

PASC U9 SEASON PLAN

OBJECTIVES	TOPIC	ORGANIZATION			
<p>TACTICAL: Creating space to receive the ball and keep possession.</p>	<p>PRIMARY: SECONDARY: Attacking Principles, Playing out from the Back, and Possession</p>	Sessions per week	3		
		Players per team	12-14		
		Session time	90'		
		Game time	50'?		
		SESSION STRUCTURE	ASPECTS TO CONSIDER		
		Warm-up	10'		
		Physical	15'		
		Technique	20'		
<p>TECHNICAL: Improving individual and collective basic soccer techniques</p>		<p>PRIMARY: Passing and Receiving, Shooting, Ball Control, and 1V1 Attacking SECONDARY: Running With the Ball, Dribbling, and Turning</p>		Tactics	15'
				Scrimmage	25'
				Closure	5'
		COMMENTS:			
		* The player will keep maximum contact with the ball in individual practices and less touches in collective practices			
		* Formations: 3-3-1 or 2-3-2			
<p>PHYSICAL: Developing speed, coordination and balance with and without the ball</p>	<p>PRIMARY: Perception & Awareness, Basic Motor Skills, Agility, Coordination & Balance, Acyclic Speed, Acceleration, and Reaction SECONDARY:</p>	<p>By the end of the season the player must be capable of:</p> <ol style="list-style-type: none"> Utilizing basic skills in 1v1 situations. Demonstrating basic coordinated movements with and without the ball 			
<p>PSYCHOSOCIAL: interacting positively with teammates during the game</p>	<p>PRIMARY: Motivation, Respect & Discipline, and Self confidence SECONDARY:</p>				
<p>SCRIMMAGE: Efficiently occupying the spaces on the field.</p>					

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BASIC STAGE

