U.S. Soccer Curriculum

Director: Claudio Reyna
Author: Dr. Javier Perez

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Style and Principles of Play

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STYLE AND PRINCIPLES OF PLAY

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STYLE OF PLAY: GENERAL

The key elements for coaches and players that define the style of play

MATCH

OFFENSIVE STYLE

All teams will be encouraged to display an offensive style of play based on keeping possession and quick movement of the ball.

QUICK TRANSITIONS AND FINISHING

Speed of play, avoiding over-dribbling, looking for an organized and quick movement of the ball and finishing will be encouraged in all age groups.

POSITION SPECIFIC

A team must be organized defensively, keeping their specific positions in the formation. However, players will look for spaces and movements to support forward when attacking by moving away from their original positions.

FORMATIONS

4-3-3 FORMATION

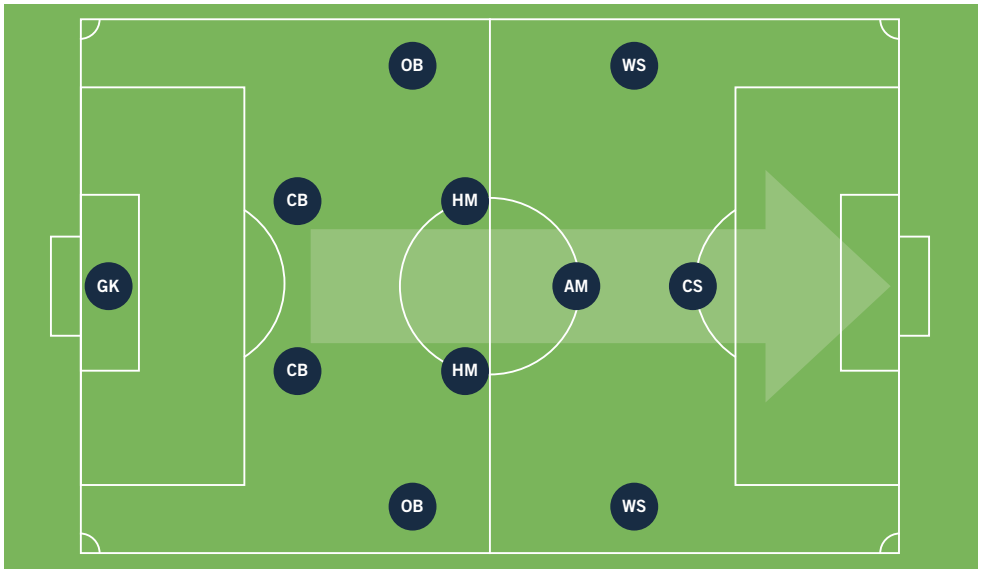
Teams will use the 4-3-3 formation, either in its 4-2-3-1 or 4-1-2-3 variations. Teams in the advanced stage (U15 onwards) can also use a 4-4-2 formation with a diamond in the middle. This system (4-4-2 diamond) provides more space in the wide areas of the field for the outside backs to move forward and join the attack.

BACK 4

All formations used by the teams in 11-a-side games must keep a back 4 line. The back 4 provides consistency in defense and allows space for the outside backs to move forward when attacking.

9v9

Teams playing 9v9 soccer are strongly encouraged to use the 3-2-3 formation. This formation helps players express the principles of play specified in this document. This system allows for better adaptation to a 4-3-3 formation as the players progress to 11v11.



This is the 4-3-3 formation in its 4-2-3-1 variation. This is a well balanced formation in attack and defense with two holding midfield players and one attacking midfielder.

STYLE OF PLAY: SPECIFIC

Most relevant points of each of the four key components

TECHNICAL

PASSING & RECEIVING:
Passing the ball on the ground with pace from different distances and receiving the ball while keeping it moving will be encouraged in all age groups.

SHOOTING
Players must develop the ability to shoot from different distances. All players will be encouraged to shoot from any distance during the game.

BALL CONTROL AND TURNING
Players will be encouraged to keep close control of the ball and use different turning techniques to move away from the defender.

TACTICAL

PLAYING OUT FROM THE BACK
All teams must feel comfortable playing the ball from the back through the midfield and from there to the final quarter of the field.

POSSESSION & TRANSITION
All teams must try to keep possession of the ball playing a one-two touch game. Players will be encouraged to support and move, thus creating passing options. Once the possession game is consolidated the team must learn how to transfer the ball in the most efficient way from one area of the field to another.

OFFENSE-DEFENSE QUICK TRANSITION & VICE VERSA
When possession is lost, players must react quickly and apply pressure to regain the ball. Once possession is regained, players will be positioned immediately to counter-attack.

PHYSICAL

SPEED & AGILITY
These qualities will be evident in the game from the early ages.

ENDURANCE
Individual players and teams will train to be resilient to high-intensity action .

STRENGTH & POWER
Strong players develop their speed more quickly, prevent injuries and are more competitive in games.

PSYCHOSOCIAL

RESPECT & DISCIPLINE
Players will adapt to a role on the team and respect teammates, coaches, referees and opponents.

COOPERATION
Each player will be part of a unit, and will cooperate with teammates to achieve the objectives for a given task, session or game, as well as for the entire season.

COMPETITIVENESS
Competitive players will be rewarded for their effort and focus.

PRINCIPLES OF PLAY

For the coach, for the player and for the team

COACHES

1. Possession games are s means to improve both the technique and tactical understanding of the players.
2. Opposition will be encouraged to increase the competitiveness of the players.
3. High-intensity games based on speed and agility. Short but intense working-periods.

PLAYERS

1. **1, 2 or 3 touch maximum:** Minimizing the number of touches improves the speed of play.
2. **Keep the game simple:** Do not force situations, over-dribble or be careless with the ball.
3. **Keep the ball on the ground:** A ball on the ground is easier to control and can be moved more efficiently by the team.
4. **Accuracy and quality of the pass:** Passing must be firm and accurate, with the proper weight.
5. **First touch:** Make a clean, controlled first touch without stopping the ball. Take the touch away from pressure and into free space.
6. **Perception and awareness:** All players with or without the ball should constantly scan the field.
7. **1v1 situations:** Encourage determination to regain control of the ball in defense and keep it simple in attack by taking a touch to the side, at speed, to beat the defender.
8. **Individual transition:** Players must react quickly when possession change from offense to defense and vice-versa.
9. **Shooting:** Always keep an eye on the goal. All players are encouraged to shoot.
10. **Take risks:** Soccer is an error prone sport and mistakes are part of the game and learning process. Players are encouraged to take risks in training session to increase the speed of play.

PRINCIPLES OF PLAY

For the coach, for the player and for the team

TEAM

1. **All players attack and all players defend:** All players must be involved in the game as a unit.
2. **Numerical advantage:** Soccer is a game of numbers where we try to create a numerical advantage in attack and avoid being in a numerical disadvantage in defense.
3. **Flow of the ball:** The ball should flow from inside (of the space) to outside and outside to inside. Balls out wide are more secure and the ball in the middle increases the options of play.
4. **Triangle principle and passing options**: The player in possession of the ball must receive constant support and have at least two passing options.
5. **Speed of play:** Quick movement of the ball creates 2v1 situations.
6. **Movement off the ball:** Find the best available space to create passing options for the player in possession of the ball.
7. **Pressure as a unit:** Organized pressure forces the opponents to commit errors.
8. **Transition:** Improve transition by reducing the number of passes needed to arrive at the target area or the opponent's goal.
9. **Direction of the game:** The game flows in two directions. Keep the essence of the game in the majority of your practices.
10. **Take initiative during the game:** Team breakdowns will occur. The team must be capable of adapting to new situations and imposing its own style of play during the game.

Concepts and Coaching Guidelines

Director: Claudio Reyna
Author: Dr. Javier Perez

CONCEPTS AND COACHING

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COACHING PHILOSOPHY

The coaching method is based upon the following key components

THE CORE

THE MATCH

The objective of the training session is to prepare players for competition. The game shows the tactical, technical, physical and psychosocial development of the player.

FOUR COMPLEMENTARY COMPONENTS

TACTICAL

This component helps the player fit into the team. Our aim is to create clever players, capable of adapting to the constantly changing circumstances of the game.

TECHNICAL

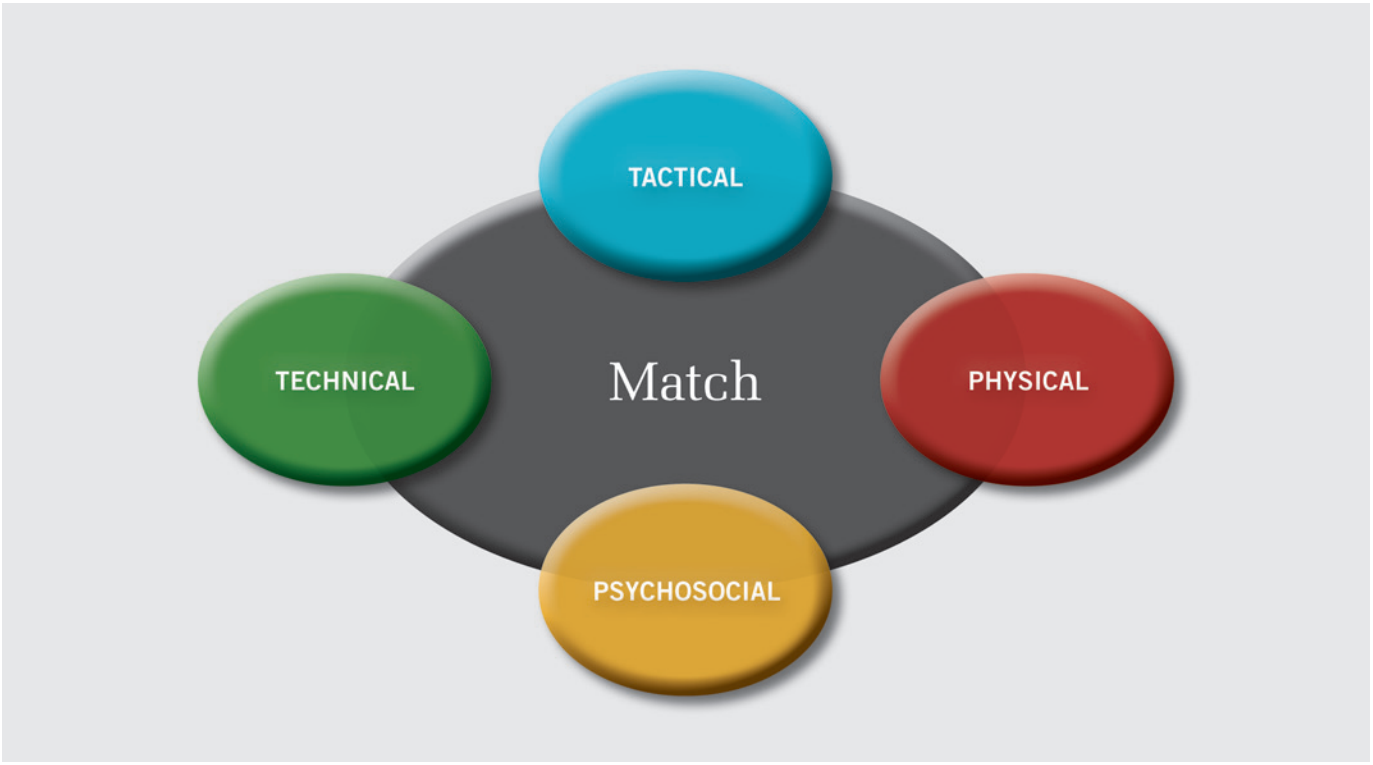
All players in the team have to be individually competent and proficient in the most important skills for each position. For example, a central midfield player will need different techniques and expertise as compared to an outside back.

