light technical rounds.

S2

RPE 4-5

Repeat the movement-quality check.

S3

RPE 4-6

Complete four jumps and four short sprints.

WEEKLY CHECK

Prioritize control instead of load.

DRIBBLE AND SOLVE 1V1 SITUATIONS

Change your line or speed. Every dribble needs a useful exit.



WEEK 25

CHANGE DIRECTION WITH PURPOSE

S1

RPE 4-6

Complete 3 x 6 inside and outside cuts.

S2

RPE 5-7

Complete six cut-then-accelerate actions.

S3

RPE 5-7

Complete 6 x 45 seconds of beat-the-line work.

WEEKLY CHECK

Check the quality of your exit touch.

WEEK 26

CHANGE SPEED

S1

RPE 4-6

Complete 6 x 45 seconds of slow-fast dribbling.

S2

RPE 5-7

Complete six re-accelerations with full recovery.

S3

RPE 5-7

Complete 3 x 6 pause-commit-escape actions.

WEEKLY CHECK

Show a clear change of speed.

WEEK 27

PROTECT AND ESCAPE

S1

RPE 4-6

Complete 3 x 6 shield-turn actions per side.

S2

RPE 5-7

Complete three bodyweight strength rounds.

S3

RPE 5-7

Complete 4 x 2-minute keep, set, or turn choices.

WEEKLY CHECK

Escape after protecting the ball.

WEEK 28

REVIEW YOUR 1V1 DECISIONS

S1

RPE 3-5

Complete two light direction and speed rounds.

S2

RPE 4-5

Complete four smooth sprints.

S3

RPE 4-6

Use a cue to choose whether to dribble, pass or protect.

WEEKLY CHECK

Make sure the action creates a useful outcome.

FINISH THE ACTION

Choose a target. Build accuracy before adding power.



WEEK 29

BUILD CLEAN CONTACT

S1

RPE 4-6

Complete 5 x 6 set-ball shots or target passes.

S2

RPE 5-7

Complete six approach-and-strike actions per foot.

S3

RPE 5-7

Complete 4 x 6 final actions from four different zones.

WEEKLY CHECK

Count your target hits.

WEEK 30

RECEIVE AND FINISH

S1

RPE 4-6

Complete 4 x 6 first-touch-to-strike actions.

S2

RPE 5-7

Complete 3 x 6 turn-and-finish actions per side.

S3

RPE 5-7

Complete 4 x 5 finishes from different services.

WEEKLY CHECK

Make sure the first touch creates the shooting line.

WEEK 31

FINISH AFTER A RUN

S1

RPE 4-6

Complete 4 x 6 weaker-foot final actions.

S2

RPE 5-7

Complete six run-recover-finish actions.

S3

RPE 5-7

Complete four six-action finishing circuits.

WEEKLY CHECK

Protect your accuracy as the session becomes harder.

WEEK 32

REVIEW YOUR FINISHING

S1

RPE 3-5

Repeat the target-accuracy test.

S2

RPE 4-5

Complete four sharp runs with full recovery.

S3

RPE 4-6

Record 20 shots or passes from different zones.

WEEKLY CHECK

Identify your two most reliable finishing zones.

DEFEND SPACE AND COMPETE IN DUELS

Arrive in control. Protect the most dangerous space before you try to win the ball.



WEEK 33

CONTROL YOUR APPROACH

S1

RPE 4-6

Complete 6 x 30 seconds of jockey footwork.

S2

RPE 5-7

Complete six approach-and-brake actions.

S3

RPE 5-7

Complete six channel duels or cone-cue repetitions.

WEEKLY CHECK

Avoid diving into the challenge.

WEEK 34

IMPROVE YOUR RECOVERY RUNS

S1

RPE 4-6

Complete six curved recovery runs.

S2

RPE 5-7

Complete six 15-meter recovery sprints.

S3

RPE 5-7

Complete 3 x 6 recover-delay-regain actions.

WEEKLY CHECK

Recover towards the dangerous space first.

WEEK 35

MAKE THE 1V1 DECISION

S1

RPE 4-6

Complete 4 x 6 visual-cue reads.

S2

RPE 5-7

Complete six reactive direction changes.

S3

RPE 5-7

Complete six short partner duels.

WEEKLY CHECK

Decide whether to delay, show or win the ball.

WEEK 36

PLAY AFTER THE REGAIN

S1

RPE 3-5

Complete 3 x 6 intercept-and-pass actions.

S2

RPE 4-5

Complete four light defensive approaches.

S3

RPE 4-6

Review 10 defensive actions from training, matches or video.

WEEKLY CHECK

Check your first pass after winning the ball.

SCAN, DECIDE AND KEEP POSSESSION

Look up early. Use as many touches as the situation needs.



WEEK 37

SCAN BEFORE RECEIVING

S1

RPE 4-6

Complete 4 x 8 scan-before-receive actions.

S2

RPE 5-7

Complete six move-scan-accelerate actions.

S3

RPE 5-7

Complete 6 x 60 seconds using color or number cues.

