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# Age Group Organization

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# AGE GROUP ORGANIZATION

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# INTRODUCTION

## Organization of player development by age and stage

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Children do not learn in the same way as adults, especially when the learning process involves both intellectual *and* physical activity.

Age conditions the way a person perceives and interacts with the world and with others.

In any learning process, age is the key component in selecting appropriate content and methodology. Soccer is no different. For this reason we must not train 6 year old players the same way as 13 years old players. Training sessions must be adapted to the age of the players. Taking into consideration the characteristics of human and player development, we have structured the curriculum into four age groups. The first two age groups are:

### 1. INITIAL STAGE – 5 TO 8 YEARS OLD

At this age children do not have the same capacity as adults to analyze the environment. They explore and have an egocentric conception of the world. Children are still gathering the experience necessary to interact with their surroundings and with others. Also, empathy and the capacity to consider the thoughts and feelings of others is very low. In order to help children build their own experience, many exercises will be individual (e.g. each player will have a ball). The tactical component of the game will be reduced to small-sided games with basic explanations about space distribution. Training sessions will be treated more as physical education than specifically as soccer training.

### 2. BASIC STAGE – 9 TO 12 YEARS OLD

At this stage, the structure (but not the content) of the training sessions will be similar to that of older players. The main component of the training session will be technical. It is sensible at this age to develop technique and basic tactical understanding. Children's capacity to solve problems increases significantly. Therefore players will begin working on basic and dynamic tactical scenarios. At this stage, players are pre-pubescent and have important physical limitations in terms of strength and endurance.

### 3. INTERMEDIATE STAGE – 13 AND 14 YEARS OLD

Players at this age develop a good understanding of the game. However, these players are limited by their physical size and the significant changes, which arise with puberty. Safety should be the number one priority for the coach. The coach must be cautious to avoid overtraining should focus more on tactical and technical elements of the game and less on the physical aspects. Tactical training plays an important role at this age.

### 4. ADVANCED STAGE – 15 TO 18 YEARS OLD

Players at this age have completed most of their physical and mental development. All components of training can be combined and organized with the purpose of developing the highest potential of the player. The strength of the muscles helps to develop technique at high speed and this speed helps the player to react faster to tactical situations. This stage is crucial for combining all the components of soccer in order to increase the players' soccer knowledge.

These are some of the facts in terms of human development adapted to soccer. In this document these facts are used to develop the most appropriate training methodology for each age group.



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# PLAYER STAGES

Age groups organized by stage

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## PLAYER STAGES

### 1. INITIAL STAGE

- U6
  - U7
  - U8
- 

### 2. BASIC STAGE

- U9
  - U10
  - U11
  - U12
- 

### 3. INTERMEDIATE STAGE

- U13
  - U14
- 

### 4. ADVANCED STAGE

- U15
  - U16
  - U17
  - U18
- 

### 5. SPECIFIC STAGE

- U19
  - U20
- 

### 6. PERFORMANCE

- Senior



# PRINCIPLES OF AGE APPROPRIATE DEVELOPMENT

## Training characteristics based on human development

STAGES	AGE GROUPS	CHARACTERISTICS
INITIAL	U6	Very young players from 5 to 8 years of age love to play. Therefore, all practices should be based on fun games.
	U7	Players must spend the maximum time possible in contact with the ball and experiment by themselves.  For the first time the player has to build a relationship with other players. Give different responsibilities to the players in order to develop a sense of team.
	U8	Basic motor skills like walking, running or jumping have to be combined with ball handling and ball control.
BASIC	U9	Pre-pubescent players from age 9 to 12 years have a special ability to learn. Therefore, this is the right age to work on specific soccer techniques and skills. Developing good technique is essential at this age.
	U10	1v1 and 2v1 attacking and defending situations are important to develop individual skills as well as the passing techniques to develop the necessary team game.
	U11	Use small-sided games to develop basic attacking and defensive principles. Other important aspects of tactical training are possession, combination play, transition and finishing in the final third, as well as zonal defending. Players will rotate in two or three different positions to avoid early specialization.
	U12	Speed, coordination, balance and agility are the main physical aspects to improve at this stage.
INTERMEDIATE	U13	At this stage, training sessions are orientated more toward tactics and the player will practice in bigger spaces. Players must practice all different types of techniques at this stage.  Strength and endurance should be part of the fitness training. Coaching methods have to consider and preserve players' health since they will be experiencing many changes due to puberty at this stage. Warm-ups and cool downs are essential as is dynamic flexibility.
	U14	Players must develop discipline at this stage by following the instructions of the coach both during and outside training sessions.



# PRINCIPLES OF AGE APPROPRIATE DEVELOPMENT

Training characteristics based on human development

STAGES	AGE GROUPS	CHARACTERISTICS
ADVANCED	U15	Tactical training and small-sided games are an essential part of the training at this stage. Attacking and defending principles must be part of all games. Important aspects of the tactical training are speed of play, quick transition, counter attacking and finishing in the final third, as well as pressing.
	U16	Technique will focus on speed and accuracy. Passing and finishing are two of the main techniques emphasized at this stage. Part of the technical training will be position-specific (e.g. defender: passing, center midfield players: receiving to turn and strikers: finishing).
	U17	The physical aspect of the game is key at this stage: endurance, strength and speed will be part of the weekly training routine.
	U18	Players should be expected to show commitment to the team, concentration in training sessions and competitiveness during the game.
SPECIFIC	U19	All tactical aspects of the game must be covered. Strategy and set pieces are now a major part of the training sessions.
	U20	The technical and physical work is based on explosive actions.
PERFORMANCE	SENIOR	Training methods will be adapted to the type of players and level of competition.



# CONTENT DISTRIBUTION BY AGE: TACTICAL

TACTICAL		STAGE AND AGE GROUP																	Senior
		INITIAL			BASIC			INTERMEDIATE			ADVANCED				SPECIFIC				
		U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18	U19	U20			
ATTACKING		1. Attacking Principles				3	3	4	4	5	5	5	5	5	5	4	4	3	
		2. Possession				2	3	4	5	→									
		3. Transition				1	2	3	4	5	→								
		4. Combination Play				2	3	4	5	→									
		5. Switching Play				1	1	2	3	3	4	→							
		6. Counter Attacking						1	1	2	2	3	4	4	5	→			
		7. Playing out from the back				3	3	4	4	5	→								
		8. Finishing- Final Third				1	2	3	4	5	→								
DEFENDING		1. Defending Principles				2	3	4	4	5	5	5	5	4	4	3	3	2	
		2. Zonal Defending				2	2	3	3	4	4	5	5	4	4	3	→		
		3. Pressing				1	1	2	2	3	3	4	4	5	→				
		4. Retreat & Recovery				2	2	3	3	4	4	5	5	5	5	4	→		
		5. Compactness				1	1	1	1	2	2	3	3	4	4	5	→		



# CONTENT DISTRIBUTION BY AGE: TECHNICAL

TECHNICAL		STAGE AND AGE GROUP																			
		INITIAL			BASIC			INTERMEDIATE			ADVANCED				SPECIFIC		Senior				
		U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18	U19	U20					
1. Passing and Receiving	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5
2. Running with the Ball	2	3	3	4	5	4	3	3	3	4	3	2	2	1	→	→	→	→	→	→	→
3. Dribbling	5	5	4	4	3	3	2	2	2	2	2	2	2	2	1	→	→	→	→	→	→
4. Turning	1	2	3	4	5	5	4	4	4	5	5	4	→	→	→	→	→	→	→	→	→
5. Shooting	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5
6. Ball Control	2	3	4	5	5	5	5	5	5	5	5	5	4	3	→	→	→	→	→	→	→
7. Heading			1	1	2	3	4	4	4	4	4	4	4	5	5	→	→	→	→	→	→
8. 1v1 Attacking	2	3	4	5	5	4	4	4	4	4	4	4	4	4	3	3	3	2	→	→	→
9. Shielding the Ball	1	1	2	2	2	3	3	3	3	3	3	3	2	→	→	→	→	→	→	→	→
10. Receiving to Turn	1	1	1	2	2	3	3	3	3	3	3	3	4	5	4	→	→	→	→	→	→
11. Crossing and Finishing			1	2	2	3	3	3	3	3	3	3	3	3	4	→	→	→	→	→	→
12. 1v1 Defending				1	2	2	3	3	3	3	2	3	4	5	4	4	3	→	→	→	→





