

OBJECTIVES	TOPIC	ORGANIZATION	
<b>TACTICAL:</b> Implementing offensive tactics (quick transitions, counter attacking and positional attacking in the final third) and defensive tactics (pressing and zonal defending)	<b>PRIMARY:</b> 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 <b>SECONDARY:</b>	Sessions per week	4/5
		Players per team	16-18
<b>TECHNICAL:</b> Focus on perception and quick execution of passing, ball controlling, receiving to turn at speed and finishing	<b>PRIMARY:</b> Passing and Receiving, Shooting, Receiving to Turn, Turning, and Crossing & Finishing <b>SECONDARY:</b> 1V1 Defending, Heading, and Ball Control	<b>SESSION STRUCTURE</b>	
		<b>ASPECTS TO CONSIDER</b>	
<b>PHYSICAL:</b> Improve aerobic power and specific acyclic speed as well as repetitive explosive strength	<b>PRIMARY:</b> Perception & Awareness, Aerobic Power, Acyclic Speed, Explosive Strength, Acceleration, Agility, and Aerobic Capacity <b>SECONDARY:</b> Reaction, Flexibility & Mobility, Strength Endurance, and Anaerobic Lactic	Warm-up	10'
		Physical	20'
<b>PSYCHOSOCIAL:</b> Increasing concentration and self control	<b>PRIMARY:</b> Motivation, Respect & Discipline, Commitment, Cooperation, Communication, Competitiveness, Self Control, Decision/Determination, and Concentration <b>SECONDARY:</b> Self confidence	Technique	10'
		Tactics	20'
<b>SCRIMMAGE:</b> Utilizing critical decision making skill during game play (speed of play, counter attacking and pressing)		Scrimmage	25'
		Closure	5'
		<b>COMMENTS:</b> *Use intense practices using 1 or more of the thirds of the fields *Match 11v11 *Formation 4-3-3 & 4-4-2 <b>By the end of the season the player must be capable of:</b> 1. Demonstrating accuracy of passes, receiving to turn and finishing at speed under pressure 2. Initiating the counter attack and pressing during soccer specific games 3. Capable of maintaining good technique while under pressure in fatigue	



