

OBJECTIVES	TOPIC	ORGANIZATION											
TACTICAL: Improving attacking coordinated movements and zonal defending	PRIMARY: Possession, Combination Play, Defending Principles, Attacking Principles, Transition, Finishing in the Final Third, Playing Out From the Back, Zonal Defending, and Switching Play SECONDARY: Retreat & Recovery and Pressing	Sessions per week	3										
		Players per team	16-18										
		Session time	90'										
		Game time	70'										
		SESSION STRUCTURE	ASPECTS TO CONSIDER										
		Warm-up	10'										
		Physical	15'										
		Technique	15'										
		Tactics	20'										
		Scrimmage	25'										
		Closure	5'										
		COMMENTS: *Use the contrast of small spaces for possession practices and bigger spaces for transition practices *Match 11v11 Formation 4-3-3 By the end of the season the player must be capable of: 1. Passing the ball at speed in reduced spaces 2. Demonstrating combination play and communication with teammates 3. Combining endurance and speed during the game											
TECHNICAL: Focusing on quality of passing and receiving technique and ball control in small spaces	PRIMARY: Passing and Receiving, Shooting, Turning, 1V1 Defending, Heading, Receiving to Turn, 1V1 Attacking, and Ball Control SECONDARY: Crossing & Finishing	PHYSICAL: Implementing and development of speed, endurance and strength PRIMARY: Acyclic Speed, Acceleration, Perception & Awareness, Reaction, Agility, and Flexibility & Mobility SECONDARY: Coordination & Balance, Aerobic Capacity, Speed Endurance, Explosive Strength, Anaerobic Alactic, and Aerobic Power											
				PSYCHOSOCIAL: Commitment to the team and focus in training PRIMARY: Motivation, Respect & Discipline, Commitment, Cooperation, and Competitiveness SECONDARY: Communication, Self confidence, Self Control, and Decision/Determination									
SCRIMMAGE: Coordinate possession, transition and finishing		CONTENT DISTRIBUTION INTERMEDIATE STAGE <table border="1"> <tr> <th>Category</th> <th>Percentage</th> </tr> <tr> <td>Scrimmage</td> <td>30%</td> </tr> <tr> <td>Tactics</td> <td>25%</td> </tr> <tr> <td>Technique</td> <td>20%</td> </tr> <tr> <td>Physical</td> <td>25%</td> </tr> </table>		Category	Percentage	Scrimmage	30%	Tactics	25%	Technique	20%	Physical	25%
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