# CONTENT DISTRIBUTION BY AGE: PHYSICAL

PHYSICAL		STAGE AND AGE GROUP																			Senior		
		INITIAL			BASIC			INTERMEDIATE			ADVANCED			SPECIFIC									
		U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18	U19	U20							
STRENGTH	Strength Endurance												1	2	3	3	3	3	2	2	→		
	Explosive Strength				1	1	2	2	2			2	3	3	4	4	5	→					
	Maximal Strength												1	1	1	1	2	2	1	1	→		
ENDURANCE	Aerobic Capacity				1	2	2	2	3	3	3	4	→										
	Aerobic Power						1	2	2	3	3	4	5	→									
	Anaerobic Lactic											1	2	3	4	5	→						
	Anaerobic Alactic				1	1	2	2	2	2	3	3	2	→									
SPEED	Reaction	1	2	3	4	4	4	4	4	4	4	5	5	4	3	2	→						
	Acceleration	1	2	3	4	5	5	5	5	5	5	5	4	→									
	Maximal speed				1	1	2	2	2	2	2	2	2	3	3	2	1	→					
	Speed Endurance				1	2	2	2	2	2	2	3	3	2	1								
	Acyclic Speed	1	2	3	4	5	→																
Flexibility & Mobility		1	1	1	2	2	3	3	3	3	4	4	3	→									
	Coordination & Balance	2	3	3	4	5	5	5	4	4	3	3	2	→									
Agility	3	3	4	4	5	5	5	4	4	→													
Basic Motor skills	5	5	5	4	3	2	1																
Perception & Awareness	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	

WORKLOAD KEY



# CONTENT DISTRIBUTION BY AGE: PSYCHOSOCIAL

PSYCHOSOCIAL		STAGE AND AGE GROUP																	Senior		
		INITIAL			BASIC			INTERMEDIATE			ADVANCED				SPECIFIC						
		U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18	U19	U20					
BASIC	Motivation	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5
	Self Confidence	5	5	5	4	4	4	4	4	4	4	3	3	3	3	3	3	3	3	3	3
	Cooperation	1	1	1	2	2	3	3	3	3	3	4	4	4	4	4	4	4	4	4	4
	Decision/Determination	1	1	1	1	1	2	2	2	2	2	3	3	3	3	3	3	3	3	3	3
ADVANCED	Competitiveness		1	1	2	2	3	3	3	3	3	4	4	4	4	4	4	4	4	4	4
	Concentration											1	1	2	2	3	3	3	3	3	3
	Commitment				1	2	3	3	3	3	3	4	4	4	4	4	4	4	4	4	4
	Self Control				1	1	1	1	1	1	2	2	2	3	3	3	3	3	3	3	3
SOCIAL	Communication				1	2	3	3	3	3	3	4	4	4	4	4	4	4	4	4	4
	Respect & Discipline	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5



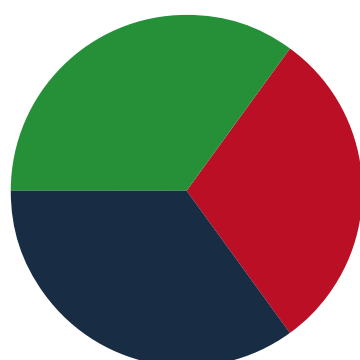
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# Season Plan by Age

## **INITIAL STAGE (U6-U8)**

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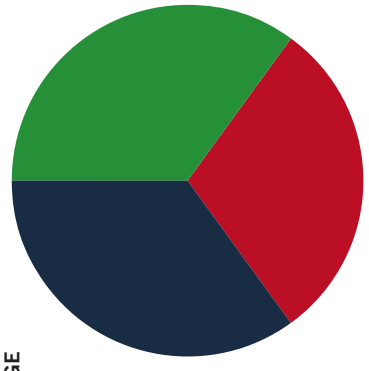
# CURRICULUM – U6 – SEASON PLAN

OBJECTIVES	ORGANIZATION	CONTENT DISTRIBUTION																																																				
<p><b>SCRIMMAGE:</b> Take up good positions during the game</p> <p><b>TECHNICAL:</b> Improve basic individual technique</p> <p><b>PHYSICAL:</b> Develop coordination and basic motor skills with and without the ball</p> <p><b>PSYCHOSOCIAL:</b> Feel comfortable and confident with the ball</p>	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 20%;">Sessions per week</td> <td style="width: 10%;">2</td> <td style="width: 10%;">Session time</td> <td style="width: 10%;">60'</td> </tr> <tr> <td>Players per team</td> <td>12</td> <td>Game time</td> <td>30'</td> </tr> <tr> <th colspan="2" style="text-align: center;">SESSION STRUCTURE</th> <th colspan="2" style="text-align: center;">ASPECTS TO CONSIDER</th> </tr> <tr> <td>Warm-up</td> <td>10'</td> <td>- Size of the practice</td> <td></td> </tr> <tr> <td>Physical</td> <td>15'</td> <td>- Time of the practice</td> <td></td> </tr> <tr> <td>Technique</td> <td>20'</td> <td>- Intensity of the practice</td> <td></td> </tr> <tr> <td>Scrimmage</td> <td>20'</td> <td>- Rules</td> <td></td> </tr> <tr> <td>Cool Down &amp; Debrief</td> <td>5'</td> <td>- Number of players</td> <td></td> </tr> <tr> <td></td> <td></td> <td>- Time of contact with the ball</td> <td></td> </tr> <tr> <td colspan="4"><b>Comments</b></td> </tr> <tr> <td colspan="4"> <ul style="list-style-type: none"> <li>▶ Individual games are essential for the player at this age to experiment with the ball.</li> <li>▶ Match: We strongly recommend 3v3 or 4v4 games.</li> </ul> </td> </tr> </table>	Sessions per week	2	Session time	60'	Players per team	12	Game time	30'	SESSION STRUCTURE		ASPECTS TO CONSIDER		Warm-up	10'	- Size of the practice		Physical	15'	- Time of the practice		Technique	20'	- Intensity of the practice		Scrimmage	20'	- Rules		Cool Down & Debrief	5'	- Number of players				- Time of contact with the ball		<b>Comments</b>				<ul style="list-style-type: none"> <li>▶ Individual games are essential for the player at this age to experiment with the ball.</li> <li>▶ Match: We strongly recommend 3v3 or 4v4 games.</li> </ul>				<p><b>INITIAL STAGE</b></p>  <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 10px;"> <tr> <th style="width: 25%;">SCRIMMAGE</th> <th style="width: 25%;">TACTICS</th> <th style="width: 25%;">TECHNIQUE</th> <th style="width: 25%;">PHYSICAL</th> </tr> <tr> <td style="text-align: center;">35%</td> <td style="text-align: center;">0%</td> <td style="text-align: center;">35%</td> <td style="text-align: center;">30%</td> </tr> </table>	SCRIMMAGE	TACTICS	TECHNIQUE	PHYSICAL	35%	0%	35%	30%
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35%	0%	35%	30%																																																			

CONTENT		PHYSICAL	PSYCHOSOCIAL
<b>ATTACKING</b>	<b>TACTICAL</b>	<b>STRENGTH</b>	<b>BASIC</b>
	1. Attacking Principles	5	1. Motivation
	2. Possession	2	2. Self confidence
	3. Transition	5	3. Cooperation
	4. Combination Play	1	4. Decision/Determination
	5. Switching Play	5	5. Competitiveness
	6. Counter Attacking	2	6. Concentration
	7. Playing Out From the Back		7. Commitment
	8. Finishing in the Final Third	2	8. Self Control
	1. Defending Principles	1	9. Communication
	2. Zonal Defending	1	10. Respect & Discipline
	3. Pressing		
4. Retreat & Recovery			
5. Compactness			
<b>DEFENDING</b>	<b>ENDURANCE</b>	<b>SPEED</b>	<b>SOCIAL</b>
	1. Passing and Receiving	5	Strength Endurance
	2. Running With the Ball	2	Explosive Strength
	3. Dribbling	5	Maximal Strength
	4. Turning	1	Aerobic Capacity
	5. Shooting	5	Aerobic Power
	6. Ball Control	2	Anaerobic Lactic
	7. Heading		Anaerobic Alactic
8. 1V1 Attacking	2	Reaction	
9. Shielding the Ball	1	Acceleration	
10. Receiving to Turn	1	Maximal Speed	
11. Crossing and Finishing		Speed Endurance	
12. 1V1 Defending		Acyclic Speed	
		4. Flexibility & Mobility	1
		5. Coordination & Balance	2
		6. Agility	3
		7. Basic Motor Skills	5
		8. Perception & Awareness	5

