

OBJECTIVES	TOPIC	ORGANIZATION					
<p>TACTICAL: Applying of attaching and defending principles</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, Retreat & Recovery, Pressing, and Counter Attacking</p> <p>SECONDARY: Compactness</p>	Sessions per week	4	Session time	90'		
		Players per team	16-18	Game time	80'		
		SESSION STRUCTURE		ASPECTS TO CONSIDER			
		Warm-up	10'	<p>*Player will have fun</p> <p>*Stress watching soccer at home</p> <p>*Maximize touch in training</p>			
		Physical	20'				
		Technique	10'				
Tactics	20'						
Scrimmage	25'						
Closure	5'						
<p>TECHNICAL: Focusing on speed of passing and receiving technique, ball controlling in small spaces</p>	<p>PRIMARY: Passing and Receiving, Shooting, Receiving to Turn, Heading, 1V1 Defending, Turning, and Crossing & Finishing</p> <p>SECONDARY: 1V1 Attacking, and Ball Control</p>	<p>COMMENTS:</p> <p>*Use small spaces to develop technique and big space to develop tactical concepts</p> <p>*Match 11v11 Formation 4-3-3 & 4-4-2</p> <p>By the end of the season the player must be capable of:</p> <ol style="list-style-type: none"> Demonstrating short passes at speed in small spaces. Coordination of tactical principles with teammates. Show good fitness in mid/high demanding aerobic power practices 					
		<p>PHYSICAL: Developing basic aerobic power, acyclic speed and explosive strength</p>	<p>PRIMARY: Perception & Awareness, Aerobic Power, Acyclic Speed, Reaction, Acceleration, Agility, Aerobic Capacity, and Explosive Strength</p> <p>SECONDARY: Flexibility & Mobility, Strength Endurance, and Maximal Speed</p>	CONTENT DISTRIBUTION			
<p>ADVANCED STAGE</p> <table style="margin: 10px auto; border-collapse: collapse;"> <tr> <td style="background-color: #1a3d4d; color: white; padding: 5px;">SCRIMMAGE 30%</td> <td style="background-color: #00a0e3; color: white; padding: 5px;">TACTICS 30%</td> <td style="background-color: #008000; color: white; padding: 5px;">TECHNIQUE 15%</td> <td style="background-color: #c00000; color: white; padding: 5px;">PHYSICAL 25%</td> </tr> </table>				SCRIMMAGE 30%	TACTICS 30%	TECHNIQUE 15%	PHYSICAL 25%
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<p>PSYCHOSOCIAL: <u>Demonstrating commitment to the team</u></p>	<p>PRIMARY: Motivation, Respect & Discipline, Commitment, Cooperation, Communication, Competitiveness, Self Control, and Decision/Determination</p> <p>SECONDARY: Self confidence, Concentration</p>						
		<p>SCRIMMAGE: Development of possession of the ball at speed and quick organisation of zonal defending</p>					