WEEKLY CHECK

Scan before making contact with the ball.

WEEK 38

USE HELPFUL TOUCH LIMITS

S1

RPE 4-6

Complete 3 x 10 two-touch passes and 4 x 8 one-touch passes.

S2

RPE 5-7

Complete 3 x 6 pass-and-arrive actions in each direction.

S3

RPE 5-7

Complete 4 x 3-minute touch-limit blocks.

WEEKLY CHECK

Choose the number of touches instead of rushing.

WEEK 39

SUPPORT THE NEXT PASS

S1

RPE 4-6

Complete 4 x 8 pass-move-receive actions.

S2

RPE 5-7

Complete six repeated support runs.

S3

RPE 5-7

Complete 4 x 3-minute wall or partner combinations.

WEEKLY CHECK

Create a clear passing angle.

WEEK 40

REACT TO TRANSITIONS

S1

RPE 3-5

Complete 3 x 6 regain-or-loss responses.

S2

RPE 4-5

Complete four light transition sprints.

S3

RPE 4-6

Review 10 transition actions from matches or video.

WEEKLY CHECK

Judge your response during the first three seconds.

TRAIN YOUR POSITION

Watch your matches and pick two actions that are important for your position.



WEEK 41

BUILD YOUR POSITION PROFILE

S1

RPE 4-6

Observe 10 match actions and select two priorities.

S2

RPE 5-7

Repeat your main position-specific movement six times.

S3

RPE 5-7

Complete 3 x 6 position-action chains.

WEEKLY CHECK

Keep only two main priorities.

WEEK 42

REPEAT KEY MATCH ACTIONS

S1

RPE 4-6

Complete 4 x 6 technical-priority actions.

S2

RPE 5-7

Complete six role-specific physical actions.

S3

RPE 5-7

Repeat the actions with a partner or decision cue.

WEEKLY CHECK

Reach a realistic match speed.

WEEK 43

WORK AWAY FROM THE BALL

S1

RPE 4-6

Complete 3 x 6 off-ball starting actions.

S2

RPE 5-7

Complete six repeat-and-recover movements.

S3

RPE 5-7

Complete 4 x 2-minute call-scan-move rounds.

WEEKLY CHECK

Communicate before the action develops.

WEEK 44

REVIEW A REAL MATCH

S1

RPE 3-5

Complete 20 minutes of light technical work.

S2

RPE 4-5

Complete four sharp position-specific movements.

S3

RPE 4-6

Review 10 actions from your position.

WEEKLY CHECK

Set one new position-specific target.

BUILD FOOTBALL CONDITIONING AND PERFORM

Keep your technical quality high during repeated work. Lower your training volume before important days.



WEEK 45

USE CONTROLLED INTERVALS

S1

RPE 4-5

Complete 4 x 3-minute technical rhythm blocks.

S2

RPE 7

Complete 6 x 2-minute football circuits with one minute of rest.

S3

RPE 6-8

Complete 4 x 4-minute small games or solo football circuits.

WEEKLY CHECK

Check your technical quality during the final interval.

WEEK 46

REPEAT SPRINTS WELL

S1

RPE 4-5

Complete 4 x 60 seconds of fast passing and carrying.

S2

RPE 7-8

Complete two sets of four 20-meter sprints.

S3

RPE 6-7

Complete six sprint-to-shot or sprint-to-pass actions.

WEEKLY CHECK

Stop if your speed drops clearly.

WEEK 47

PREPARE FOR A TRIAL

S1

RPE 5-6

Complete 3 x 6 of your strongest technical actions.

S2

RPE 5-6

Complete four 10-meter runs and four sharp ball actions.

S3

RPE 5-6

Complete two eight-minute trial-rehearsal blocks.

WEEKLY CHECK

Play and communicate clearly.

WEEK 48

TAPER AND RETEST

S1

RPE 3-5

Complete 20 minutes of confident technical work.

S2

RPE 4-5

Repeat four 10-meter runs while fresh.

S3

RPE 4-6

Retest your wall passes, dribbling and target accuracy.

WEEKLY CHECK

Finish the block with energy.

REVIEW, RESET AND PLAN AGAIN

Focus on recovery first. Use your results from the year to decide your next steps.



WEEK 49

UNLOAD

S1

RPE 2-4

Complete 25 minutes of free ball work.

S2

RPE 2-3

Complete 25 minutes of mobility and easy movement.

S3

RPE 3-5

Play 30 minutes of optional social football.

WEEKLY CHECK

Finish the week feeling better.

WEEK 50

FIX ONE WEAKNESS

S1

RPE 4-5

Complete 4 x 6 slow technical solutions.

S2

RPE 5-6

Complete six physical actions connected to the weakness.

S3

RPE 5-6

Complete 3 x 6 cue-led football actions.

WEEKLY CHECK

Work on one specific weakness only.

WEEK 51

BUILD YOUR OWN WEEK

S1

RPE 4-6

Complete 40 minutes on your technical priority.

S2

RPE 5-7

Complete 35 minutes on your physical priority.

S3

RPE 5-7

Complete 45 minutes on your match-action priority.