# CURRICULUM – U7 – SEASON PLAN

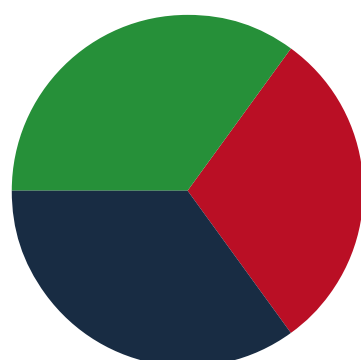
OBJECTIVES	ORGANIZATION			CONTENT DISTRIBUTION	
<p><b>SCRIMMAGE:</b> Take up good positions during the game</p> <p><b>TECHNICAL:</b> Improve basic individual technique</p> <p><b>PHYSICAL:</b> Develop coordination and basic motor skills with and without the ball</p> <p><b>PSYCHOSOCIAL:</b> Increase confidence with the ball</p>	Sessions per week	2	Session time	75'	
	Players per team	12	Game time	40'	
	SESSION STRUCTURE	ASPECTS TO CONSIDER			
	Warm-up	15'	<ul style="list-style-type: none"> <li>- Size of the practice</li> <li>- Time of the practice</li> <li>- Intensity of the practice</li> <li>- Rules</li> <li>- Number of players</li> <li>- Time of contact with the ball</li> </ul>		
	Physical	15'			
Technique	25'				
Scrimmage	25'				
Cool Down & Debrief	5'				
<p><b>Comments</b></p> <ul style="list-style-type: none"> <li>▶ Individual and collective games are essential for the player at this age to experiment with the ball.</li> <li>▶ Match: We strongly recommend 4v4 games.</li> </ul>					
<p><b>By the end of the season the player must be capable of:</b></p> <ol style="list-style-type: none"> <li>1. Handling the ball with both feet and both hands</li> <li>2. Occupying the original position during the game once an action is finished</li> <li>3. Basic coordinated movements with and without the ball</li> </ol>					
		<b>SCRIMMAGE</b>	<b>TACTICS</b>	<b>TECHNIQUE</b>	<b>PHYSICAL</b>
		35%	0%	35%	30%



CONTENT		PHYSICAL	PSYCHOSOCIAL		
<b>ATTACKING</b>	<b>TACTICAL</b>				
		1. Passing and Receiving	5	Strength Endurance	
		2. Running With the Ball	3	Explosive Strength	
		3. Dribbling	5	Maximal Strength	
		4. Turning	2	Aerobic Capacity	
		5. Shooting	5	Aerobic Power	
		6. Ball Control	3	Anaerobic Lactic	
		7. Heading		Anaerobic Alactic	
		8. 1V1 Attacking	3	Reaction	2
		9. Shielding the Ball	1	Acceleration	2
		10. Receiving to Turn	1	Maximal Speed	
	<b>DEFENDING</b>		11. Crossing and Finishing	Speed Endurance	
		12. 1V1 Defending	Acyclic Speed	2	
			4. Flexibility & Mobility		1
			5. Coordination & Balance		3
			6. Agility		3
			7. Basic Motor Skills		5
			8. Perception & Awareness		5
				10. Respect & Discipline	5
				9. Communication	
				8. Self Control	
			7. Commitment		
			6. Concentration		
			5. Competitiveness	1	
			4. Decision/Determination	1	
			3. Cooperation	1	
			2. Self confidence	5	
			1. Motivation	5	



# CURRICULUM – U8 – SEASON PLAN

OBJECTIVES		ORGANIZATION				CONTENT DISTRIBUTION													
<p><b>SCRIMMAGE:</b> Balance in relation to the ball and teammates during the game</p> <p><b>TECHNICAL:</b> Individual and collective basic soccer techniques</p> <p><b>PHYSICAL:</b> Develop speed, coordination and basic motor skills with and without the ball</p> <p><b>PSYCHOSOCIAL:</b> Interact with teammates during the training session</p>		2	75'	<p><b>ASPECTS TO CONSIDER</b></p> <ul style="list-style-type: none"> <li>- Size of the practice</li> <li>- Time of the practice</li> <li>- Intensity of the practice</li> <li>- Rules</li> <li>- Number of players</li> <li>- Time of contact with the ball</li> </ul>		<p><b>INITIAL STAGE</b></p> 													
		12	40'																
<p><b>By the end of the season the player must be capable of:</b></p> <ol style="list-style-type: none"> <li>1. Stopping and running with the ball at speed</li> <li>2. Moving forward when attacking and retreating when defending</li> <li>3. Basic quick movements with and without the ball</li> </ol>		<p><b>SESSION STRUCTURE</b></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td style="width: 25%;">Warm-up</td><td style="width: 25%;">15'</td></tr> <tr><td>Physical</td><td>15'</td></tr> <tr><td>Technique</td><td>25'</td></tr> <tr><td>Scrimmage</td><td>25'</td></tr> <tr><td>Cool Down &amp; Debrief</td><td>5'</td></tr> </table>				Warm-up	15'	Physical	15'	Technique	25'	Scrimmage	25'	Cool Down & Debrief	5'	35%	0%	35%	30%
		Warm-up	15'																
Physical	15'																		
Technique	25'																		
Scrimmage	25'																		
Cool Down & Debrief	5'																		
		<p><b>Comments</b></p> <ul style="list-style-type: none"> <li>▶ Collective games are essential for the player to start interacting with teammates.</li> <li>▶ Match: We strongly recommend 7/7 games.</li> </ul>																	
CONTENT																			
TACTICAL		TECHNICAL				PHYSICAL													
<b>ATTACKING</b>		1. Attacking Principles	1. Passing and Receiving	5	Strength Endurance		1. Motivation		5										
		2. Possession	2. Running With the Ball	3	Explosive Strength		2. Self confidence		5										
		3. Transition	3. Dribbling	4	Maximal Strength		3. Cooperation		1										
		4. Combination Play	4. Turning	3	Aerobic Capacity		4. Decision/Determination		1										
		5. Switching Play	5. Shooting	5	Aerobic Power		5. Competitiveness		1										
		6. Counter Attacking	6. Ball Control	4	Anaerobic Lactic		6. Concentration												
		7. Playing Out From the Back	7. Heading	1	Anaerobic Alactic		7. Commitment												
		8. Finishing in the Final Third	8. 1V1 Attacking	4	Reaction	3	8. Self Control												
<b>DEFENDING</b>		1. Defending Principles	9. Shielding the Ball	2	Acceleration	3	9. Communication												
		2. Zonal Defending	10. Receiving to Turn	1	Maximal Speed	1	10. Respect & Discipline		5										
		3. Pressing	11. Crossing and Finishing	1	Speed Endurance														
		4. Retreat & Recovery	12. 1V1 Defending		Acyclic Speed	3													
		5. Compactness			4. Flexibility & Mobility	1													
					5. Coordination & Balance	3													
					6. Agility	4													
					7. Basic Motor Skills	5													
					8. Perception & Awareness	5													

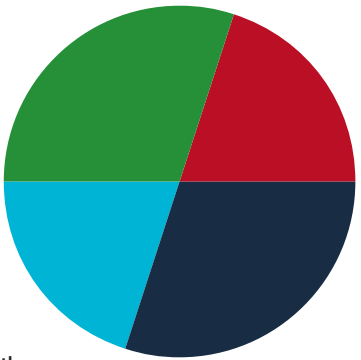
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# Season Plan by Age

## **BASIC STAGE (U9-U12)**

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# CURRICULUM – U9 – SEASON PLAN