PHYSICAL

Strong and resilient players will provide a significant advantage to the team. A tired player will struggle to think properly and is prone to commit more errors.

PSYCHOSOCIAL

The human being is often affected by his/her emotions. We will train the players to use these emotions to their advantage and turn them into strengths and not weaknesses.



COACHING CONTENT: OVERVIEW

Areas of development in soccer training

COACHING CONTENT

1. Tactical
2. Technical
3. Physical
4. Psychosocial
5. Set Pieces
6. Formations
7. Goalkeeping

GENERAL TERMINOLOGY

Definitions for soccer-specific terminology

Tactic: Individual or collective actions performed by a player or group of players to take advantage of an opponent, group of opponents or a team.

Explanation: The tactics are the tools to develop the strategy.

Example: Quick transition of the ball from one side of the field to the other.

Strategy: A general concept or idea agreed upon by the team at the beginning of the game with the intention to beat the opponents.

Explanation: The strategy relates to the formation and/or system used by the team.

Example: Defensive strategy - three strikers pressure up high and midfielders close down the opponents in central areas to prevent them from turning and attempt to regain the ball in the attacking half.

Formation: The shape of the team and distribution of the players on the field at the beginning of the game.

Explanation: This is usually expressed in three numbers identifying the number of players in the defensive, midfield and attacking lines.

Example: 4-3-3 – 4 defenders, 3 midfielders and 3 strikers.

System: A formation with specifications in the shape and/or roles for one or more players.

Explanation: The system combines the formation and strategy.

Example: 4-4-2 with diamond in midfield and outside backs moving up into wide areas.

COACHING CONTENT: TACTICAL

Aspects to improve game understanding

TACTICAL

1. **Attacking Principles**
   - Creating Space
   - Support
   - Width
   - Depth
   - Overlaps
   - Diagonal Runs
   - Forward Play
   - Speed of Play
   - Switiching Positions
2. **Possession**
3. **Transition**
4. **Combination Play**
5. **Switching Play**
6. **Counter Attacking**
7. **Playing Out from the Back**
8. **Finishing in the Final Third**

1. **Defending Principles**

   BASIC
   - Mark
   - Press
   - Cover
   - Balance

   ADVANCED
   - Tracking
   - Switching Places
2. **Zonal Defending**
3. **Pressing**
4. **Retreat and Recovery**
5. **Compactness**

KEY

Symbols to build practices and soccer movements

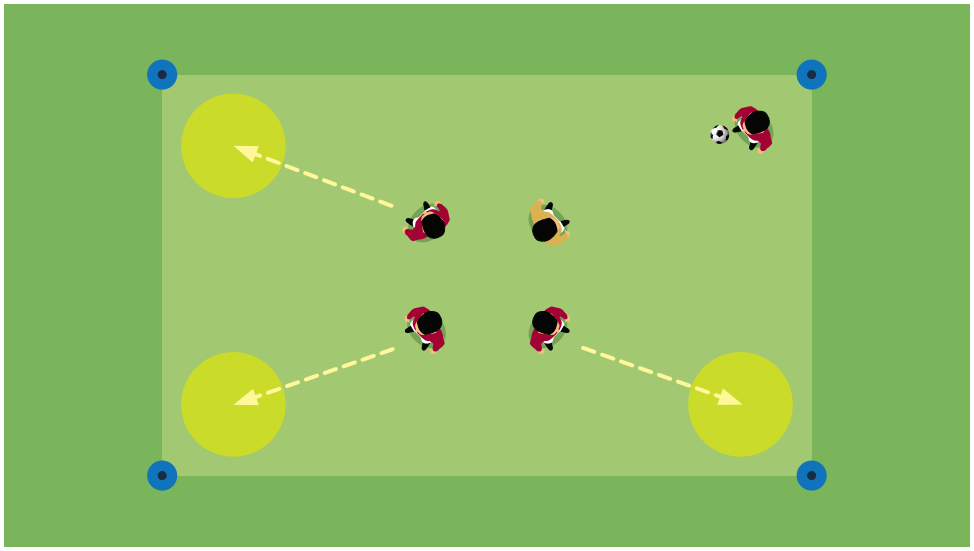
PLAYER SYMBOLS	OBJECT SYMBOLS	MOVEMENT SYMBOLS
Goalkeeper	Cone	Trajectory of the ball
Player with Ball	Ball	Trajectory of the player without the ball
Player without Ball	Pole	
Coach	Goal	
Mannequin	Ladder	Trajectory of the player with the ball
Neutral Player		

TACTICAL TERMINOLOGY

Attacking – Tactical

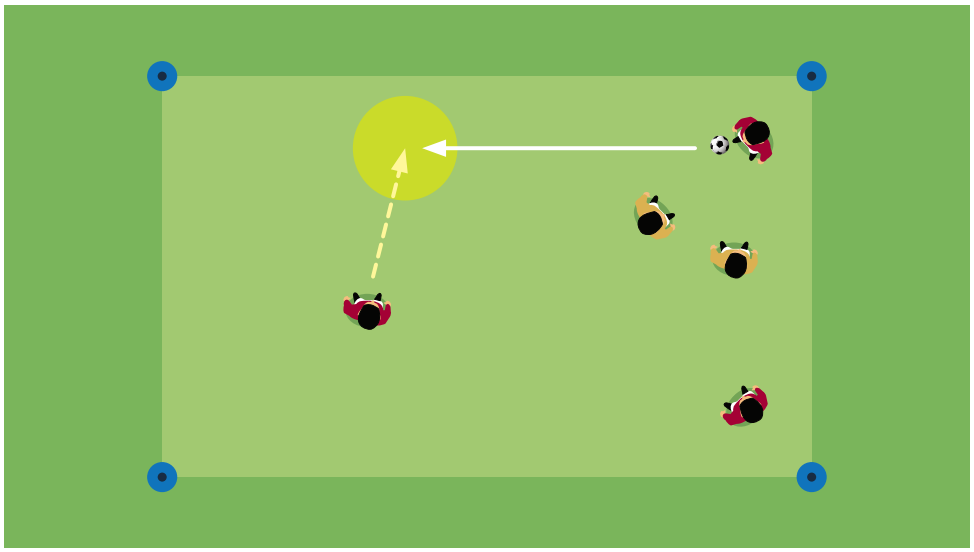
1. Attacking Principles: Basic individual or collective attacking actions for one or more players in order to create a team advantage for the attacker/s.

1a. Creating Space: The distribution of players into space to generate effective passing opportunities.



4v1 possession game where players move to wide areas to create passing options.

1b. Support: Help offered by a teammate(s) around the ball with the objective of receiving the ball.

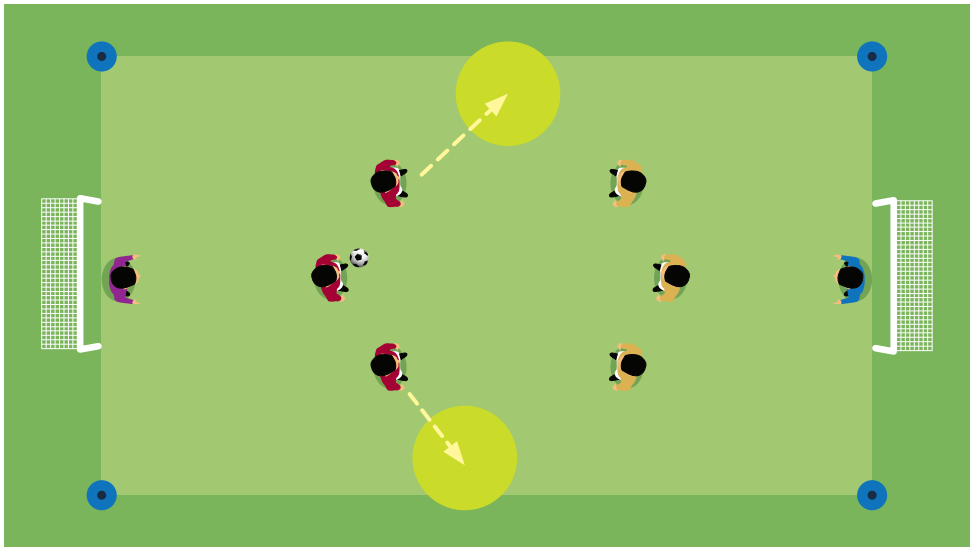


One player moves into space, closer to the teammate in possession of the ball with the purpose of creating a clear passing option.

TACTICAL TERMINOLOGY

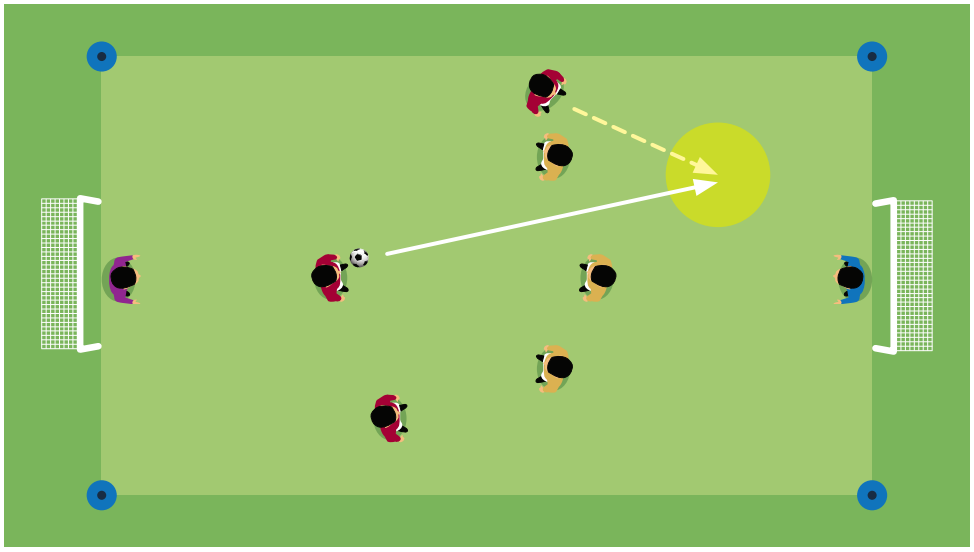
Attacking – Tactical

1c. Width: Movement and distribution of attacking players to wide areas in order to create space and attacking options in a game context.



