

CONTENT DISTRIBUTION BY AGE: TACTICAL

STAGE AND AGE GROUP																	
TACTICAL		INITIAL			BASIC				INTERMEDIATE		ADVANCED				SPECIFIC		Senior
		U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18	U19	U20	
ATTACKING	1. Attacking Principles				3	3	4	4	5	5	5	5	5	5	4	4	3
	2. Possession				2	3	4	5	→								
	3. Transition				1	2	3	4	5	→							
	4. Combination Play				2	3	4	5	→								
	5. Switching Play				1	1	2	3	3	4	→						
	6. Counter Attacking						1	1	2	3	4	4	5	→			
	7. Playing out from the back				3	3	4	4	5	→							
	8. Finishing- Final Third				1	2	3	4	5	→							
DEFENDING	1. Defending Principles				2	3	4	4	5	5	5	5	4	4	3	3	2
	2. Zonal Defending				2	2	3	3	4	4	5	5	4	4	3	→	
	3. Pressing				1	1	2	2	3	3	4	4	5	→			
	4. Retreat & Recovery				2	2	3	3	4	4	5	5	5	5	4	→	
	5. Compactness				1	1	1	1	2	2	3	3	4	4	5	→	

CONTENT DISTRIBUTION BY AGE: TECHNICAL

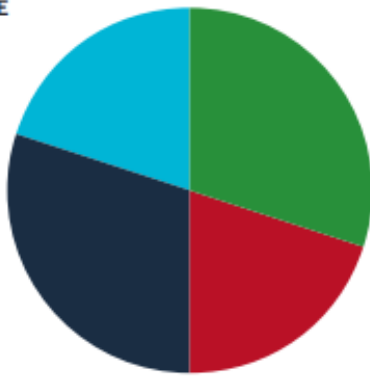
STAGE AND AGE GROUP																
TECHNICAL	INITIAL			BASIC				INTERMEDIATE		ADVANCED				SPECIFIC		Senior
	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18	U19	U20	
1. Passing and Receiving	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5
2. Running with the Ball	2	3	3	4	5	4	3	2	1	→						
3. Dribbling	5	5	4	4	3	3	2	2	2	2	2	1	→			
4. Turning	1	2	3	4	5	5	4	→								
5. Shooting	5	5	5	5	5	5	5	5	5	5	5	5	5			
6. Ball Control	2	3	4	5	5	5	5	4	3	→						
7. Heading			1	1	2	3	4	4	5	4	3	→				
8. 1v1 Attacking	2	3	4	5	5	4	4	4	4	3	3	2	→			
9. Shielding the Ball	1	1	2	2	2	3	3	2	→							
10. Receiving to Turn	1	1	1	2	2	3	3	4	5	5	4	→				
11. Crossing and Finishing			1	2	2	3	3	3	3	4	→					
12. 1v1 Defending				1	2	2	3	4	5	4	4	3	→			

CURRICULUM – U11 – SEASON PLAN

OBJECTIVES	ORGANIZATION	CONTENT DISTRIBUTION																																			
<p>SCRIMMAGE: Match focus is on possession and transition.</p> <p>TACTICAL: Improve attacking principles and basic defending</p> <p>TECHNICAL: Accuracy and speed in individual and collective techniques</p> <p>PHYSICAL: Improve speed, agility, coordination and balance</p> <p>PSYCHOSOCIAL: Cooperate with teammates in collective tasks</p>	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td>Sessions per week</td> <td style="text-align: center;">3</td> <td>Session time</td> <td style="text-align: center;">90'</td> </tr> <tr> <td>Players per team</td> <td style="text-align: center;">14</td> <td>Game time</td> <td style="text-align: center;">60'</td> </tr> <tr> <th colspan="2">SESSION STRUCTURE</th> <th colspan="2">ASPECTS TO CONSIDER</th> </tr> <tr> <td>Warm-up</td> <td style="text-align: center;">10'</td> <td rowspan="6"> <ul style="list-style-type: none"> - Size of the practice - Time of the practice - Intensity of the practice - Rules - Number of players - Teammates – opposition </td> <td></td> </tr> <tr> <td>Physical</td> <td style="text-align: center;">15'</td> <td></td> </tr> <tr> <td>Technique</td> <td style="text-align: center;">20'</td> <td></td> </tr> <tr> <td>Tactics</td> <td style="text-align: center;">15'</td> <td></td> </tr> <tr> <td>Scrimmage</td> <td style="text-align: center;">25'</td> <td></td> </tr> <tr> <td>Cool Down & Debrief</td> <td style="text-align: center;">5'</td> <td></td> </tr> </table>	Sessions per week	3	Session time	90'	Players per team	14	Game time	60'	SESSION STRUCTURE		ASPECTS TO CONSIDER		Warm-up	10'	<ul style="list-style-type: none"> - Size of the practice - Time of the practice - Intensity of the practice - Rules - Number of players - Teammates – opposition 		Physical	15'		Technique	20'		Tactics	15'		Scrimmage	25'		Cool Down & Debrief	5'		<p>BASIC STAGE</p> <div style="text-align: center;"> </div> <table style="width: 100%; text-align: center; margin-top: 10px;"> <tr> <td style="background-color: #1a3d4d; color: white; padding: 5px;">SCRIMMAGE 30%</td> <td style="background-color: #00a0e3; color: white; padding: 5px;">TACTICS 20%</td> <td style="background-color: #4caf50; color: white; padding: 5px;">TECHNIQUE 30%</td> <td style="background-color: #d32f2f; color: white; padding: 5px;">PHYSICAL 20%</td> </tr> </table>	SCRIMMAGE 30%	TACTICS 20%	TECHNIQUE 30%	PHYSICAL 20%
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SCRIMMAGE 30%	TACTICS 20%	TECHNIQUE 30%	PHYSICAL 20%																																		
<p>By the end of the season the player must be capable of:</p> <ol style="list-style-type: none"> 1. Application of technique in game situations 2. Application of attacking and defending principles in slightly opposed collective practices 3. Agility and speed movements with and without the ball 	<p>Comments</p> <ul style="list-style-type: none"> ▶ Prepare collective practices with the ball to develop the technical and tactical intelligence of the player. ▶ Match: We strongly recommend 9v9 games. ▶ Formations: 3-2-3 in 9-a-side and 4-3-3 in 11-a-side. 																																				