OBJECTIVES		ORGANIZATION				CONTENT DISTRIBUTION											
<p><b>SCRIMMAGE:</b> Efficiently occupy the spaces on the field.</p> <p><b>TACTICAL:</b> Creating space to receive the ball and keep possession.</p> <p><b>TECHNICAL:</b> Improve individual and collective basic soccer techniques</p> <p><b>PHYSICAL:</b> Develop speed, coordination and balance with and without the ball</p> <p><b>PSYCHOSOCIAL:</b> Positive interaction with teammates during the game</p>		Sessions per week	3	Session time	90'	<p><b>BASIC STAGE</b></p> <div style="text-align: center;">  </div>											
		Players per team	14	Game time	50'												
<p><b>By the end of the season the player must be capable of:</b></p> <ol style="list-style-type: none"> <li>Basic skills in 1v1 situations.</li> <li>Balance in relation to the ball (forward, backwards and side to side)</li> <li>Basic coordinated movements with and without the ball</li> </ol> <p><b>Comments</b></p> <ul style="list-style-type: none"> <li>The player will keep maximum contact with the ball in individual practices and less touches in collective practices.</li> <li>Match: We strongly recommend 8v8 and 9v9 games.</li> <li>Formations: 3-2-3 in 9-a-side.</li> </ul>		<b>SESSION STRUCTURE</b>				<b>ASPECTS TO CONSIDER</b>											
		Warm-up		10'		<ul style="list-style-type: none"> <li>Size of the practice</li> <li>Time of the practice</li> <li>Intensity of the practice</li> <li>Rules</li> <li>Number of players</li> <li>Teammates – opposition</li> </ul>											
		Physical		15'													
		Technique		20'													
		Tactics		15'													
		Scrimmage		25'													
Cool Down & Debrief		5'															
<p style="text-align: center;"><b>TACTICAL</b></p> <ol style="list-style-type: none"> <li>Attacking Principles</li> <li>Possession</li> <li>Transition</li> <li>Combination Play</li> <li>Switching Play</li> <li>Counter Attacking</li> <li>Playing Out From the Back</li> <li>Finishing in the Final Third</li> </ol> <p style="text-align: center;"><b>DEFENDING</b></p> <ol style="list-style-type: none"> <li>Defending Principles</li> <li>Zonal Defending</li> <li>Pressing</li> <li>Retreat &amp; Recovery</li> <li>Compactness</li> </ol>		<b>TECHNICAL</b>				<b>PHYSICAL</b>											
		<b>ATTACKING</b>		<b>STRENGTH</b>		<b>STRENGTH</b>		<b>PSYCHOSOCIAL</b>		<b>PSYCHOSOCIAL</b>							
				<b>ENDURANCE</b>		<b>ENDURANCE</b>											
		<b>DEFENDING</b>		<b>SPEED</b>		<b>SPEED</b>		<b>PSYCHOSOCIAL</b>		<b>PSYCHOSOCIAL</b>							
												<b>PSYCHOSOCIAL</b>		<b>PSYCHOSOCIAL</b>			
		1. Attacking Principles		3		1. Passing and Receiving		5		1. Motivation						5	
		2. Possession		2		2. Running With the Ball		4		Explosive Strength		1		2. Self confidence		4	
		3. Transition		1		3. Dribbling		4		Maximal Strength		1		3. Cooperation		2	
		4. Combination Play		2		4. Turning		4		Aerobic Capacity		1		4. Decision/Determination		1	
		5. Switching Play		1		5. Shooting		5		Aerobic Power		2		5. Competitiveness		2	
6. Counter Attacking		1		6. Ball Control		5		Anaerobic Lactic		1		6. Concentration		1			
7. Playing Out From the Back		3		7. Heading		1		Anaerobic Alactic		4		7. Commitment		1			
8. Finishing in the Final Third		1		8. 1V1 Attacking		5		Reaction		4		8. Self Control		1			
1. Defending Principles		2		9. Shielding the Ball		2		Acceleration		4		9. Communication		1			
2. Zonal Defending		2		10. Receiving to Turn		2		Maximal Speed		1		10. Respect & Discipline		5			
3. Pressing		1		11. Crossing and Finishing		2		Speed Endurance		1		10. Respect & Discipline		5			
4. Retreat & Recovery		2		12. 1V1 Defending		1		Acyclic Speed		4		10. Respect & Discipline		5			
5. Compactness		1		12. 1V1 Defending		1		Acyclic Speed		4		10. Respect & Discipline		5			
5. Compactness		1		4. Flexibility & Mobility		2		4. Flexibility & Mobility		2		10. Respect & Discipline		5			
5. Compactness		1		5. Coordination & Balance		4		5. Coordination & Balance		4		10. Respect & Discipline		5			
5. Compactness		1		6. Agility		4		6. Agility		4		10. Respect & Discipline		5			
5. Compactness		1		7. Basic Motor Skills		4		7. Basic Motor Skills		4		10. Respect & Discipline		5			
5. Compactness		1		8. Perception & Awareness		5		8. Perception & Awareness		5		10. Respect & Discipline		5			






# CURRICULUM – U10 – SEASON PLAN

OBJECTIVES	ORGANIZATION	CONTENT DISTRIBUTION																																				
<p><b>SCRIMMAGE:</b> Efficiently occupy space in relation to the ball and to teammates</p> <p><b>TACTICAL:</b> Creating space and applying basic principles</p> <p><b>TECHNICAL:</b> Accuracy in individual soccer techniques</p> <p><b>PHYSICAL:</b> Develop speed, agility, coordination and balance</p> <p><b>PSYCHOSOCIAL:</b> Interact positively and feel confident within the group</p>	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td>Sessions per week</td> <td>3</td> <td>Session time</td> <td>90'</td> </tr> <tr> <td>Players per team</td> <td>14</td> <td>Game time</td> <td>50'</td> </tr> <tr> <th colspan="2">SESSION STRUCTURE</th> <th colspan="2">ASPECTS TO CONSIDER</th> </tr> <tr> <td>Warm-up</td> <td>10'</td> <td>- Size of the practice</td> <td></td> </tr> <tr> <td>Physical</td> <td>15'</td> <td>- Time of the practice</td> <td></td> </tr> <tr> <td>Technique</td> <td>20'</td> <td>- Intensity of the practice</td> <td></td> </tr> <tr> <td>Tactics</td> <td>15'</td> <td>- Rules</td> <td></td> </tr> <tr> <td>Scrimmage</td> <td>25'</td> <td>- Number of players</td> <td></td> </tr> <tr> <td>Cool Down &amp; Debrief</td> <td>5'</td> <td>- Teammates – Opposition</td> <td></td> </tr> </table>	Sessions per week	3	Session time	90'	Players per team	14	Game time	50'	SESSION STRUCTURE		ASPECTS TO CONSIDER		Warm-up	10'	- Size of the practice		Physical	15'	- Time of the practice		Technique	20'	- Intensity of the practice		Tactics	15'	- Rules		Scrimmage	25'	- Number of players		Cool Down & Debrief	5'	- Teammates – Opposition		<p><b>BASIC STAGE</b></p>
	Sessions per week	3	Session time	90'																																		
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Tactics	15'	- Rules																																				
Scrimmage	25'	- Number of players																																				
Cool Down & Debrief	5'	- Teammates – Opposition																																				
<p><b>By the end of the season the player must be capable of:</b></p> <ol style="list-style-type: none"> <li>Being efficient in 1v1 situations</li> <li>Application of basic attacking principles</li> <li>Coordinated movements at speed</li> </ol>	<p><b>Comments</b></p> <ul style="list-style-type: none"> <li>The player will keep maximum contact with the ball in individual practices and less touches in collective practices.</li> <li>Match: We strongly recommend 8v8 and 9v9 games.</li> <li>Formations: 3-2-3 in 9-a-side.</li> </ul>	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <th style="width: 25%;">SCRIMMAGE</th> <th style="width: 25%;">TACTICS</th> <th style="width: 25%;">TECHNIQUE</th> <th style="width: 25%;">PHYSICAL</th> </tr> <tr> <td style="text-align: center;">30%</td> <td style="text-align: center;">20%</td> <td style="text-align: center;">30%</td> <td style="text-align: center;">20%</td> </tr> </table>	SCRIMMAGE	TACTICS	TECHNIQUE	PHYSICAL	30%	20%	30%	20%																												
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30%	20%	30%	20%																																			

CONTENT		PSYCHOSOCIAL						
TACTICAL	TECHNICAL	PHYSICAL	PSYCHOSOCIAL					
<b>ATTACKING</b>	1. Attacking Principles	3	1. Passing and Receiving	5	Strength Endurance		1. Motivation	5
	2. Possession	3	2. Running With the Ball	5	Explosive Strength	1	2. Self confidence	4
	3. Transition	2	3. Dribbling	3	Maximal Strength		3. Cooperation	2
	4. Combination Play	3	4. Turning	5	Aerobic Capacity	2	4. Decision/Determination	1
	5. Switching Play	1	5. Shooting	5	Aerobic Power		5. Competitiveness	2
	6. Counter Attacking		6. Ball Control	5	Anaerobic Lactic		6. Concentration	
	7. Playing Out From the Back	3	7. Heading	2	Anaerobic Alactic	1	7. Commitment	2
	8. Finishing in the Final Third	2	8. 1V1 Attacking	5	Reaction	4	8. Self Control	1
<b>DEFENDING</b>	1. Defending Principles	3	9. Shielding the Ball	2	Acceleration	5	9. Communication	2
	2. Zonal Defending	2	10. Receiving to Turn	2	Maximal Speed	1	10. Respect & Discipline	5
	3. Pressing	1	11. Crossing and Finishing	2	Speed Endurance	2		
	4. Retreat & Recovery	2	12. 1V1 Defending	2	Acyclic Speed	5		
	5. Compactness	1			4. Flexibility & Mobility	2		
					5. Coordination & Balance	5		
					6. Agility	5		
					7. Basic Motor Skills	2		
				8. Perception & Awareness	5			