- *A player moves to the wide area to create space. The purpose is to make the opponent's defensive work more difficult.*

1d. Depth: Movement of a player or group of players into forward positions to generate attacking options in a game context.

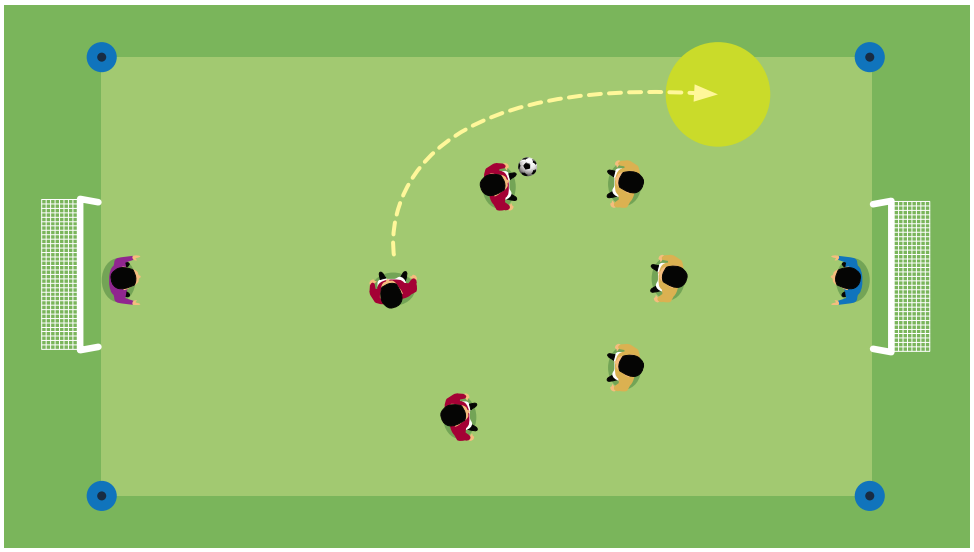


- *A player moves forward with the purpose of receiving the ball closer to goal.*

TACTICAL TERMINOLOGY

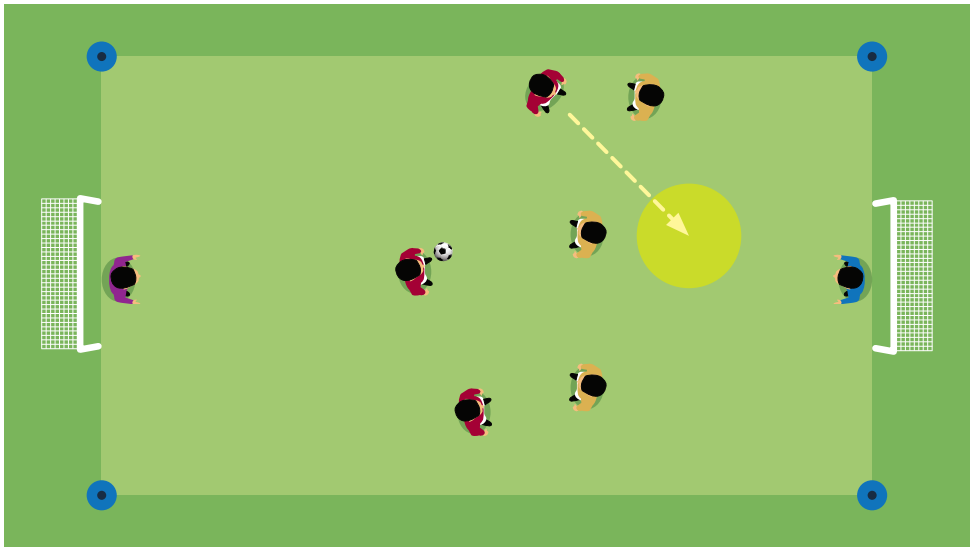
Attacking – Tactical

1e. Overlaps: Movement of a teammate from behind the player in possession of the ball to forward positions in order to generate a passing opportunity or advantage for the team.



A central midfielder runs forward from behind the winger to create a passing option.

1f. Diagonal Runs: An attacking diagonal movement forward into space, generally in front of the ball, to create a passing option.

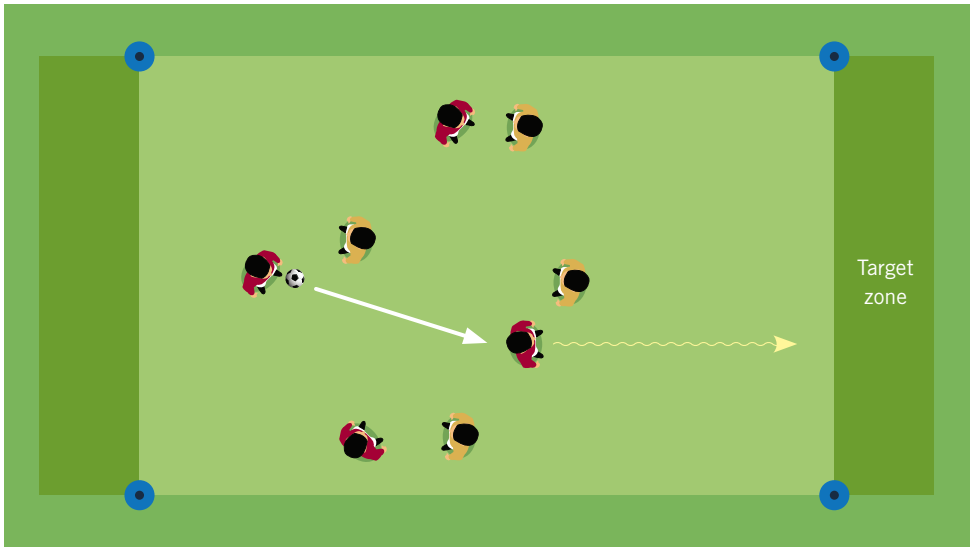


A wide player makes a diagonal movement forward with the purpose of creating a passing option.

TACTICAL TERMINOLOGY

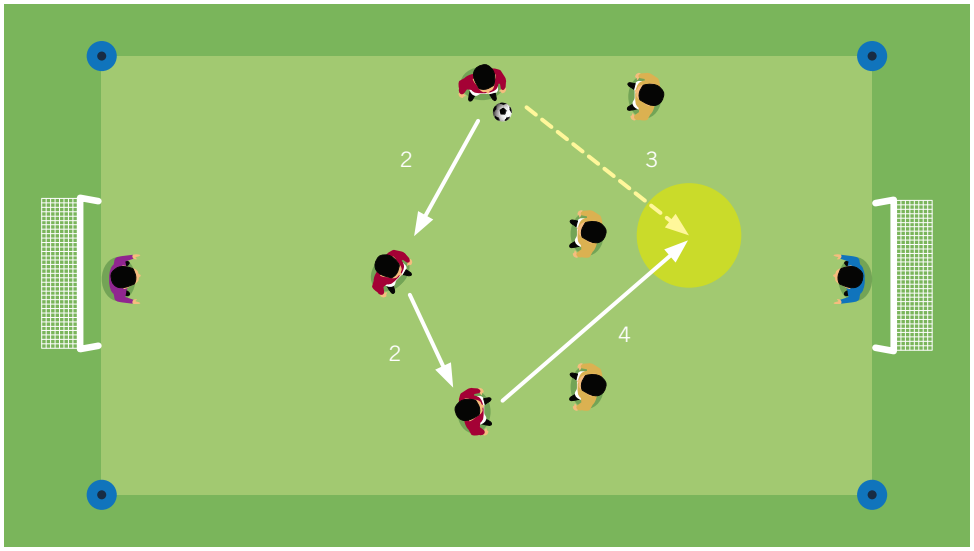
Attacking – Tactical

1g. Forward Play: An effective and efficient movement of the ball towards the attacking end or goal.



- *A central defender passes to a central midfielder or forward who is unmarked, thus transferring the ball to the attacking end.*

1h. Speed of Play: Quick ball-movement which creates an advantage for the attacking team over the defenders.

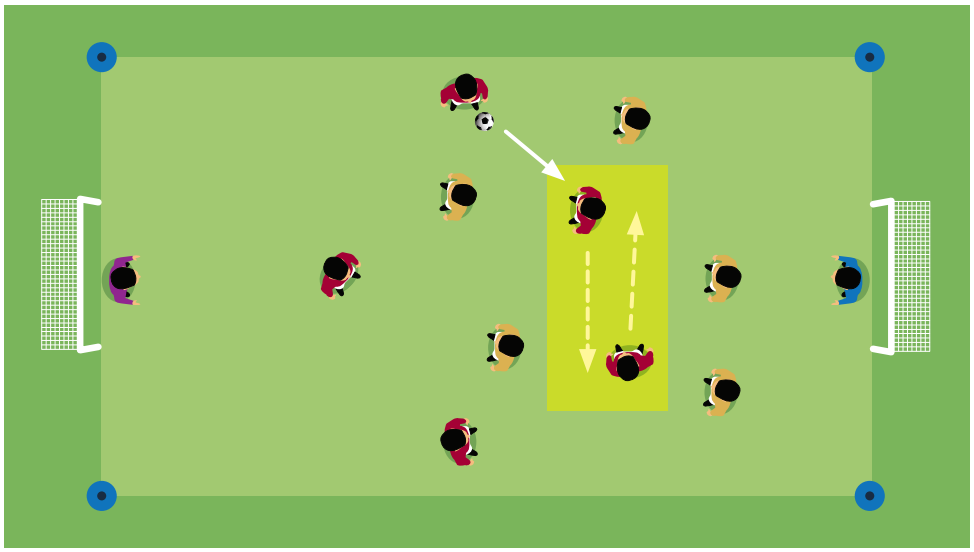


- *Players from the same team pass the ball quickly in one, two, or three touch play, keeping the ball away from the opponents.*

TACTICAL TERMINOLOGY

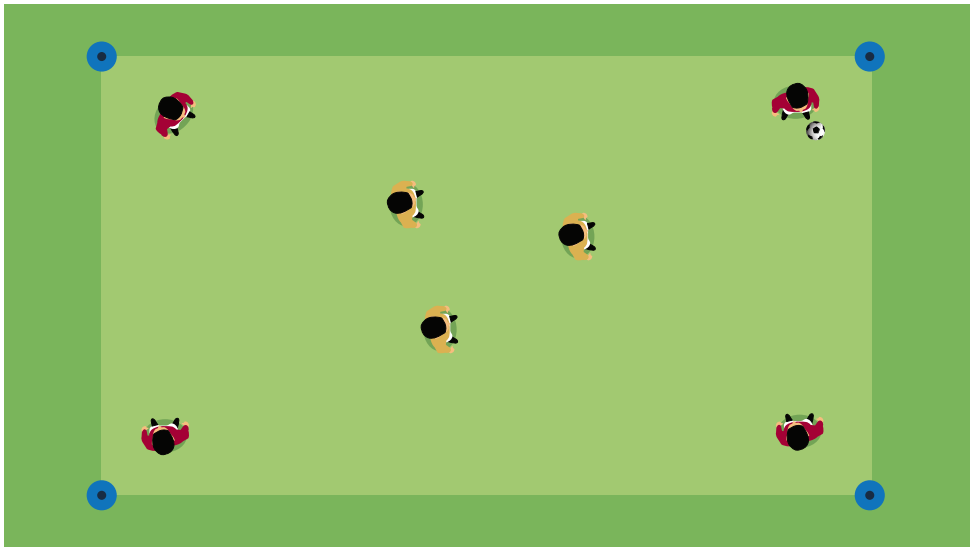
Attacking – Tactical

1i. Switching positions: An exchange of positions by two players of the same team, generally ahead of the ball, to take advantage of the defending team and generate a passing option.



