



Balance Training – 8-Week Plan

Four phases, core drills and a before-and-after test

This document was provided by areacopa.com.

TEAM

AGE GROUP

START DATE

Weeks 1 to 2: Base

Firm ground, calm stance, from two legs to one.

- ☐ Single-leg stand on firm ground, standing knee slightly bent, eyes forward
 - ☐ Progress from two legs to one once the stance is calm
 - ☐ 3 times 30 seconds per leg, clean rather than long
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Weeks 3 to 4: Instability

Soft surface plus light nudges from a partner.

- ☐ Single-leg stand on a soft surface, cushion or uneven grass
 - ☐ A partner gives light, unannounced nudges to the shoulder or hip
 - ☐ Settle back to a still stance after each nudge, 3 times 20 to 30 seconds per leg
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Weeks 5 to 6: Dynamics

Ball and movement, optionally one visual cue.

- ☐ Single-leg stand, catch a thrown ball and pass it back
 - ☐ Optionally call out a colour or number out loud before the pass
 - ☐ Controlled landing after a small jump, 3 times 10 passes per leg
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Weeks 7 to 8: Game-like

Landing, change of direction and passing under pace.

- ☐ Jump, land on one leg and hold it still for 2 seconds, knee over the toes
- ☐ Change direction out of the single-leg stand and accelerate
- ☐ Single-leg pass under pace and opponent pressure, 3 times 6 to 8 reps

Before-and-after test

Take it at the start and after 8 weeks, per player.

Player	Stance before	Stance after	Y-Balance before	Y-Balance after

What to watch for

The four mistakes that sap most programs.

- ☐ Do not skip phases, move on only once a stage is clean
- ☐ Put it in the warm-up, not at the tired end of training
- ☐ Get genuinely game-like by phase 4, do not stay static
- ☐ Measure before and after, or the effect stays guesswork
- ☐ Two to three times a week, 10 to 15 minutes each