# CURRICULUM – U11 – SEASON PLAN

OBJECTIVES		ORGANIZATION				CONTENT DISTRIBUTION			
<p><b>SCRIMMAGE:</b> Match focus is on possession and transition.</p> <p><b>TACTICAL:</b> Improve attacking principles and basic defending</p> <p><b>TECHNICAL:</b> Accuracy and speed in individual and collective techniques</p> <p><b>PHYSICAL:</b> Improve speed, agility, coordination and balance</p> <p><b>PSYCHOSOCIAL:</b> Cooperate with teammates in collective tasks</p>		3	90'	<p style="text-align: center;"><b>BASIC STAGE</b></p> 					
		14	60'						
<p><b>By the end of the season the player must be capable of:</b></p> <ol style="list-style-type: none"> <li>Application of technique in game situations</li> <li>Application of attacking and defending principles in slightly opposed collective practices</li> <li>Agility and speed movements with and without the ball</li> </ol>		<p style="text-align: center;"><b>ASPECTS TO CONSIDER</b></p> <ul style="list-style-type: none"> <li>- Size of the practice</li> <li>- Time of the practice</li> <li>- Intensity of the practice</li> <li>- Rules</li> <li>- Number of players</li> <li>- Teammates – opposition</li> </ul>							
		10'	15'	20'	15'	25'	5'		
		<p><b>Comments</b></p> <ul style="list-style-type: none"> <li>▶ Prepare collective practices with the ball to develop the technical and tactical intelligence of the player.</li> <li>▶ Match: We strongly recommend 9v9 games.</li> <li>▶ Formations: 3-2-3 in 9-a-side and 4-3-3 in 11-a-side.</li> </ul>				<b>SCRIMMAGE</b>	<b>TACTICS</b>	<b>TECHNIQUE</b>	<b>PHYSICAL</b>
						<b>30%</b>	<b>20%</b>	<b>30%</b>	<b>20%</b>
CONTENT									
<b>TACTICAL</b>		<b>TECHNICAL</b>				<b>PHYSICAL</b>			
<b>ATTACKING</b>		4	5	<b>STRENGTH</b>		<p>1. Motivation</p> <p>2. Self confidence</p> <p>3. Cooperation</p> <p>4. Decision/Determination</p> <p>5. Competitiveness</p> <p>6. Concentration</p> <p>7. Commitment</p> <p>8. Self Control</p> <p>9. Communication</p> <p>10. Respect &amp; Discipline</p>			
		4	4	2					
<b>DEFENDING</b>		3	3	<b>ENDURANCE</b>		<p>1. Aerobic Capacity</p> <p>2. Aerobic Power</p> <p>3. Anaerobic Lactic</p> <p>4. Anaerobic Alactic</p> <p>5. Reaction</p> <p>6. Acceleration</p> <p>7. Maximal Speed</p> <p>8. Speed Endurance</p> <p>9. Acyclic Speed</p>			
		4	5	2					
<b>DEFENDING</b>		3	3	<b>SPEED</b>		<p>4. Flexibility &amp; Mobility</p> <p>5. Coordination &amp; Balance</p> <p>6. Agility</p> <p>7. Basic Motor Skills</p> <p>8. Perception &amp; Awareness</p>			
		2	3	2					
5.		1	2						



# CURRICULUM – U12 – SEASON PLAN

OBJECTIVES	ORGANIZATION	CONTENT DISTRIBUTION																												
<p><b>SCRIMMAGE:</b> Improve possession and transition as well as collective defending during the match</p> <p><b>TACTICAL:</b> Develop attacking/defending principles and combination play</p> <p><b>TECHNICAL:</b> Focus on quality of passing and receiving technique as well as ball control in game situations</p> <p><b>PHYSICAL:</b> Compete to increase speed, agility, coordination and balance in competitive games</p> <p><b>PSYCHOSOCIAL:</b> Increase collective self-confidence</p>	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 33%;">Sessions per week</td> <td style="width: 33%;">3</td> <td style="width: 33%;">Session time</td> <td style="width: 33%;">90'</td> </tr> <tr> <td>Players per team</td> <td>14</td> <td>Game time</td> <td>60'</td> </tr> <tr> <td colspan="2" style="text-align: center;"><b>SESSION STRUCTURE</b></td> <td colspan="2" style="text-align: center;"><b>ASPECTS TO CONSIDER</b></td> </tr> <tr> <td>Warm-up</td> <td>10'</td> <td colspan="2" rowspan="5"> <ul style="list-style-type: none"> <li>- Size of the practice</li> <li>- Time of the practice</li> <li>- Intensity of the practice</li> <li>- Rules</li> <li>- Number of players</li> <li>- Teammates, opposition and support players</li> </ul> </td> </tr> <tr> <td>Physical</td> <td>15'</td> </tr> <tr> <td>Technique</td> <td>20'</td> </tr> <tr> <td>Tactics</td> <td>15'</td> </tr> <tr> <td>Scrimmage</td> <td>25'</td> </tr> <tr> <td>Cool Down &amp; Debrief</td> <td>5'</td> <td colspan="2"></td> </tr> </table>	Sessions per week	3	Session time	90'	Players per team	14	Game time	60'	<b>SESSION STRUCTURE</b>		<b>ASPECTS TO CONSIDER</b>		Warm-up	10'	<ul style="list-style-type: none"> <li>- Size of the practice</li> <li>- Time of the practice</li> <li>- Intensity of the practice</li> <li>- Rules</li> <li>- Number of players</li> <li>- Teammates, opposition and support players</li> </ul>		Physical	15'	Technique	20'	Tactics	15'	Scrimmage	25'	Cool Down & Debrief	5'			<p><b>BASIC STAGE</b></p> 
	Sessions per week	3	Session time	90'																										
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<p><b>By the end of the season the player must be capable of:</b></p> <ol style="list-style-type: none"> <li>Application of technique at speed in game situations</li> <li>Application of attacking and defending principles in games</li> <li>Agility, coordination and speed movements in simple practices</li> </ol>	<p><b>Comments</b></p> <ul style="list-style-type: none"> <li>▶ Prepare collective practices with the ball to develop the technical and tactical intelligence of the player.</li> <li>▶ Match: We strongly recommend 9v9 games.</li> <li>▶ Formations: 3-2-3 in 9-a-side and 4-3-3 in 11-a-side.</li> </ul>	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <th style="width: 25%;">SCRIMMAGE</th> <th style="width: 25%;">TACTICS</th> <th style="width: 25%;">TECHNIQUE</th> <th style="width: 25%;">PHYSICAL</th> </tr> <tr> <td style="text-align: center;">30%</td> <td style="text-align: center;">20%</td> <td style="text-align: center;">30%</td> <td style="text-align: center;">20%</td> </tr> </table>	SCRIMMAGE	TACTICS	TECHNIQUE	PHYSICAL	30%	20%	30%	20%																				
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CONTENT		CONTENT						
TACTICAL	TECHNICAL	PHYSICAL	PSYCHOSOCIAL					
<b>ATTACKING</b>	1. Attacking Principles	4	1. Passing and Receiving	5	Strength Endurance		1. Motivation	5
	2. Possession	5	2. Running With the Ball	3	Explosive Strength	2	2. Self confidence	4
	3. Transition	4	3. Dribbling	2	Maximal Strength		3. Cooperation	3
	4. Combination Play	5	4. Turning	4	Aerobic Capacity	3	4. Decision/Determination	2
	5. Switching Play	3	5. Shooting	5	Aerobic Power	2	5. Competitiveness	3
	6. Counter Attacking	1	6. Ball Control	5	Anaerobic Lactic		6. Concentration	
	7. Playing Out From the Back	4	7. Heading	4	Anaerobic Alactic	2	7. Commitment	4
	8. Finishing in the Final Third	4	8. 1V1 Attacking	4	Reaction	4	8. Self Control	2
<b>DEFENDING</b>	1. Defending Principles	4	9. Shielding the Ball	3	Acceleration	5	9. Communication	3
	2. Zonal Defending	3	10. Receiving to Turn	3	Maximal Speed	2	10. Respect & Discipline	5
	3. Pressing	2	11. Crossing and Finishing	3	Speed Endurance	2		
	4. Retreat & Recovery	3	12. 1V1 Defending	3	Acyclic Speed	5		
	5. Compactness	1			4. Flexibility & Mobility	3		
				5. Coordination & Balance	4			
				6. Agility	4			
				7. Basic Motor Skills	1			
				8. Perception & Awareness	5			

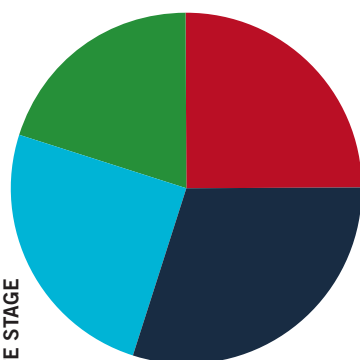


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Season Plan by Age  
**INTERMEDIATE STAGE (U13-U14)**

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# CURRICULUM – U13 – SEASON PLAN