WEEKLY CHECK

Keep the week balanced.

WEEK 52

COMPLETE THE YEAR

S1

RPE 3-5

Repeat your final technical tests.

S2

RPE 4-5

Repeat the 10-meter and movement-quality checks.

S3

RPE 4-6

Write your next 12-week training plan.

WEEKLY CHECK

Compare your results using the same setup.



TRAIN YOUR POSITION

Watch your matches and pick two actions that are important for your position.



CENTER-BACK

Focus on open receiving, firm forward passes and short recovery runs.

FULL-BACK

Focus on receiving inside or down the line, overlapping, braking and recovering.

MIDFIELDER

Focus on scanning, half-turn receiving, protecting the ball, passing and supporting again.

WINGER

Focus on changing speed, beating a defensive line, crossing, cutting back and finishing.

FORWARD

Focus on setting, spinning, curved runs, protecting the ball and finishing with both feet.

GOALKEEPERS

Goalkeepers can use selected passing, movement and strength work. However, this is not a complete goalkeeper program.



MISSED TRAINING?

ONE SESSION

Continue with the plan if you feel healthy.

ONE WEEK

Repeat the week or restart at around two-thirds of the normal volume.

LONGER BREAK

Begin with a review week and rebuild gradually.

RECOVERY + PROGRESS

SLEEP

Make sure you get regular, good-quality sleep.

FOOD

Eat regular meals. Include carbohydrates and protein.

FLUIDS

Begin training hydrated. Replace fluids after each session.

TRAINING LOG

Write down the session, total minutes, RPE, quality, and one helpful note.

WARNING SIGNS

Tell a qualified coach or medical professional if you have ongoing pain, fatigue, or notice your performance dropping.



QUICK ANSWERS. CLEAR DECISIONS.

Use these answers to keep the plan realistic around team training, matches and your current level.

?

Can I train more than three days per week?

Yes, but team sessions and matches count towards your workload. More training is not always better.

?

Can I use this plan during the football season?

Yes. Reduce your extra training volume during heavy team-training and match weeks.

?

Do I need a gym?

No. Most of the program uses a ball, cones, and bodyweight exercises.

?

What if I do not have a wall or goal?

Use a partner or marked gates. Replace shooting exercises with target passes.

?

Should every session feel hard?

No. Good technique and fresh speed matter more than feeling exhausted.

?

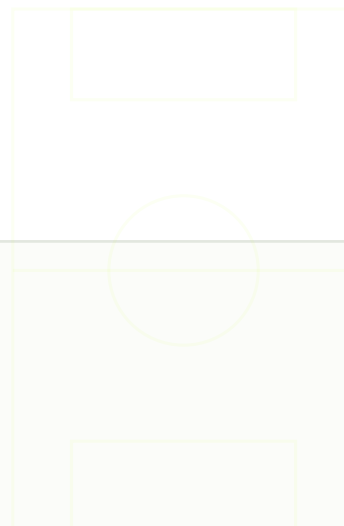
Can beginners use the program?

Yes, but beginners should reduce the repetitions and complete each action slowly before adding speed.

?

Can players under 16 use the program?

They should use it only with guidance from a qualified coach or responsible adult.





THE REALITY CHECK

DEVELOP IN THE REAL GAME.

Train with purpose. Test your work in matches.

WILL THIS PLAN MAKE ME A PROFESSIONAL FOOTBALLER?

No plan can promise a professional career or club contract. Your progress depends on your current level, coaching, team training, matches, decisions, and consistency.

WHEN IS INDIVIDUAL WORK NO LONGER ENOUGH?

Individual training helps you improve certain skills, but football is a team sport. You still need teammates, opponents, coaching, communication, and real match experience.

At Alicante Football Academy, we connect individual development with daily football training and exposure to Spanish clubs. Our programs are designed for ambitious players who want to improve in a structured football environment.



EXPLORE THE ACADEMY



APPLY TO THE ACADEMY





KEEP LEARNING. KEEP TESTING.

Open any resource by clicking its card in the digital PDF.

USEFUL NEXT GUIDES

01

Individual football training drills

alicantefootballacademy.com/how-to-train-foot...

02

Football speed and agility training

alicantefootballacademy.com/how-to-train-for...

03

Football passing drills

alicantefootballacademy.com/best-simple-socer...

04

Football shooting and finishing drills

alicantefootballacademy.com/how-to-train-shoo...

EVIDENCE + FURTHER READING

01

UEFA Fitness Competence Framework

editorial.uefa.com/resources/0270-13dc6373a06...

02

FIFA injury-prevention guidance

inside.fifa.com/health-and-medical/injury-pre...

03

FIFA guidance on planning a football microcycle

www.fifatrainingcentre.com/en/environment/exp...

04

Youth resistance-training consensus

bjsm.bmj.com/content/48/7/498



FINAL REMINDER

Train with a clear goal. Be honest when recording your results. Let your football performance guide what you work on next.

[ALICANTEFOOTBALLACADEMY.COM](https://alicantefootballacademy.com)