

PASC U10 SEASON PLAN

OBJECTIVES	TOPIC	ORGANIZATION								
<p>TACTICAL: Creating space and applying basic principles</p>	<p>PRIMARY: SECONDARY: Attacking Principles, Playing Out From the Back, Possession, Defending Principles, and Combination Play</p>	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 33%;">Sessions per week</td> <td style="width: 17%;">3</td> <td style="width: 33%;">Session time</td> <td style="width: 17%;">90'</td> </tr> <tr> <td>Players per team</td> <td>12-14</td> <td>Game time</td> <td>50'?</td> </tr> </table>	Sessions per week	3	Session time	90'	Players per team	12-14	Game time	50'?
		Sessions per week	3	Session time	90'					
		Players per team	12-14	Game time	50'?					
		SESSION STRUCTURE		ASPECTS TO CONSIDER						
		Warm-up	10'	*Player will have fun						
		Physical	15'	*Stress juggling at home						
Technique	20'	*Maximize touch in training								
Tactics	15'									
Scrimmage	25'									
	Closure	5'								
<p>TECHNICAL: Demonstrating accuracy in individual soccer techniques</p>	<p>PRIMARY: Passing and Receiving, Shooting, Ball Control, Turning, 1V1 Attacking, and Running With the Ball SECONDARY: Dribbling, Shielding the Ball, and Receiving to Turn</p>	<p>COMMENTS: * The player will keep maximum contact with the ball in individual practices and less touches in collective practices. * Formations: 2-3-2 or 3-3-1 in 8-a-side.</p>								
		<p>PHYSICAL: Developing speed, agility, coordination and balance</p>	<p>PRIMARY: Coordination & Balance, Agility, Perception & Awareness, Acyclic Speed, and Acceleration SECONDARY: Reaction and Basic Motor Skills</p>							
<p>PSYCHOSOCIAL: Interacting positively and feeling confident within the group</p>	<p>PRIMARY: Motivation, Respect & Discipline, and Self confidence SECONDARY: Cooperation</p>	<p>By the end of the season the player must be capable of: 1. Being efficient in 1v1 situations 2. Applying of basic attacking principles 3. Coordinating movements at speed</p>								
		<p>CONTENT DISTRIBUTION</p>								
<p>SCRIMMAGE: Efficiently occupy space in relation to the ball and to teammates</p>										

BASIC STAGE