- *Right and left strikers exchange positions to distract the attention of defenders and create a passing option.*

2. Possession: Passing the ball repeatedly between players on the same team.

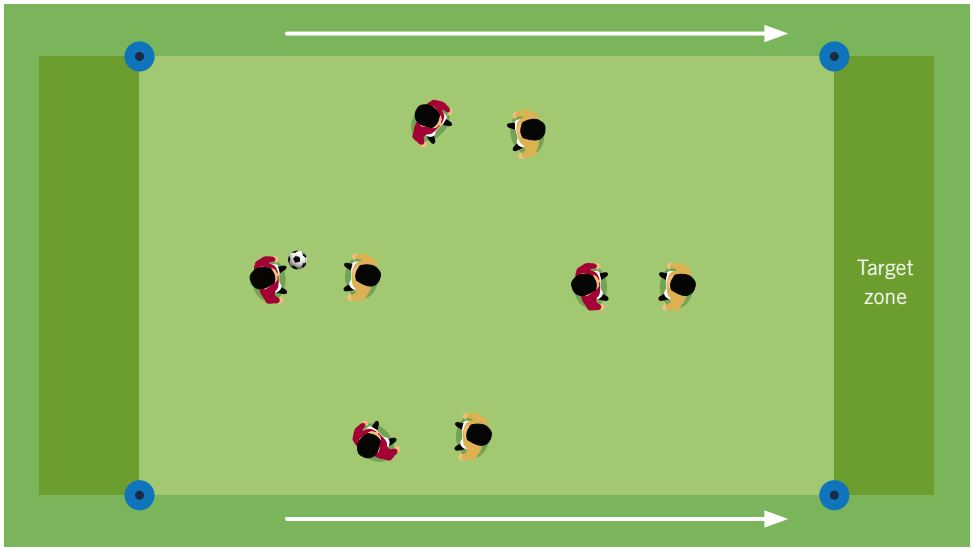


- *4 players from the same team keep the ball away from the opponents.*

TACTICAL TERMINOLOGY

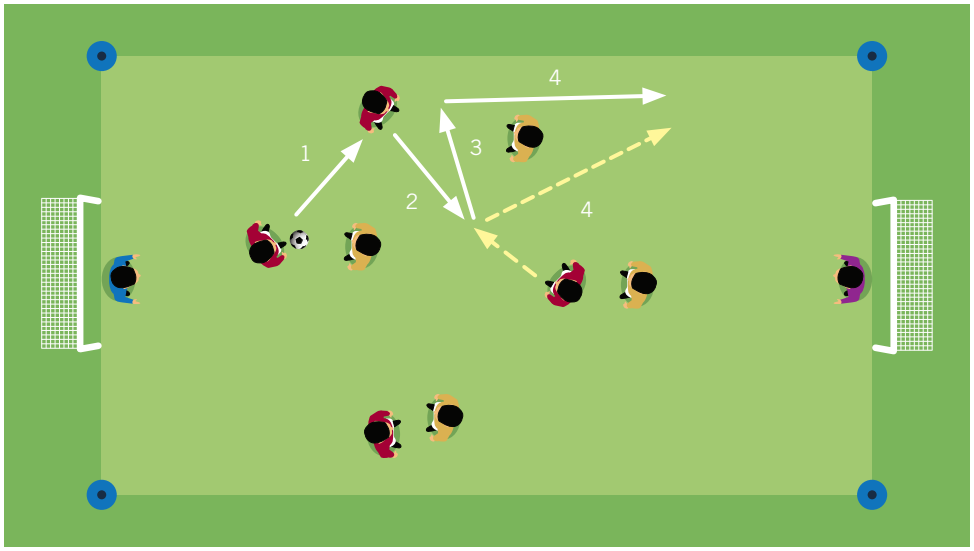
Attacking – Tactical

3. Transition: The action of transferring the ball collectively as a team from the defensive end to the attacking end.



- *Collective effort to move the ball from the defensive side of the field to the attacking end.*

4. Combination Play: Quick and effective movement of the ball by two or more players from the same team.

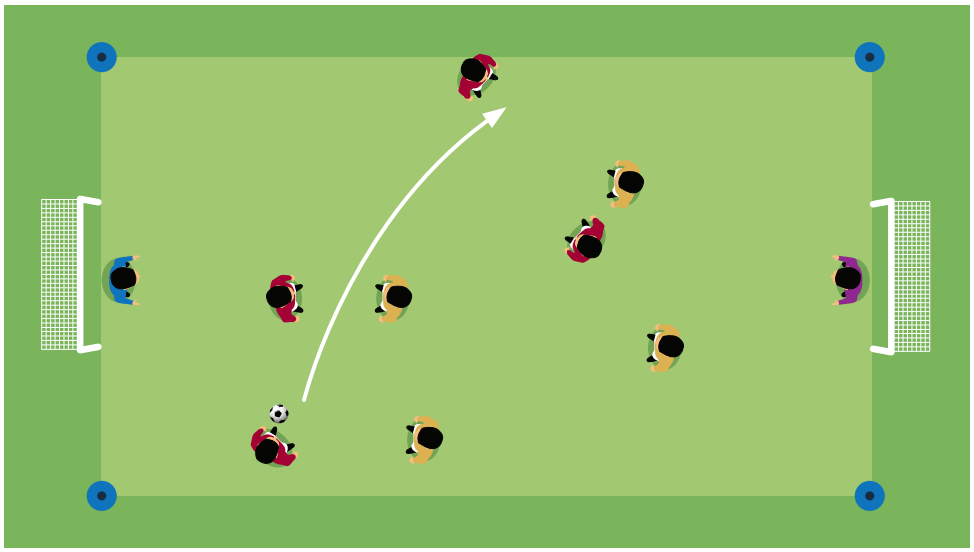


- *Action that involves three players with quick movement of both the ball and players with the purpose of eliminating defenders.*

TACTICAL TERMINOLOGY

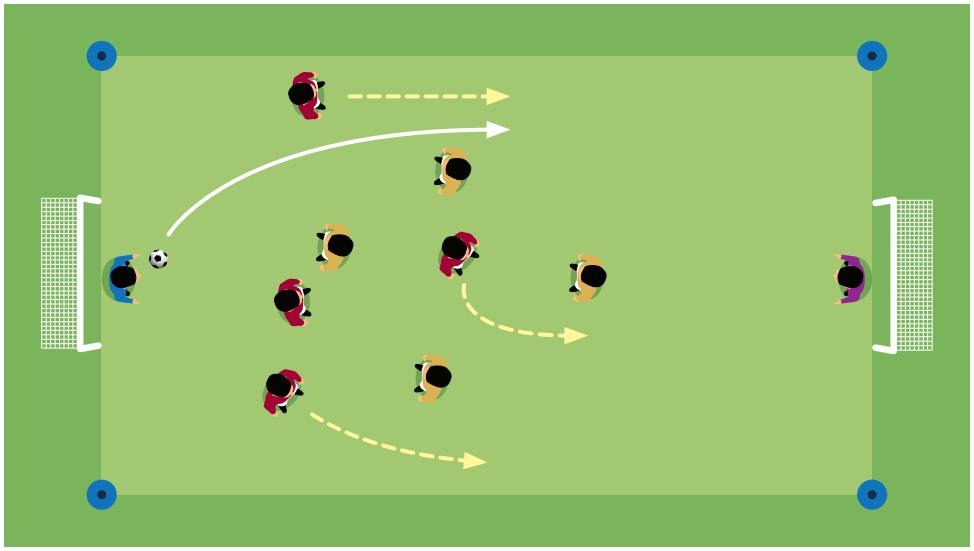
Attacking – Tactical

5. Switching Play: The transferring of the ball from one part of the field to another, generally from one wide area to another, in order to disorganize the defense and create an advantage over the opponents.



A long pass from right-wide player to left-wide player with the purpose of disorganizing the defense and facilitating forward movement of the ball.

6. Counter Attacking: Fast and effective vertical transfer of the ball when possession has been regained in order to surprise and take advantage of the defenders while they are still disorganized.

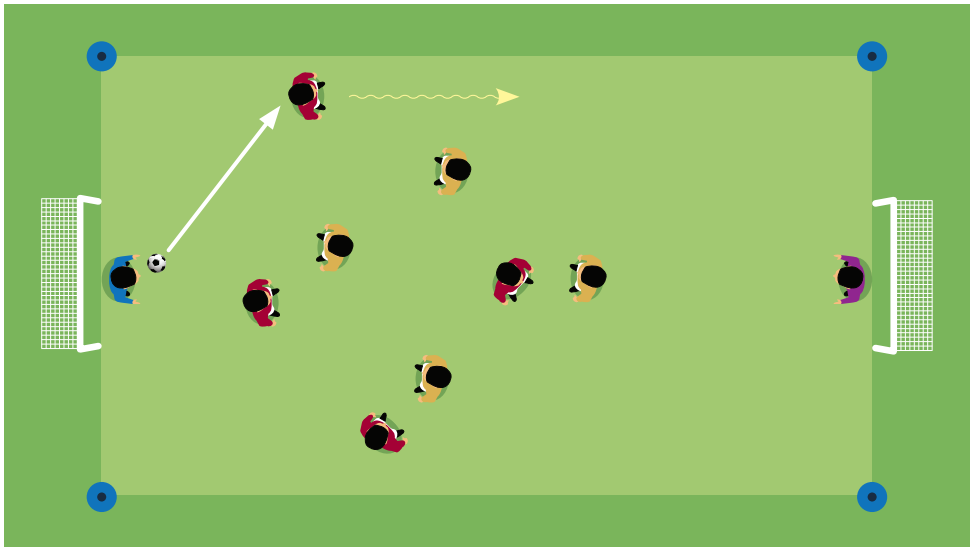


A long pass from the goalkeeper to the left-wide player when possession of the ball is regained, gives the attacking team an advantage over a disorganized defense.