OBJECTIVES	ORGANIZATION	CONTENT DISTRIBUTION																												
<p><b>SCRIMMAGE:</b> Coordinate possession, transition and finishing and attacking coordinated movements</p> <p><b>TACTICAL:</b> Improve attacking coordinated movements and zonal defending</p> <p><b>TECHNICAL:</b> Focus on quality of passing and receiving technique and ball control in small spaces</p> <p><b>PHYSICAL:</b> Basic development of speed, endurance and strength</p> <p><b>PSYCHOSOCIAL:</b> Commitment to the team and focus in training</p>	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td>Sessions per week</td> <td style="text-align: center;">3</td> <td>Session time</td> <td style="text-align: center;">90'</td> </tr> <tr> <td>Players per team</td> <td style="text-align: center;">16</td> <td>Game time</td> <td style="text-align: center;">70'</td> </tr> <tr> <th colspan="2" style="text-align: center;">SESSION STRUCTURE</th> <th colspan="2" style="text-align: center;">ASPECTS TO CONSIDER</th> </tr> <tr> <td>Warm-up</td> <td style="text-align: center;">10'</td> <td colspan="2" rowspan="5"> <ul style="list-style-type: none"> <li>- Size of the practice</li> <li>- Time of the practice</li> <li>- Intensity of the practice</li> <li>- Rules</li> <li>- Number of players</li> <li>- Teammates, opposition and support players</li> </ul> </td> </tr> <tr> <td>Physical</td> <td style="text-align: center;">15'</td> </tr> <tr> <td>Technique</td> <td style="text-align: center;">15'</td> </tr> <tr> <td>Tactics</td> <td style="text-align: center;">20'</td> </tr> <tr> <td>Scrimmage</td> <td style="text-align: center;">25'</td> </tr> <tr> <td>Cool Down &amp; Debrief</td> <td style="text-align: center;">5'</td> <td colspan="2"></td> </tr> </table>	Sessions per week	3	Session time	90'	Players per team	16	Game time	70'	SESSION STRUCTURE		ASPECTS TO CONSIDER		Warm-up	10'	<ul style="list-style-type: none"> <li>- Size of the practice</li> <li>- Time of the practice</li> <li>- Intensity of the practice</li> <li>- Rules</li> <li>- Number of players</li> <li>- Teammates, opposition and support players</li> </ul>		Physical	15'	Technique	15'	Tactics	20'	Scrimmage	25'	Cool Down & Debrief	5'			 <p style="text-align: center;"><b>INTERMEDIATE STAGE</b></p>
	Sessions per week	3	Session time	90'																										
	Players per team	16	Game time	70'																										
SESSION STRUCTURE		ASPECTS TO CONSIDER																												
Warm-up	10'	<ul style="list-style-type: none"> <li>- Size of the practice</li> <li>- Time of the practice</li> <li>- Intensity of the practice</li> <li>- Rules</li> <li>- Number of players</li> <li>- Teammates, opposition and support players</li> </ul>																												
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<p><b>By the end of the season the player must be capable of:</b></p> <ol style="list-style-type: none"> <li>1. Passing the ball at speed in reduced spaces</li> <li>2. Combination play and communication with teammates</li> <li>3. Combine endurance and speed during the game</li> </ol>	<p><b>Comments</b></p> <ul style="list-style-type: none"> <li>▶ Use the contrast of small spaces for possession practices and bigger spaces for transition practices</li> <li>▶ Match: 11v11 games.</li> <li>▶ Formations: 4-3-3</li> </ul>	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <th style="width: 25%;">SCRIMMAGE</th> <th style="width: 25%;">TACTICS</th> <th style="width: 25%;">TECHNIQUE</th> <th style="width: 25%;">PHYSICAL</th> </tr> <tr> <td style="text-align: center;">30%</td> <td style="text-align: center;">25%</td> <td style="text-align: center;">20%</td> <td style="text-align: center;">25%</td> </tr> </table>	SCRIMMAGE	TACTICS	TECHNIQUE	PHYSICAL	30%	25%	20%	25%																				
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CONTENT		CONTENT						
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<b>ATTACKING</b>	1. Attacking Principles	5	1. Passing and Receiving	5	Strength Endurance	1	1. Motivation	5
	2. Possession	5	2. Running With the Ball	2	Explosive Strength	3	2. Self confidence	3
	3. Transition	5	3. Dribbling	2	Maximal Strength	1	3. Cooperation	4
	4. Combination Play	5	4. Turning	4	Aerobic Capacity	3	4. Decision/Determination	3
	5. Switching Play	3	5. Shooting	5	Aerobic Power	3	5. Competitiveness	4
	6. Counter Attacking	2	6. Ball Control	4	Anaerobic Lactic	1	6. Concentration	1
	7. Playing Out From the Back	5	7. Heading	4	Anaerobic Alactic	3	7. Commitment	5
	8. Finishing in the Final Third	5	8. 1V1 Attacking	4	Reaction	5	8. Self Control	3
<b>DEFENDING</b>	1. Defending Principles	5	9. Shielding the Ball	2	Acceleration	5	9. Communication	3
	2. Zonal Defending	4	10. Receiving to Turn	4	Maximal Speed	2	10. Respect & Discipline	5
	3. Pressing	3	11. Crossing and Finishing	3	Speed Endurance	3		
	4. Retreat & Recovery	4	12. 1V1 Defending	4	Acyclic Speed	5		
	5. Compactness	2			4. Flexibility & Mobility	4		
				5. Coordination & Balance	3			
				6. Agility	4			
				7. Basic Motor Skills				
				8. Perception & Awareness	5			



# CURRICULUM – U14 – SEASON PLAN

OBJECTIVES	ORGANIZATION	CONTENT DISTRIBUTION																																																								
<p><b>SCRIMMAGE:</b> Coordinate playing out from the back, possession, transition, combination play and finishing during the game</p> <p><b>TACTICAL:</b> Application of attacking principles to create combination play</p> <p><b>TECHNICAL:</b> Focus on quality of passing and receiving technique, ball control and finishing in small and big spaces</p> <p><b>PHYSICAL:</b> General development of endurance, speed and strength</p> <p><b>PSYCHOSOCIAL:</b> Competition in individual and team situations</p> <p><b>By the end of the season the player must be capable of:</b></p> <ol style="list-style-type: none"> <li>1. Playing short and long accurate passes in collective practices.</li> <li>2. Combination play and communication with teammates</li> <li>3. Combine endurance and speed during the game</li> </ol>	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 20%;">Sessions per week</td> <td style="width: 20%;">4</td> <td style="width: 20%;">Session time</td> <td style="width: 20%;">90'</td> </tr> <tr> <td>Players per team</td> <td>16</td> <td>Game time</td> <td>70'</td> </tr> <tr> <td colspan="4" style="text-align: center;"><b>SESSION STRUCTURE</b></td> </tr> <tr> <td>Warm-up</td> <td>10'</td> <td colspan="2" style="text-align: center;"><b>ASPECTS TO CONSIDER</b></td> </tr> <tr> <td>Physical</td> <td>15'</td> <td colspan="2">- Size of the practice</td> </tr> <tr> <td>Technique</td> <td>15'</td> <td colspan="2">- Time of the practice</td> </tr> <tr> <td>Tactics</td> <td>20'</td> <td colspan="2">- Intensity of the practice</td> </tr> <tr> <td>Scrimmage</td> <td>25'</td> <td colspan="2">- Rules</td> </tr> <tr> <td>Cool Down &amp; Debrief</td> <td>5'</td> <td colspan="2">- Number of players</td> </tr> <tr> <td colspan="2"></td> <td colspan="2">- Teammates, opposition and support players</td> </tr> <tr> <td colspan="4"><b>Comments</b></td> </tr> <tr> <td colspan="4">▶ Use the contrast of small spaces for possession practices and bigger spaces for transition practices</td> </tr> <tr> <td colspan="4">▶ Match: 11v11 games.</td> </tr> <tr> <td colspan="4">▶ Formations: 4-3-3</td> </tr> </table>	Sessions per week	4	Session time	90'	Players per team	16	Game time	70'	<b>SESSION STRUCTURE</b>				Warm-up	10'	<b>ASPECTS TO CONSIDER</b>		Physical	15'	- Size of the practice		Technique	15'	- Time of the practice		Tactics	20'	- Intensity of the practice		Scrimmage	25'	- Rules		Cool Down & Debrief	5'	- Number of players				- Teammates, opposition and support players		<b>Comments</b>				▶ Use the contrast of small spaces for possession practices and bigger spaces for transition practices				▶ Match: 11v11 games.				▶ Formations: 4-3-3				<p><b>INTERMEDIATE STAGE</b></p>
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		CONTENT						
		TECHNICAL	PHYSICAL					
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	2. Possession	5	2. Running With the Ball	1	Explosive Strength	3	2. Self confidence	3
	3. Transition	5	3. Dribbling	2	Maximal Strength	1	3. Cooperation	4
	4. Combination Play	5	4. Turning	4	Aerobic Capacity	4	4. Decision/Determination	3
	5. Switching Play	4	5. Shooting	5	Aerobic Power	4	5. Competitiveness	4
	6. Counter Attacking	3	6. Ball Control	3	Anaerobic Lactic	1	6. Concentration	2
	7. Playing Out From the Back	5	7. Heading	5	Anaerobic Alactic	3	7. Commitment	5
	8. Finishing in the Final Third	5	8. 1V1 Attacking	4	Reaction	5	8. Self Control	3
	1. Defending Principles	5	9. Shielding the Ball	2	Acceleration	5	9. Communication	4
	2. Zonal Defending	4	10. Receiving to Turn	5	Maximal Speed	2	10. Respect & Discipline	5
<b>DEFENDING</b>	3. Pressing	3	11. Crossing and Finishing	3	Speed Endurance	3		
	4. Retreat & Recovery	4	12. 1V1 Defending	5	Acyclic Speed	5		
	5. Compactness	2			4. Flexibility & Mobility	4		
					5. Coordination & Balance	3		
					6. Agility	4		
				7. Basic Motor Skills				
				8. Perception & Awareness	5			

