

# PASC U8 INHOUSE SEASON PLAN

OBJECTIVES	TOPIC	ORGANIZATION			
<b>TACTICAL:</b> None	<b>PRIMARY:</b> None <b>SECONDARY:</b> None <b>TERTIARY:</b> None	Sessions per week	3	Session time	75'
		Players per team	12?	Game time	40'?
<b>TECHNICAL:</b> Individualing and collective basic soccer techniques	<b>PRIMARY:</b> Passing & Receiving, Shooting, Dribbling, and Ball Control <b>SECONDARY:</b> 1V1 Attacking, Running With the Ball, and Turning	<b>SESSION STRUCTURE</b>		<b>ASPECTS TO CONSIDER</b>	
		Warm-up	15"	*Player will have fun * Limit Lines *Stress playing at home	
		Physical	15'		
		Technique	25'		
		Scrimmage	25'		
		Closer	5'		
<b>PHYSICAL:</b> Developing speed, coordination and basic motor skills with and without the ball		<b>PRIMARY:</b> Basic Motor Skills, Perception & Awareness, and Agility <b>SECONDARY:</b> Coordination & Balance, Reaction, Acceleration, and Acyclic Speed			
<b>PSYCHOSOCIAL:</b> Interacting with teammates during the training session		<b>PRIMARY:</b> Motivation, Self confidence, and Respect & Discipline <b>SECONDARY:</b>			
		<b>By the end of the season the player must be capable of:</b> 1. Stopping and running with the ball at speed 2. Moving forward when attacking and retreating when defending 3. Utilizing quick movements with and without the ball			

**SCRIMMAGE:** Recognizing good positioning during game play