TACTICAL TERMINOLOGY

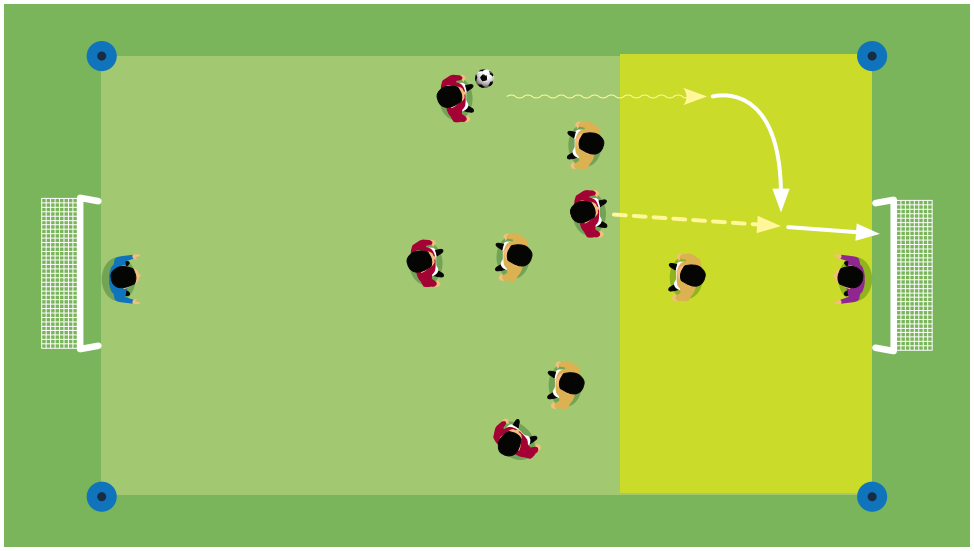
Attacking – Tactical

7. Playing out from the back: The collective action of transferring the ball from the defensive third to advanced attacking areas.



- *The goalkeeper passes the ball forward into the defensive third to the left back. The left back dribbles or passes the ball forward.*

8. Finishing in the final third: The collective actions in the final third of the field with the objective of creating a goal scoring opportunity.



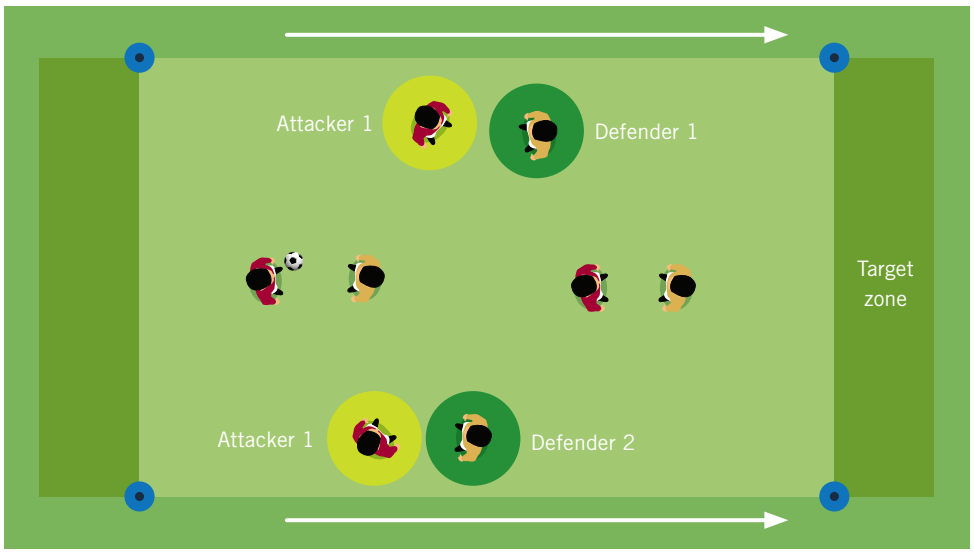
- *The left-sided player dribbles to the final third and crosses the ball, looking for a teammate to finish and score.*

TACTICAL TERMINOLOGY

Defending – Tactical

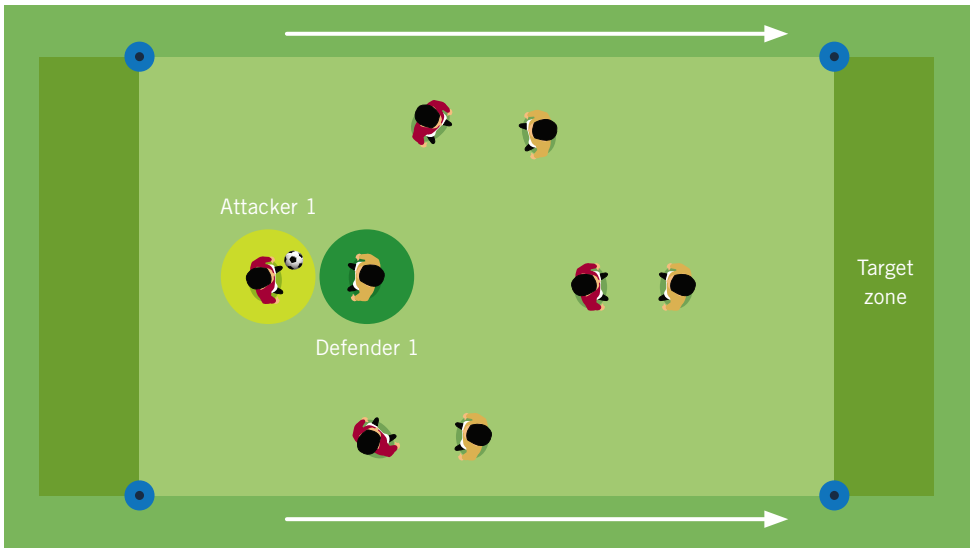
1. Defending Principles: Basic, individual or collective defensive actions of one or more players in order to create a team advantage over the attackers.

1a. Mark: A defender or group of defenders watching over a player or group of players on the attacking team, with the purpose of reducing their chances of participating in the attack.



Defenders cover the passing lanes of the attacking players trying to support the player in possession of the ball.

1b. Press: The individual action of a defensive player who defends with intensity the player in possession of the ball.

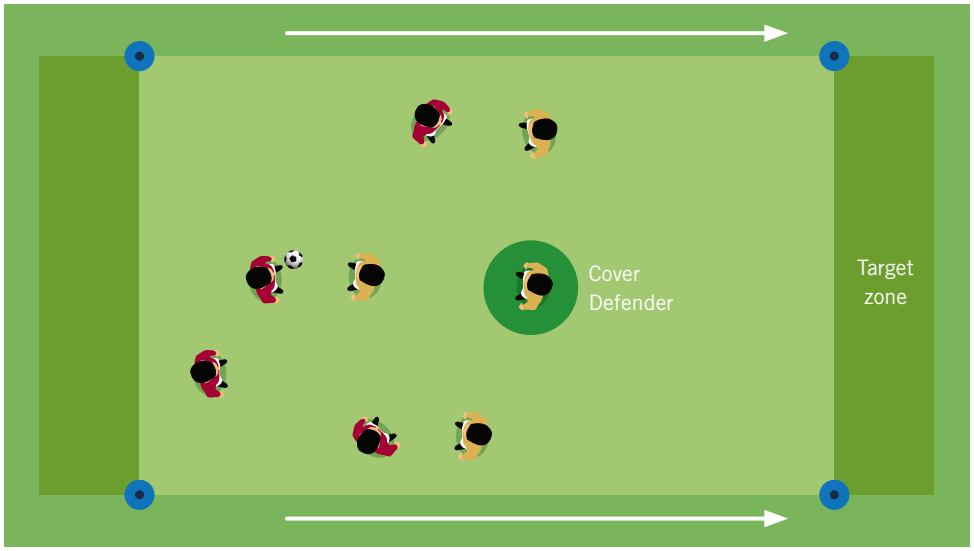


A defender prevents the player in possession of the ball from playing forward or passing to a teammate and attempts to regain possession of the ball.

TACTICAL TERMINOLOGY

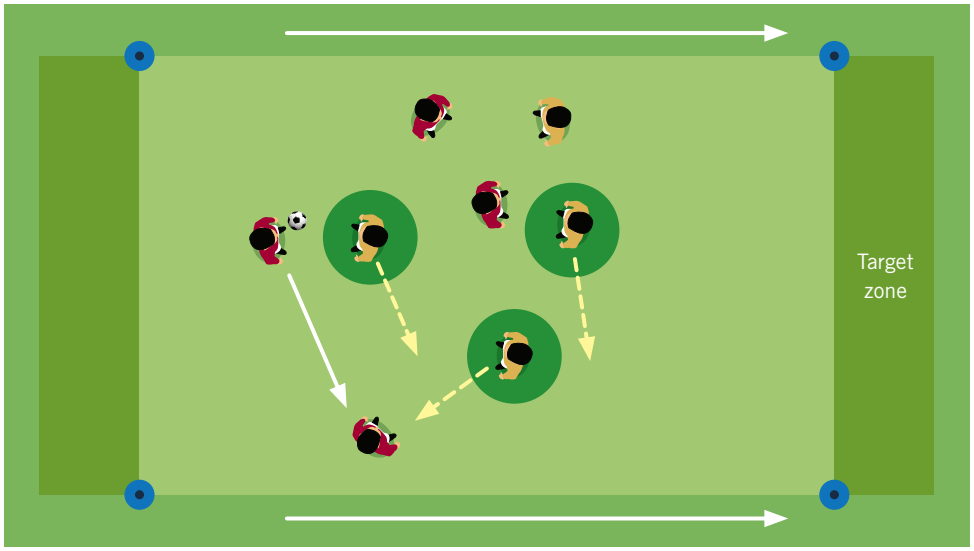
Defending – Tactical

1c. Cover: A player creates a second defensive line in order to facilitate defensive support of a teammate or teammates.



- *A central defender behind the central midfielder helps in case the attacker beats the central midfielder.*

1d. Balance: Coordinated movement of the defending team from one part of the field to another as the ball is transferred to that part of the field with the objective of reorganizing the defense.