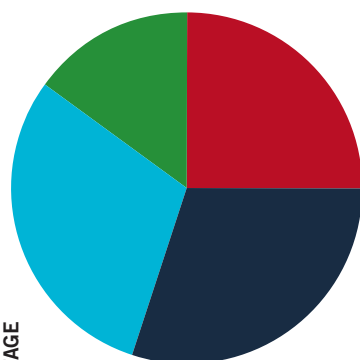
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# Season Plan by Age

## **ADVANCED STAGE (U15-U18)**

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# CURRICULUM – U15 – SEASON PLAN

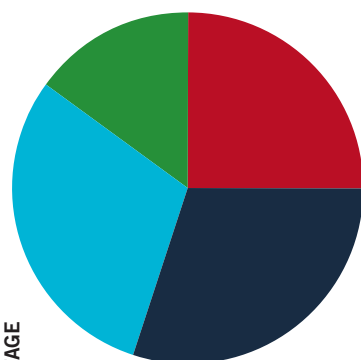
OBJECTIVES	ORGANIZATION	CONTENT DISTRIBUTION																												
<p><b>SCRIMMAGE:</b> Development of possession of the ball at speed and quick organisation of zonal defending</p> <p><b>TACTICAL:</b> Application of attacking and defending principles in SSG</p> <p><b>TECHNICAL:</b> Focus on speed of passing and receiving technique, ball controlling in small spaces</p> <p><b>PHYSICAL:</b> Basic development of aerobic power, acyclic speed and explosive strength</p> <p><b>PSYCHOSOCIAL:</b> Commitment to the team</p> <p><b>By the end of the season the player must be capable of:</b></p> <ol style="list-style-type: none"> <li>1. Playing short passes at speed in small spaces.</li> <li>2. Coordination of tactical principles with teammates.</li> <li>3. Show good fitness in mid/high demanding aerobic power practices</li> </ol>	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 25%;">Sessions per week</td> <td style="width: 25%;">4</td> <td style="width: 25%;">Session time</td> <td style="width: 25%;">90'</td> </tr> <tr> <td>Players per team</td> <td>18</td> <td>Game time</td> <td>80'</td> </tr> <tr> <td colspan="2"><b>SESSION STRUCTURE</b></td> <td colspan="2"><b>ASPECTS TO CONSIDER</b></td> </tr> <tr> <td>Warm-up</td> <td>10'</td> <td colspan="2" rowspan="5"> <ul style="list-style-type: none"> <li>- Size of the practice</li> <li>- Time of the practice</li> <li>- Intensity of the practice</li> <li>- Rules</li> <li>- Number of players</li> <li>- Teammates, opposition and support players</li> </ul> </td> </tr> <tr> <td>Physical</td> <td>20'</td> </tr> <tr> <td>Technique</td> <td>10'</td> </tr> <tr> <td>Tactics</td> <td>20'</td> </tr> <tr> <td>Scrimmage</td> <td>25'</td> </tr> <tr> <td>Cool Down &amp; Debrief</td> <td>5'</td> <td colspan="2"></td> </tr> </table>	Sessions per week	4	Session time	90'	Players per team	18	Game time	80'	<b>SESSION STRUCTURE</b>		<b>ASPECTS TO CONSIDER</b>		Warm-up	10'	<ul style="list-style-type: none"> <li>- Size of the practice</li> <li>- Time of the practice</li> <li>- Intensity of the practice</li> <li>- Rules</li> <li>- Number of players</li> <li>- Teammates, opposition and support players</li> </ul>		Physical	20'	Technique	10'	Tactics	20'	Scrimmage	25'	Cool Down & Debrief	5'			<p><b>ADVANCED STAGE</b></p> 
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CONTENT		PHYSICAL		PSYCHOSOCIAL				
TACTICAL	TECHNICAL	STRENGTH	ENDURANCE	SPEED				
<b>ATTACKING</b>	1. Attacking Principles	5	1. Passing and Receiving	5	Strength Endurance	3	1. Motivation	5
	2. Possession	5	2. Running With the Ball	1	Explosive Strength	4	2. Self confidence	3
	3. Transition	5	3. Dribbling	2	Maximal Strength	1	3. Cooperation	5
	4. Combination Play	5	4. Turning	4	Aerobic Capacity	4	4. Decision/Determination	4
	5. Switching Play	4	5. Shooting	5	Aerobic Power	5	5. Competitiveness	4
	6. Counter Attacking	4	6. Ball Control	3	Anaerobic Lactic	2	6. Concentration	3
	7. Playing Out From the Back	4	7. Heading	4	Anaerobic Alactic	2	7. Commitment	5
	8. Finishing in the Final Third	5	8. 1V1 Attacking	3	Reaction	4	8. Self Control	4
<b>DEFENDING</b>	1. Defending Principles	5	9. Shielding the Ball	2	Acceleration	4	9. Communication	5
	2. Zonal Defending	5	10. Receiving to Turn	5	Maximal Speed	3	10. Respect & Discipline	5
	3. Pressing	4	11. Crossing and Finishing	4	Speed Endurance	2		
	4. Retreat & Recovery	5	12. 1V1 Defending	4	Acyclic Speed	5		
	5. Compactness	3			4. Flexibility & Mobility	3		
				5. Coordination & Balance	2			
				6. Agility	4			
				7. Basic Motor Skills				
				8. Perception & Awareness	5			



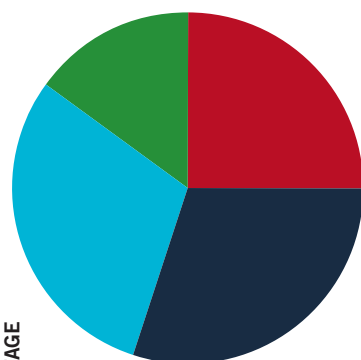


# CURRICULUM – U16 – SEASON PLAN

OBJECTIVES		ORGANIZATION				CONTENT DISTRIBUTION																																																																																																																																															
<p><b>SCRIMMAGE:</b> Development possession and transition of the ball at speed and quick organisation for zonal defending retreat &amp; recovery</p> <p><b>TACTICAL:</b> Application of attaching and defending principles at speed</p> <p><b>TECHNICAL:</b> Focus on speed of passing and receiving technique as well as ball control in small and big spaces</p> <p><b>PHYSICAL:</b> Development of aerobic power, acyclic speed and explosive strength</p> <p><b>PSYCHOSOCIAL:</b> Commitment to teammates in accomplishing specific tasks</p>		Sessions per week	4	Session time	90'	<p style="text-align: center;"><b>ADVANCED STAGE</b></p> 																																																																																																																																															
		Players per team	18	Game time	80'																																																																																																																																																
<p><b>By the end of the season the player must be capable of:</b></p> <ol style="list-style-type: none"> <li>Playing short passes at speed in small and big spaces.</li> <li>Coordinate of tactical principles movements with teammates at speed.</li> <li>Show good fitness in high demanding aerobic power practices</li> </ol>		<p><b>SESSION STRUCTURE</b></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center;">Warm-up</td> <td style="text-align: center;">10'</td> <td rowspan="5" style="text-align: center; vertical-align: middle;"><b>ASPECTS TO CONSIDER</b></td> </tr> <tr> <td style="text-align: center;">Physical</td> <td style="text-align: center;">20'</td> </tr> <tr> <td style="text-align: center;">Technique</td> <td style="text-align: center;">10'</td> </tr> <tr> <td style="text-align: center;">Tactics</td> <td style="text-align: center;">20'</td> </tr> <tr> <td style="text-align: center;">Scrimmage</td> <td style="text-align: center;">25'</td> </tr> <tr> <td colspan="2" style="text-align: center;">Cool Down &amp; Debrief</td> <td style="text-align: center;">5'</td> </tr> </table>				Warm-up	10'	<b>ASPECTS TO CONSIDER</b>	Physical	20'	Technique	10'	Tactics	20'	Scrimmage	25'	Cool Down & Debrief		5'	30%	30%	15%	25%																																																																																																																														
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<p><b>Comments</b></p> <ul style="list-style-type: none"> <li>Use small spaces to develop technique and big spaces to develop tactical concepts</li> <li>Match: 11v11 games.</li> <li>Formations: 4-3-3 &amp; 4-4-2</li> </ul>		<p><b>CONTENT</b></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr style="background-color: #4CAF50; color: white;"> <th colspan="2" style="text-align: center;">TECHNICAL</th> <th colspan="2" style="text-align: center;">PHYSICAL</th> <th colspan="2" style="text-align: center;">PSYCHOSOCIAL</th> </tr> </thead> <tbody> <tr> <td rowspan="8" style="text-align: center; vertical-align: middle;"><b>ATTACKING</b></td> <td style="text-align: center;">1. Attacking Principles</td> <td style="text-align: center;">5</td> <td style="text-align: center;">1. 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Switching Play	4	5. Shooting	5	Aerobic Power	5	5. Competitiveness	4	6. Counter Attacking	4	6. Ball Control	3	Anaerobic Lactic	2	6. Concentration	3	7. Playing Out From the Back	5	7. Heading	3	Anaerobic Alactic	2	7. Commitment	5	8. Finishing in the Final Third	5	8. 1V1 Attacking	3	Reaction	3	8. Self Control	4	<b>DEFENDING</b>	1. Defending Principles	5	9. Shielding the Ball	2	Acceleration	4	9. Communication	5	2. Zonal Defending	5	10. Receiving to Turn	4	Maximal Speed	3	10. Respect & Discipline	5	3. Pressing	4	11. Crossing and Finishing	4	Speed Endurance	1			4. Retreat & Recovery	5	12. 1V1 Defending	4	Acyclic Speed	5			5. Compactness	3			4. Flexibility & Mobility	3							5. Coordination & Balance	2							6. Agility	4							7. Basic Motor Skills								8. Perception & Awareness	5		
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# CURRICULUM – U18 – SEASON PLAN

