

OBJECTIVES	TOPIC	ORGANIZATION	
<p>TACTICAL: Improving the ability to quickly transition from defense to attacking in the final third of field.</p>	<p>PRIMARY: Possession, Combination Play, Attacking Principles, Transition, Finishing in the Final Third, Playing Out From the Back, Counter Attacking, Pressing, Switching Play, Retreat & Recovery, Defending Principles, Zonal Defending, and Compactness</p> <p>SECONDARY:</p>	Sessions per week	4/5
		Players per team	16-18
<p>TECHNICAL: Focusing on execution of passing, ball controlling and finishing at speed.</p>	<p>PRIMARY: Passing and Receiving, Shooting, Receiving to Turn, Turning, and Crossing & Finishing</p> <p>SECONDARY: 1V1 Defending, Heading, and Ball Control</p>	SESSION STRUCTURE	
		ASPECTS TO CONSIDER	
<p>PHYSICAL: Increasing of aerobic power, acyclic speed and explosive strength.</p>	<p>PRIMARY: Perception & Awareness, Aerobic Power, Acyclic Speed, Explosive Strength, Acceleration, Agility, and Aerobic Capacity</p> <p>SECONDARY: Reaction, Flexibility & Mobility, Strength Endurance, and Anaerobic Lactic</p>	Warm-up	10'
		Physical	20'
<p>PSYCHOSOCIAL: Maintaining concentration during training sessions and games.</p>	<p>PRIMARY: Motivation, Respect & Discipline, Commitment, Cooperation, Communication, Competitiveness, Self Control, Decision/Determination, and Concentration</p> <p>SECONDARY: Self confidence</p>	Technique	10'
		Tactics	20'
<p>SCRIMMAGE: Develop transition and finishing at speed as well as organization for pressing, retreat & recovery</p>		Scrimmage	25'
		Closure	5'
		<p>COMMENTS:</p> <ul style="list-style-type: none"> *Use intense practices using 1 or more of the thirds of the fields *Match 11v11 *Formation 4-3-3 & 4-4-2 <p>By the end of the season the player must be capable of:</p> <ol style="list-style-type: none"> 1. Executing passes and finishing at speed in soccer specific games 2. Coordinating a fast transition with teammate and pressing when possession is lost 3. Utilizing good technique in high-intensity 	