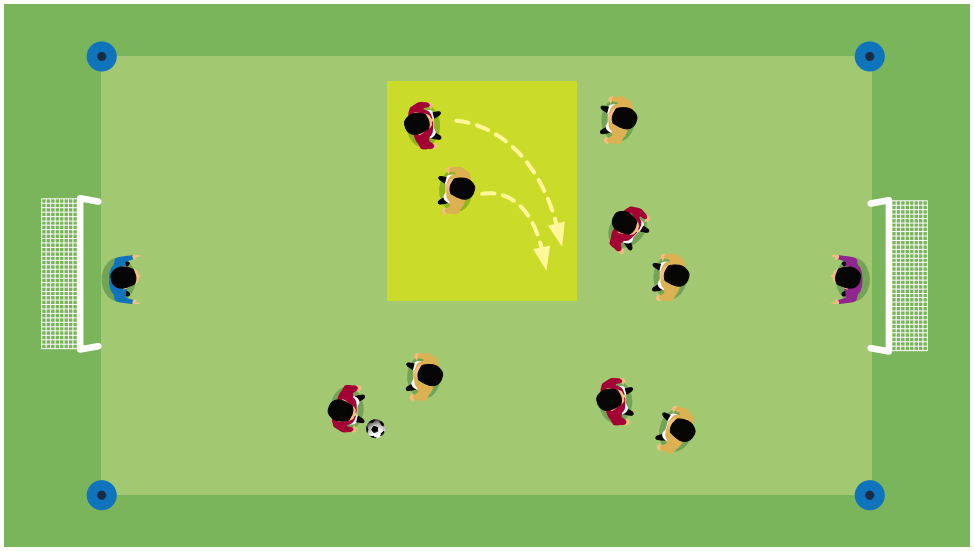


- *The collective movement of the players to reorganize the defense in front of the ball as the ball travels from the central defender to the right defender.*

TACTICAL TERMINOLOGY

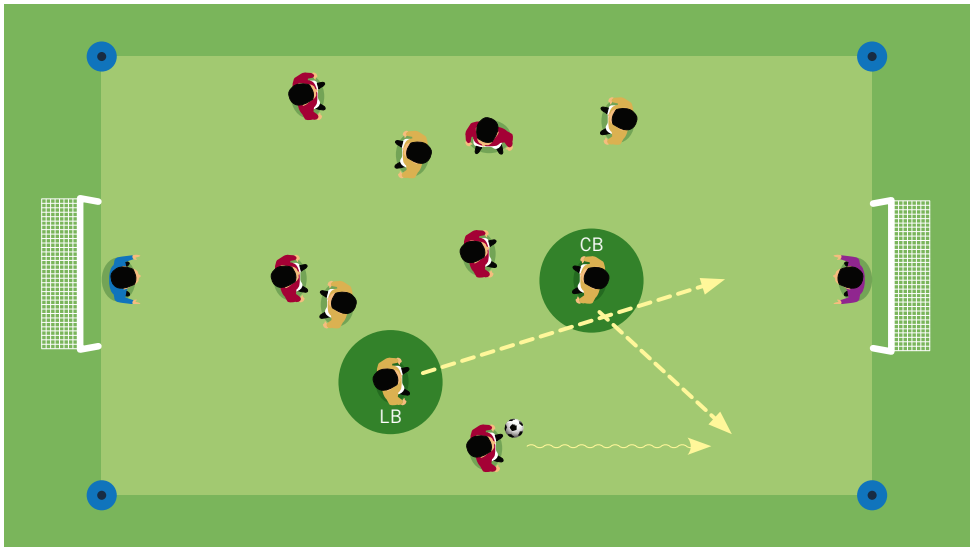
Defending – Tactical

1e. Tracking: A defender chasing an attacking player who is making a forward and/or diagonal movement in front of the ball to generate a passing option.



A midfield defender tracks the midfield attacker to prevent a passing option.

1f. Switching places: The exchange of positions between two defenders in order to be more efficient defensively.

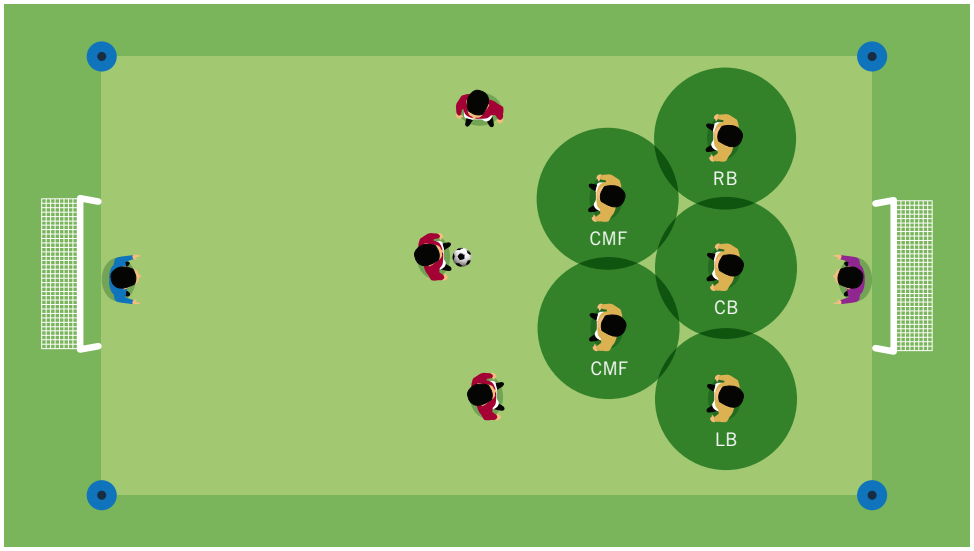


A central back moves to the flank to defend the right-attacker and the left-defender runs to a central area to occupy the center-back position.

TACTICAL TERMINOLOGY

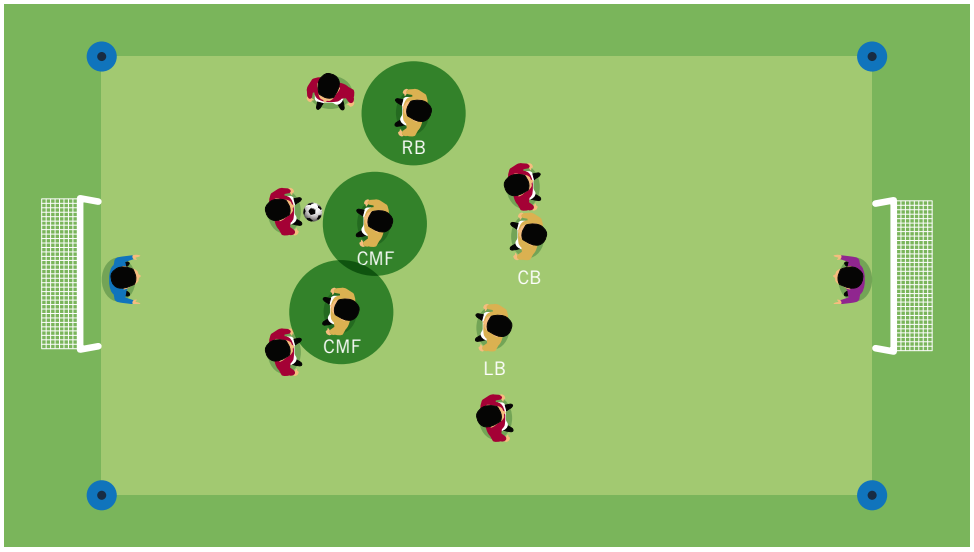
Defending – Tactical

2. Zonal defending: The distribution of defenders into space to create defensive efficiency.



Equal distribution of space between defenders prevents the attackers from reaching the goal.

3. Pressing: Intense, constant and organized defensive action from a group of defenders against the attackers.

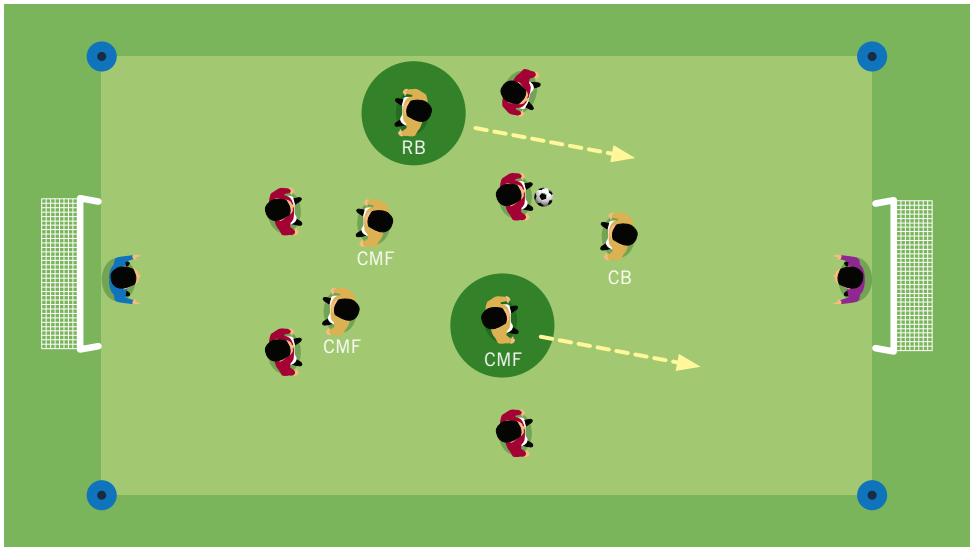


The center-midfield players and right-back pressure the defensive line to regain possession of the ball.

TACTICAL TERMINOLOGY

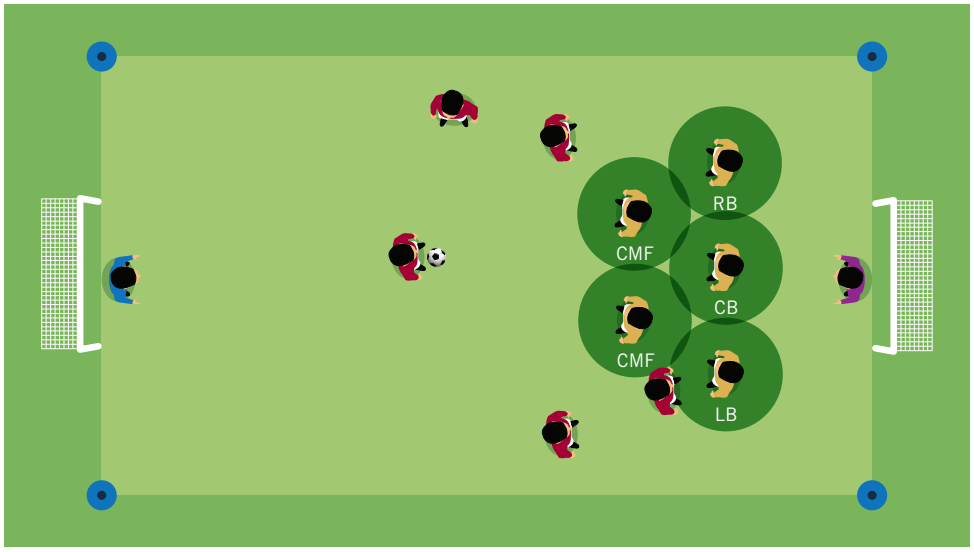
Defending – Tactical

4. Retreat and recovery: Movement of a player or group of players back, toward defensive positions in order to reorganize the team's defensive shape.



- *The right and left defenders run back to reinforce the defensive line closer to goal.*

5. Compactness: A conglomeration of defenders in central areas, protecting their goal and preventing the attacking team from building their attack.



