

OBJECTIVES	TOPIC	ORGANIZATION											
<b>TACTICAL:</b> Applying attacking and defending principles at speed	<b>PRIMARY:</b> 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 <b>SECONDARY:</b> Compactness	Sessions per week	4	Session time	90'								
		Players per team	16-18	Game time	80'								
		<b>SESSION STRUCTURE</b>		<b>ASPECTS TO CONSIDER</b>									
		Warm-up	10'										
		Physical	20'										
		Technique	10'										
		Tactics	20'										
		Scrimmage	25'										
		Closure	5'										
<b>TECHNICAL:</b> Focusing on technical speed of play (passing, receiving, and ball control in small and big spaces)	<b>PRIMARY:</b> Passing and Receiving, Shooting, Receiving to Turn, 1V1 Defending, Turning, and Crossing & Finishing <b>SECONDARY:</b> Heading, 1V1 Attacking, Ball Control and	<b>COMMENTS:</b> *Use small spaces to develop technique and big space to develop tactical concepts *Match 11v11 Formation 4-3-3 & 4-4-2 <b>By the end of the season the player must be capable of:</b> 1. Playing short passes at speed in both small and big spaces. 2. Coordinating attacking and defensive principles with teammates at speed. 3. Demonstrating a high level fitness in high demanding training session.											
		<b>PHYSICAL:</b> Developing aerobic power, acyclic speed and explosive strength											
<b>PHYSICAL:</b> Developing aerobic power, acyclic speed and explosive strength	<b>PRIMARY:</b> Perception & Awareness, Aerobic Power, Acyclic Speed, Acceleration, Agility, Aerobic Capacity, and Explosive Strength <b>SECONDARY:</b> Reaction, Flexibility & Mobility, Strength Endurance, and Maximal Speed	<b>CONTENT DISTRIBUTION</b> ADVANCED STAGE											
		<table border="1"> <tr> <th>Activity</th> <th>Percentage</th> </tr> <tr> <td>Scrimmage</td> <td>30%</td> </tr> <tr> <td>Tactics</td> <td>30%</td> </tr> <tr> <td>Technique</td> <td>15%</td> </tr> <tr> <td>Physical</td> <td>25%</td> </tr> </table>				Activity	Percentage	Scrimmage	30%	Tactics	30%	Technique	15%
Activity	Percentage												
Scrimmage	30%												
Tactics	30%												
Technique	15%												
Physical	25%												
<b>PSYCHOSOCIAL:</b> Demonstrating a commitment to specific team goals	<b>PRIMARY:</b> Motivation, Respect & Discipline, Commitment, Cooperation, Communication, Competitiveness, Self Control, and Decision/Determination <b>SECONDARY:</b> Self confidence and Concentration												
		<b>SCRIMMAGE:</b> Developing the ability to quickly transition from maintaining possession to defending collectively in a zonal formation.											





