

OBJECTIVES	TOPIC	ORGANIZATION											
<p>TACTICAL: Applying attacking principles to create combination play</p>	<p>PRIMARY: Possession, Combination Play, Defending Principles, Attacking Principles, Transition, Finishing in the Final Third, Playing Out From the Back, Zonal Defending, Switching Play, and Retreat & Recovery SECONDARY: Pressing and Counter Attacking</p>	Sessions per week	4	Session time	90'								
		Players per team	16-18	Game time	70'								
		SESSION STRUCTURE		ASPECTS TO CONSIDER									
		Warm-up	10'	*Player will have fun *Stress watching soccer at home *Maximize touch in training									
		Physical	15'										
		Technique	15'										
Tactics	20'												
Scrimmage	25'												
	Closure	5'											
<p>TECHNICAL: Focusing on quality of passing and receiving technique, ball control and finishing in small and big spaces</p>	<p>PRIMARY: Passing and Receiving, Shooting, Heading, 1V1 Defending, Receiving to Turn, Turning, and 1V1 Attacking SECONDARY: Ball Control and Crossing & Finishing</p>	<p>COMMENTS: *Use the contrast of small spaces for possession practices and bigger spaces for transition practices *Match 11v11 Formation 4-3-3</p>											
		<p>By the end of the season the player must be capable of:</p> <ol style="list-style-type: none"> 1. Playing short and long accurate passes during collective practices. 2. Implementing combination play and communication with teammates. 3. Demonstrating combining endurance and speed during the game. 											
<p>PHYSICAL: Development of endurance, speed and strength</p>	<p>PRIMARY: Reaction, Acyclic Speed, Acceleration, Perception & Awareness, Agility, Flexibility & Mobility, Aerobic Capacity, and Aerobic Power SECONDARY: Explosive Strength, Coordination & Balance, Speed Endurance, and Anaerobic Alactic</p>	<p>CONTENT DISTRIBUTION</p>											
		<p>INTERMEDIATE STAGE</p> <table border="1"> <thead> <tr> <th>Category</th> <th>Percentage</th> </tr> </thead> <tbody> <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> </tbody> </table>				Category	Percentage	Scrimmage	30%	Tactics	25%	Technique	20%
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<p>PSYCHOSOCIAL: Emphasizing competition in individual and team situations</p>	<p>PRIMARY: Motivation, Respect & Discipline, Commitment, Cooperation, Competitiveness, and Communication SECONDARY: Self confidence, Self Control, and Decision/Determination</p>												
		<p>SCRIMMAGE: Coordinate playing out from the back, possession, transition, combination play and finishing during the game</p>											