- *Defenders close to their own goal, place themselves close to each other with the purpose of protecting the goal and preventing any clear opportunities for the attackers.*

COACHING CONTENT: TECHNICAL

TECHNICAL

1. **Passing and Receiving**
2. **Running with the Ball**
3. **Dribbling**
4. **Turning**
5. **Shooting**
6. **Ball Control**
7. **Heading**
8. **1v1 Attacking**
9. **Shielding the Ball**
10. **Receiving to Turn**
11. **Crossing and Finishing**
12. **1v1 Defending**
    - Body shape
    - Anticipation
    - Intercepting
    - Prevent Turning
    - Tackling

TECHNICAL TERMINOLOGY

Attacking – Technical

Technique: The ability to efficiently perform a task or specific soccer movement.

1. **Passing and Receiving:** Transferring the ball on the ground or in the air from one player to another from a given distance.
2. **Running with the Ball:** Control of a ball in movement with the feet and on the ground at high speed without modifying its trajectory.
3. **Dribbling:** Close control of a ball in movement, with the feet and on the ground, continuously changing its trajectory.
4. **Turning:** One or more touches on the ball with the purpose of changing direction efficiently.
5. **Shooting:** Striking the ball toward the goal with the objective of scoring.
6. **Ball Control:** Receiving or directing the ball efficiently in the air or on the ground.
7. **Heading:** Striking the ball with any part of the head with the purpose of clearing, passing or scoring.
8. **1v1 Attacking:** Offensive action with control of the ball to beat a specific defender.
9. **Shielding the Ball:** Protecting possession of the ball from a defender.
10. **Receiving to Turn:** A change of direction of the ball with the foot after receiving a pass from a teammate with the purpose of making a second action such as dribbling, passing or shooting.
11. **Crossing and Finishing:** Passing of the ball from wide areas of the field to a central area close to goal with the intention of finding a teammate to score.

TECHNICAL TERMINOLOGY

Defending – Technical

12. 1v1 Defending: Action with the purpose of regaining possession of the ball in control by the opponent.

BODY SHAPE
Posture of the body to efficiently carry out the next defensive action.

ANTICIPATION
Reaction of the player to prevent an attacker from gaining an advantage.

INTERCEPTING
Action to regain possession of the ball while it's transferred between two opponents.

PREVENT TURNING
Pressure on an opponent who has his back to goal and is attempting to change the direction of the ball towards the attacking zone.

TACKLING
Contact made with the foot while the ball is possessed by an opponent and with the purpose of preventing the next offensive action or regaining possession.

COACHING CONTENT: PHYSICAL

Aspects to increase performance

PHYSICAL

1. **Strength**
   - Strength endurance
   - Explosive strength
   - Maximal strength
2. **Endurance**
   - Aerobic capacity
   - Aerobic power
   - Anaerobic lactic
   - Anaerobic alactic
3. **Speed**
   - Reaction
   - Acceleration
   - Maximal speed
   - Speed endurance
   - Acyclic speed
4. **Flexibility & Mobility**
5. **Coordination & Balance**
6. **Agility**
7. **Basic Motor Skills**
8. **Perception & Awareness**

PHYSICAL TERMINOLOGY

Aspects to increase performance

1. **Strength:** The capacity to perform a sudden muscular action of high intensity against resistance.

STRENGTH ENDURANCE
The capacity to maintain a sudden muscular activity of high intensity against resistance throughout a long or a maximal period of time.

EXPLOSIVE STRENGTH
The capacity to perform a sudden muscular action of high intensity against resistance in the shortest period of time possible.

MAXIMAL STRENGTH
The capacity to perform the highest muscular action in a short period of time against resistance.

2. **Endurance:** The capacity to maintain a physical activity of certain intensity during a period of time.

AEROBIC CAPACITY
The ability to perform a predominantly aerobic physical activity.

Explanation: This is an exercise in the presence of oxygen which does not cause significant disruption in the body)i.e. there is a balance between the energy production and energy spent in the body).

Example: Depending on the age and the level of the player this would be a constant and dynamic activity for periods of 4 to 6 minutes and up to 85% of maximal heart rate.

AEROBIC POWER
Capacity to combine the aerobic and anaerobic energy systems for a long period of time with the purpose of obtaining the best performance in dynamic physical activity.

Explanation: This is an exercise in the presence of oxygen but in need of other sources of energy that cause disruption and physical debt in the body. The balance between the energy production and energy spent in the body is being taken to the limit.

Example: Depending on the age and the level of the player this would be a constant and dynamic activity for periods of 2 to 3 minutes and above 85% of maximal heart rate.

ANAEROBIC LACTIC – GLYCOLYTIC POWER
Dynamic high intensity physical activity produces high concentrations of lactic acid during short periods of time.

Explanation: When the intensity of exercise is too high and relatively sustained, the energy systems which use oxygen (aerobic) cannot provide all the energy needed quickly enough. The body requires other energy systems, which creates a debt in the body. This energetic system (anaerobic alactic) produces a substance called lactic acid, which in high quantities, affects and limits the performance of the body during the physical activity. At some point, the intensity of the physical activity has to decrease in order to recycle the lactic acid and to allow high-intensity performance. For this reason, players' tolerance to the production of high -concentrations of lactic acid in the body is important.

Example: Depending on the age and level of the player, this kind of exercise would involve constant and dynamic activity at maximal intensity for periods of 45 seconds.

ANAEROBIC ALACTIC – ALACTIC POWER
Dynamic, high-intensity and brief physical activity using the energy source stored in the muscles.

Explanation: If the intensity of the exercise is too high and the demands for energy too immediate for the body to produce the quantity of energy needed, the activity of the muscles will use the stored energy source. In this case, energy is coming from phosphocretine (Pc) and adenosin triphosphate (ATP). This stored energy source will provide enough time for the body to start obtaining energy from other elaborated energy systems. This anaerobic alactic energy source is limited.

Example: Depending on the age and level of the player, this would be constant and dynamic activity at maximal intensity for periods of 10 seconds.

3. Speed: The capacity to execute a movement or cover a distance in the shortest time possible.

REACTION
The quickest possible processing of information and neuromuscular transmission with the purpose of making a movement.

ACCELERATION
The sudden increase of speed from a standing position or slow pace to a run.

MAXIMAL SPEED
The fastest movement possible of the body or part of the body.

SPEED ENDURANCE
The maintaining of the highest possible speed during the longest possible period of time.

ACYCLIC SPEED
The constant change of speed with or without the ball at high pace depending on external conditions.

4. Flexibility: The capacity of the body or part of the body to combine muscle elasticity and joint mobility to reach the widest range of movement.

MOBILITY
The capacity of the joints to perform wide movements.

5. Coordination: The capacity to articulate efficient movements between different body parts.

BALANCE
The capacity to assess and coordinate internal and external factors affecting the body status to stay in control of the body's movement and/or position.

PHYSICAL TERMINOLOGY

Aspects to increase performance

6. **Agility:** The constant change of speed with or without the ball at high pace, depending on external conditions.
7. **Basic motor skills (BMS):** The essential movements of the body in adapting to the external environment (e.g. walking, runing, jumping, diving or changing direction). Other important BMS related to the body with external elements are catching, throwing, hitting or kicking.
8. **Perception:** The visual efficiency to identify and assess external situations.

AWARENESS

The combination of various senses to identify and assess external situations.

COACHING CONTENT: PSYCHOSOCIAL

Aspects to develop intelligent and mentally strong soccer players

PSYCHOSOCIAL

BASIC

1. Motivation
2. Self Confidence
3. Cooperation
4. Decision-determination

ADVANCED

5. Competitiveness
6. Concentration
7. Commitment
8. Self Control

SOCIAL

9. Communication
10. Respect & Discipline

COACHING CONTENT: SET PIECES AND FORMATIONS

Aspects that help team organization

SET PIECES

1. Kick off
2. Goal Kick
3. Throw-in
4. Corner Kick
5. Direct Free Kick
6. Indirect Free Kick
7. Penalty

FORMATIONS

6-a-side	=	2-1-2
7-a-side	=	2-3-1
8-a-side	=	3-3-1
9-a-side	=	3-2-3/3-3-2
11-a-side	=	4-3-3/4-4-2

COACHING CONTENT: GOALKEEPING

Specific technical, tactical, physical and psychosocial goalkeeping aspects

GOALKEEPING

TECHNICAL

1. Ball Handling
2. Dealing with Crosses
3. Dives & Saves
4. Footwork
5. Positioning
6. Shot Stopping & Blocking

TACTICAL

1. Throws & Distribution
2. Support Play
3. Controlling the Tempo

PHYSICAL

1. Agility & Reaction
2. Coordination & Balance
3. Flexibility
4. Perception & Awareness
5. Strength & Power

PSYCHOSOCIAL

1. Focus/Attention
2. Decision/Determination
3. Communication

COACHING CONTENT SUMMARY

TACTICAL		TECHNICAL	PHYSICAL	PSYCHOSOCIAL	SET PIECES	FORMATIONS	GOALKEEPING
Attacking	**Defending**						
1. Attacking Principles: - Creating space - Support - Width - Depth - Overlaps - Diagonal runs - Playing forward - Speed of play - Switching Positions **2. Possession** **3. Transition** **4. Combination play** **5. Switching play** **6. Counter attacking** **7. Playing out from the back** **8. Finishing in the final third**	**1. Defending Principles:** BASIC - Mark - Press - Cover - Balance ADVANCED - Tracking - Switching places **2. Zonal defending** **3. Pressing** **4. Retreat & recovery** **5. Compactness**	**1. Passing** **2. Running with the ball** **3. Dribbling** **4. Turning** **5. Shooting** **6. Ball control** **7. Heading** **8. 1v1 attacking** **9. Shielding the ball** **10. Receiving to turn** **11. Crossing & Finishing** **12. 1v1 Defending** - Body shape - Anticipation - Intercepting - Prevent turning - Tackling	**1. Strength** - Str. endurance - Explosive str. - Maximal str. **2. Endurance** - Aerobic capacity - Aerobic power - Anaerobic lactic - Anaerobic alactic **3. Speed** - Reaction - Acceleration - Maximal speed - Speed endurance - Acyclic speed **4. Flexibility & Mobility** **5. Coordination** **6. Balance** **7. Agility** **8. Basic motor skills** **9. Perception & Awareness**	**BASIC** **1. Motivation** **2. Self confidence** **3. Cooperation** **4. Decision – determination** **ADVANCED** **5. Competitiveness** **6. Concentration** **7. Commitment** **8. Self control** **SOCIAL** **9. Communication** **10. Respect**	**1. Kick off** **2. Goal kick** **3. Throw-in** **4. Corner kick** **5. Direct free kick** **6. Indirect free kick** **7. Penalty**	**1. 6-a-side** 2-1-2 **2. 7-a-side** 2-3-1 **3. 8-a-side** 3-3-1 **4. 9-a-side** 3-2-3 3-3-2 **5. 11-a-side** 4-3-3 4-4-2	**TECHNICAL** 1. Ball handling 2. Dealing with crosses 3. Dives & saves 4. Footwork 5. Positioning 6. Shot stopping & blocking **TACTICAL** 1. Throws & distribution 2. Support play 3. Controlling tempo **PHYSICAL** 1. Agility & reaction 2. Coordination & balance 3. Flexibility 4. Perception & awareness 5. Strength & power **PSYCHOSOCIAL** 1. Focus/attention 2. Decision/ determination 3. Communication

COACHING STYLE

Below are general coaching guidelines and preparation for our coaches

METHODOLOGY

COMPETITIVE: All games will have a competitive component, rewarding the winning team and creating a healthy competitive spirit and training environment.