CONTENT											
TACTICAL			TECHNICAL			PHYSICAL			PSYCHOSOCIAL		
ATTACKING	1. Attacking Principles	4	1. Passing and Receiving	5	STRENGTH	Strength Endurance		ENDURANCE	1. Motivation	5	
	2. Possession	4	2. Running With the Ball	4		Explosive Strength	2		2. Self confidence	4	
	3. Transition	3	3. Dribbling	3		Maximal Strength			3. Cooperation	3	
	4. Combination Play	4	4. Turning	5		Aerobic Capacity	2		4. Decision/Determination	2	
	5. Switching Play	2	5. Shooting	5	Aerobic Power	1	5. Competitiveness		3		
	6. Counter Attacking	1	6. Ball Control	5	Anaerobic Lactic		6. Concentration				
	7. Playing Out From the Back	4	7. Heading	3	Anaerobic Alactic	2	7. Commitment		3		
	8. Finishing in the Final Third	3	8. 1V1 Attacking	4	Reaction	4	8. Self Control		2		
DEFENDING	1. Defending Principles	4	9. Shielding the Ball	3	SPEED	Acceleration	5		9. Communication	3	
	2. Zonal Defending	3	10. Receiving to Turn	3		Maximal Speed	2		10. Respect & Discipline	5	
	3. Pressing	2	11. Crossing and Finishing	3		Speed Endurance	2				
	4. Retreat & Recovery	3	12. 1V1 Defending	2		Acyclic Speed	5				
	5. Compactness	1				4. Flexibility & Mobility	3				
					5. Coordination & Balance	5					
					6. Agility	5					
					7. Basic Motor Skills	2					
				8. Perception & Awareness	5						

CURRICULUM – U12 – SEASON PLAN

OBJECTIVES	ORGANIZATION				CONTENT DISTRIBUTION			
<p>SCRIMMAGE: Improve possession and transition as well as collective defending during the match</p> <p>TACTICAL: Develop attacking/defending principles and combination play</p> <p>TECHNICAL: Focus on quality of passing and receiving technique as well as ball control in game situations</p> <p>PHYSICAL: Compete to increase speed, agility, coordination and balance in competitive games</p> <p>PSYCHOSOCIAL: Increase collective self-confidence</p>	Sessions per week	3	Session time	90'	<p>BASIC STAGE</p> 			
	Players per team	14	Game time	60'				
	SESSION STRUCTURE		ASPECTS TO CONSIDER					
	Warm-up	10'	<ul style="list-style-type: none"> - Size of the practice - Time of the practice - Intensity of the practice - Rules - Number of players - Teammates, opposition and support players 					
	Physical	15'						
	Technique	20'						
	Tactics	15'						
Scrimmage	25'							
Cool Down & Debrief	5'							
<p>By the end of the season the player must be capable of:</p> <ol style="list-style-type: none"> Application of technique at speed in game situations Application of attacking and defending principles in games Agility, coordination and speed movements in simple practices 	<p>Comments</p> <ul style="list-style-type: none"> ▶ Prepare collective practices with the ball to develop the technical and tactical intelligence of the player. ▶ Match: We strongly recommend 9v9 games. ▶ Formations: 3-2-3 in 9-a-side and 4-3-3 in 11-a-side. 							
				SCRIMMAGE 30%	TACTICS 20%	TECHNIQUE 30%	PHYSICAL 20%	

CONTENT

TACTICAL			TECHNICAL			PHYSICAL			PSYCHOSOCIAL		
ATTACKING	1. Attacking Principles	4	1. Passing and Receiving	5	STRENGTH	Strength Endurance		ENDURANCE	1. Motivation	5	
	2. Possession	5	2. Running With the Ball	3		Explosive Strength	2		2. Self confidence	4	
	3. Transition	4	3. Dribbling	2		Maximal Strength			3. Cooperation	3	
	4. Combination Play	5	4. Turning	4	Aerobic Capacity	3	4. Decision/Determination		2		
	5. Switching Play	3	5. Shooting	5	Aerobic Power	2	5. Competitiveness		3		
	6. Counter Attacking	1	6. Ball Control	5	Anaerobic Lactic		6. Concentration				
	7. Playing Out From the Back	4	7. Heading	4	Anaerobic Alactic	2	7. Commitment		4		
	8. Finishing in the Final Third	4	8. 1V1 Attacking	4	Reaction	4	8. Self Control		2		
DEFENDING	1. Defending Principles	4	9. Shielding the Ball	3	SPEED	Acceleration	5		9. Communication	3	
	2. Zonal Defending	3	10. Receiving to Turn	3		Maximal Speed	2		10. Respect & Discipline	5	
	3. Pressing	2	11. Crossing and Finishing	3		Speed Endurance	2				
	4. Retreat & Recovery	3	12. 1V1 Defending	3		Acyclic Speed	5				
	5. Compactness	1				4. Flexibility & Mobility	3				
					5. Coordination & Balance	4					
					6. Agility	4					
					7. Basic Motor Skills	1					
				8. Perception & Awareness	5						