

# PASC MICRO AND KINDERSOCCER SEASON PLAN

OBJECTIVES	TOPIC	ORGANIZATION			
<b>TACTICAL:</b> NONE	<b>PRIMARY:</b> NONE <b>SECONDARY:</b> NONE	Sessions per week	1	Session time	60'
		Players per team	8	Game time	30'
<b>TECHNICAL:</b> Improving basic individual technique	<b>PRIMARY:</b> Dribbling, Shooting, Passing and Receiving <b>SECONDARY:</b> Running with the ball, Ball control, and 1v1 attacking	<b>SESSION STRUCTURE</b>		<b>ASPECTS TO CONSIDER</b>	
		Warm-up	5'	*Players will have FUN *Games, Games, Games *Stress players playing at home	
		Physical	15-10'		
		Technique	15-10'		
		Scrimmage	20-30'		
		Closer	5'		
		<i>increase scrimmage time</i>			
<b>PHYSICAL:</b> Developing coordination and basic motor skills with and without the ball	<b>PRIMARY:</b> Basic Motor Skills and Perception and Awareness <b>SECONDARY:</b> Agility	<b>COMMENTS:</b> *Individual games where players are experimenting with the ball are essential at this age. *Match: Will be 3v3 or 4v4 games.			
<b>PSYCHOSOCIAL:</b> Feeling comfortable and confident with the ball	<b>PRIMARY:</b> Motivation, Respect & Discipline and Self confidence <b>SECONDARY:</b> NONE	<b>By the end of the season the player must be capable of:</b> 1. Handling the ball with at least one foot and both hands 2. Using technical skill to find open space 3. Running, jumping and stopping with and without the ball			
<b>SCRIMMAGE:</b> Take up good positions during the game					