OBJECTIVES		ORGANIZATION				CONTENT DISTRIBUTION																																																																													
<p><b>SCRIMMAGE:</b> Develop speed in the game, focus in counter attacking and pressing</p> <p><b>TACTICAL:</b> Improvement of quick transitions, counter attacking and positional attacking in the final third as well pressing and zonal defending</p> <p><b>TECHNICAL:</b> Focus on perception and quick execution of passing, ball controlling, receiving to turn at speed and finishing</p> <p><b>PHYSICAL:</b> Improvement of high-level aerobic power and specific acyclic speed as well as repetitive explosive strength</p> <p><b>PSYCHOSOCIAL:</b> Increase concentration and self control</p>		Sessions per week	4/5	Session time	120'	<p style="text-align: center;"><b>ADVANCED STAGE</b></p> 																																																																													
		Players per team	18	Game time	90'																																																																														
<p><b>By the end of the season the player must be capable of:</b></p> <ol style="list-style-type: none"> <li>Making passes, receiving to turn and finishing at speed under pressure</li> <li>Coordinate the counter attack and pressing in SSG</li> <li>Good technique under pressure in fatigue</li> </ol>		<b>SESSION STRUCTURE</b>		<b>ASPECTS TO CONSIDER</b>		<b>SCRIMMAGE</b>	<b>TACTICS</b>	<b>TECHNIQUE</b>	<b>PHYSICAL</b>																																																																										
		Warm-up	15'	- Size of the practice		<b>30%</b>	<b>30%</b>	<b>15%</b>	<b>25%</b>																																																																										
<p><b>Comments</b></p> <ul style="list-style-type: none"> <li>Use small spaces to develop technique and focus in one or more thirds of the field for tactical aspects of the game</li> <li>Match: 11v11 games.</li> <li>Formations: 4-3-3 &amp; 4-4-2</li> </ul>		Physical	25'	- Time of the practice		<p><b>CONTENT</b></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr style="background-color: #444; color: white;"> <th colspan="2" style="text-align: center;">TECHNICAL</th> <th colspan="2" style="text-align: center;">PHYSICAL</th> <th colspan="2" style="text-align: center;">PSYCHOSOCIAL</th> </tr> </thead> <tbody> <tr> <td colspan="2" style="text-align: center;"><b>STRENGTH</b></td> <td style="text-align: center;">Strength Endurance</td> <td style="text-align: center;">3</td> <td colspan="2" rowspan="10" style="text-align: center;"> <ol style="list-style-type: none"> <li>Motivation</li> <li>Self confidence</li> <li>Cooperation</li> <li>Decision/Determination</li> <li>Competitiveness</li> <li>Concentration</li> <li>Commitment</li> <li>Self Control</li> <li>Communication</li> <li>Respect &amp; Discipline</li> </ol> </td> </tr> <tr> <td colspan="2" style="text-align: center;"><b>ENDURANCE</b></td> <td style="text-align: center;">Explosive Strength</td> <td style="text-align: center;">5</td> </tr> <tr> <td colspan="2" style="text-align: center;"><b>SPEED</b></td> <td style="text-align: center;">Maximal Strength</td> <td style="text-align: center;">2</td> </tr> <tr> <td colspan="2" style="text-align: center;">1. Passing and Receiving</td> <td style="text-align: center;">Aerobic Capacity</td> <td style="text-align: center;">4</td> </tr> <tr> <td colspan="2" style="text-align: center;">2. Running With the Ball</td> <td style="text-align: center;">Aerobic Power</td> <td style="text-align: center;">5</td> </tr> <tr> <td colspan="2" style="text-align: center;">3. Dribbling</td> <td style="text-align: center;">Anaerobic Lactic</td> <td style="text-align: center;">3</td> </tr> <tr> <td colspan="2" style="text-align: center;">4. Combination Play</td> <td style="text-align: center;">Anaerobic Alactic</td> <td style="text-align: center;">2</td> </tr> <tr> <td colspan="2" style="text-align: center;">5. Shooting</td> <td style="text-align: center;">Reaction</td> <td style="text-align: center;">3</td> </tr> <tr> <td colspan="2" style="text-align: center;">6. Ball Control</td> <td style="text-align: center;">Acceleration</td> <td style="text-align: center;">4</td> </tr> <tr> <td colspan="2" style="text-align: center;">7. Heading</td> <td style="text-align: center;">Maximal Speed</td> <td style="text-align: center;">1</td> </tr> <tr> <td colspan="2" style="text-align: center;">8. 1V1 Attacking</td> <td style="text-align: center;">Speed Endurance</td> <td style="text-align: center;"></td> </tr> <tr> <td colspan="2" style="text-align: center;">9. Shielding the Ball</td> <td style="text-align: center;">Acyclic Speed</td> <td style="text-align: center;">5</td> <td colspan="2" rowspan="5" style="text-align: center;"> <ol style="list-style-type: none"> <li>Flexibility &amp; Mobility</li> <li>Coordination &amp; Balance</li> <li>Agility</li> <li>Basic Motor Skills</li> <li>Perception &amp; Awareness</li> </ol> </td> </tr> <tr> <td colspan="2" style="text-align: center;">10. Receiving to Turn</td> <td style="text-align: center;">4</td> <td style="text-align: center;">3</td> </tr> <tr> <td colspan="2" style="text-align: center;">11. Crossing and Finishing</td> <td style="text-align: center;">4</td> <td style="text-align: center;">2</td> </tr> <tr> <td colspan="2" style="text-align: center;">12. 1V1 Defending</td> <td style="text-align: center;">3</td> <td style="text-align: center;">4</td> </tr> <tr> <td colspan="2" style="text-align: center;">4</td> <td style="text-align: center;">4</td> <td style="text-align: center;">5</td> </tr> </tbody> </table>				TECHNICAL		PHYSICAL		PSYCHOSOCIAL		<b>STRENGTH</b>		Strength Endurance	3	<ol style="list-style-type: none"> <li>Motivation</li> <li>Self confidence</li> <li>Cooperation</li> <li>Decision/Determination</li> <li>Competitiveness</li> <li>Concentration</li> <li>Commitment</li> <li>Self Control</li> <li>Communication</li> <li>Respect &amp; Discipline</li> </ol>		<b>ENDURANCE</b>		Explosive Strength	5	<b>SPEED</b>		Maximal Strength	2	1. Passing and Receiving		Aerobic Capacity	4	2. Running With the Ball		Aerobic Power	5	3. Dribbling		Anaerobic Lactic	3	4. Combination Play		Anaerobic Alactic	2	5. Shooting		Reaction	3	6. Ball Control		Acceleration	4	7. Heading		Maximal Speed	1	8. 1V1 Attacking		Speed Endurance		9. Shielding the Ball		Acyclic Speed	5	<ol style="list-style-type: none"> <li>Flexibility &amp; Mobility</li> <li>Coordination &amp; Balance</li> <li>Agility</li> <li>Basic Motor Skills</li> <li>Perception &amp; Awareness</li> </ol>		10. Receiving to Turn		4	3	11. Crossing and Finishing		4	2	12. 1V1 Defending		3	4	4		4	5
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