BALL: All practices must be done with the ball whenever possible.

FUN: The coach must use his/her creativity to design fun practices which apply to soccer, especially for younger players.

ORGANIZATION

PREPARATION: All coaches will prepare and review a session plan before the session. A record of all session plans will be kept with the coaching department.

DURING THE SESSION: Do not stop the session too often. Players must learn to find solutions without constant coaching. Give clear and accurate coaching points and quickly restart the practice.

EVALUATION: Take a few minutes after the session to review and note what worked well and what needs improvement.

COACHING THE PLAYER

BALL CONTROL AND PASSING: The technique of the player is based upon ball control as well as accuracy of the pass. The quality and direction of the first touch is of paramount importance.

PERCEPTION AND AWARENESS: Emphasize keeping the head up and scanning the field at all times. Perception and awareness are major parts of the game.

SPEED AND REACTION: All practices will incorporate speed in perception, decision making and execution. Increasing individual speed will increase the speed of the whole team.

COACHING THE TEAM

SPACE AND MOVEMENT: Creating space in order to receive the ball and offer passing options to the player in possession is essential. Demonstrate to players how to move at the right time.

ATTACK – DEFENSE: All players attack and defend. Give specific roles and explain the appropriate movements for your players individually and as a team-unit.

SPEED OF PLAY: The main objective of the team will be to play at maximum speed. Reducing the space and number of touches on the ball increases the speed of play.

COACHING ORGANIZATION

Aspects to prepare training sessions

Below we explain the guidelines about coaching-style and how it should look to the coach during the session:

PREPARATION

SESSION PLAN: In order to be efficient during training sessions, all coaches must prepare a session plan. Regardless of a coach's experience, preparation prior to training is essential to a dynamic and rewarding training session.

TIME: The coach has to plan and manage time during the session. For effective management, the coach should indicate the time spent on each exercise in the session plan.

KEY POINTS: Each exercise should have 4 or 5 key, coaching-points gathered in the session plan.

BEFORE THE SESSION

EQUIPMENT: Have all the necessary materials prepared. Goals, balls, multicolor cones and 3 or 4 sets of pinnies should be enough to prepare your session.

INITIAL SET UP: Make sure that you have the spaces organized and plan for a smooth transition from one exercise to another. Minimize the number of cones that you have to pick up or reset.

REVIEW: Take a few minutes just before the training session to review the session plan and the coaching points.

DURING THE SESSION

POSITION DURING THE PRACTICE: Coaches should occupy a central but sideline position during practice which allows a clear, general vision of training and simultaneously permits the observation of small details.

FLEXIBLE: A good coach must be capable of adapting the initial plan of the session to the time available, characteristics of the players and time required for players to learn a given task.

COACHING POINTS: Coaches should cover necessary coaching-points in the session plan depending on players' performance and adaptation.

AFTER THE SESSION

DISCUSSION WITH THE PLAYERS: Do not underestimate the value and impact of a positive comment or individual feedback to a player after the training session.

REVIEW YOUR SESSION PLAN: Review the session plan at the end of the training session and note what worked well and what needs to improve.

EVALUATE YOURSELF: Do not be ashamed to ask for constructive feedback and the opinion of your colleagues in relation to your coaching management and structure of the session.

CREATING AN APPROPRIATE ENVIRONMENT

The four major components to create an appropriate environment

All four components below are interrelated with the four key points in soccer. Developing these components in the training sessions will be essential to create an appropriate environment in order to develop top soccer players.

GAME UNDERSTANDING

This component is related to the **TACTICAL** side of the game. Developing vision and game awareness is crucial from an early age. In soccer, one action is never repeated in exactly the same way and game situations change constantly. Collective practices and experience in different game situations aids the player by improving his/her knowledge of the game.

QUALITY

This component is related to the **TECHNICAL** side of the game. A quality touch of the ball is indispensable to the tactical side of game-efficiency. Technique in soccer allows for great diversity; therefore repeating specific technical actions in a game context provides the player with a wide range of technical movements. Coaches will insist on a clean touch on the ball as well as quality technique.

INTENSITY

This component is related to the **PHYSICAL** side of the game. Practices must be performed at game intensity. Short working periods of high-intensity develops the technical quality and the quick, tactical decisions required in the game. Reproducing game intensity during training sessions is essential to the improvement of the different types of speed and endurance.

COMPETITIVENESS

This component is related to the **PSYCHOSOCIAL** part of the game. Opposed and high-intensity practices are essential in the development of high-quality and competitive players. Developing committed and competitive players from an early age is an indispensable aspect in the creation of successful teams.

Age Group Organization

Director: Claudio Reyna
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AGE GROUP ORGANIZATION

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INTRODUCTION

Organization of player development by age and stage

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.

PLAYER STAGES

Age groups organized by stage

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. 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. Basic motor skills like walking, running or jumping have to be combined with ball handling and ball control.
	U7	
	U8	
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. 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. 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. Speed, coordination, balance and agility are the main physical aspects to improve at this stage.
	U10	
	U11	
	U12	
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. Players must develop discipline at this stage by following the instructions of the coach both during and outside training sessions.
	U14	

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. 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). The physical aspect of the game is key at this stage: endurance, strength and speed will be part of the weekly training routine. Players should be expected to show commitment to the team, concentration in training sessions and competitiveness during the game.
	U16	
	U17	
	U18	
SPECIFIC	U19	All tactical aspects of the game must be covered. Strategy and set pieces are now a major part of the training sessions. The technical and physical work is based on explosive actions.
	U20	
PERFORMANCE	SENIOR	Training methods will be adapted to the type of players and level of competition.

CONTENT DISTRIBUTION BY AGE: TACTICAL

STAGE AND AGE GROUP																	
TACTICAL		INITIAL			BASIC				INTERMEDIATE		ADVANCED				SPECIFIC		Senior
		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	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	→	

WORKLOAD KEY	1= VERY LOW	2= LOW	3= MID	4= HIGH	5= VERY HIGH

CONTENT DISTRIBUTION BY AGE: TECHNICAL

STAGE AND AGE GROUP																
TECHNICAL	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
2. Running with the Ball	2	3	3	4	5	4	3	2	1	→						
3. Dribbling	5	5	4	4	3	3	2	2	2	2	2	1	→			
4. Turning	1	2	3	4	5	5	4	→								
5. Shooting	5	5	5	5	5	5	5	5	5	5	5	5	5			
6. Ball Control	2	3	4	5	5	5	5	4	3	→						
7. Heading			1	1	2	3	4	4	5	4	3	→				
8. 1v1 Attacking	2	3	4	5	5	4	4	4	4	3	3	2	→			
9. Shielding the Ball	1	1	2	2	2	3	3	2	→							
10. Receiving to Turn	1	1	1	2	2	3	3	4	5	5	4	→				
11. Crossing and Finishing			1	2	2	3	3	3	3	4	→					
12. 1v1 Defending				1	2	2	3	4	5	4	4	3	→			

WORKLOAD KEY	1= VERY LOW	2= LOW	3= MID	4= HIGH	5= VERY HIGH

CONTENT DISTRIBUTION BY AGE: PHYSICAL

STAGE AND AGE GROUP																	
PHYSICAL		INITIAL			BASIC				INTERMEDIATE		ADVANCED				SPECIFIC		Senior
		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	→	
	Explosive Strength				1	1	2	2	3	3	4	4	5	→			
	Maximal Strength								1	1	1	1	2	2	1	→	
ENDURANCE	Aerobic Capacity				1	2	2	3	3	4	→						
	Aerobic Power						1	2	3	4	5	→					
	Anaerobic Lactic								1	2	3	4	5	→			
	Anaerobic Alactic				1	1	2	2	3	3	2	→					
SPEED	Reaction	1	2	3	4	4	4	4	5	5	4	3	2	→			
	Acceleration	1	2	3	4	5	5	5	5	5	4	→					
	Maximal speed			1	1	1	2	2	2	2	3	3	2	1	→		
	Speed Endurance				1	2	2	2	3	3	2	1					
	Acyclic Speed	1	2	3	4	5	→										
Flexibility & Mobility		1	1	1	2	2	3	3	4	4	3	→					
Coordination & Balance		2	3	3	4	5	5	4	3	3	2	→					
Agility		3	3	4	4	5	5	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

WORKLOAD KEY	1= VERY LOW	2= LOW	3= MID	4= HIGH	5= VERY HIGH

CONTENT DISTRIBUTION BY AGE: PSYCHOSOCIAL

STAGE AND AGE GROUP																
PSYCHOSOCIAL		INITIAL			BASIC				INTERMEDIATE		ADVANCED				SPECIFIC		Senior
		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
	Self Confidence	5	5	5	4	4	4	4	3	→							
	Cooperation	1	1	1	2	2	3	3	4	4	5	→					
	Decision/Determination	1	1	1	1	1	2	2	3	3	4	4	4	4	5	→	
ADVANCED	Competitiveness		1	1	2	2	3	3	4	4	4	4	5	5	5	→	
	Concentration								1	2	3	3	4	4	5	→	
	Commitment				1	2	3	4	5	→							
	Self Control				1	1	2	2	3	3	4	4	4	4	5	→	
SOCIAL	Communication				1	2	3	3	4	4	5	5	4	3	→		
	Respect & Discipline	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5

WORKLOAD KEY	1= VERY LOW	2= LOW	3= MID	4= HIGH	5= VERY HIGH

Season Plan by Age

INITIAL STAGE (U6-U8)

CURRICULUM – U6 – SEASON PLAN

OBJECTIVES

SCRIMMAGE: Take up good positions during the game

TECHNICAL: Improve basic individual technique

PHYSICAL: Develop coordination and basic motor skills with and without the ball

PSYCHOSOCIAL: Feel comfortable and confident with the ball

By the end of the season the player must be capable of:

1. Handling the ball with at least one foot and both hands
2. Occupying the original position during the game once an action is finished
3. Running, jumping and stopping with and without the ball

ORGANIZATION

Sessions per week	2	Session time	60'
Players per team	12	Game time	30'

SESSION STRUCTURE	
Warm-up	10'
Physical	15'
Technique	20'
Scrimmage	20'
Cool Down & Debrief	5'

ASPECTS TO CONSIDER

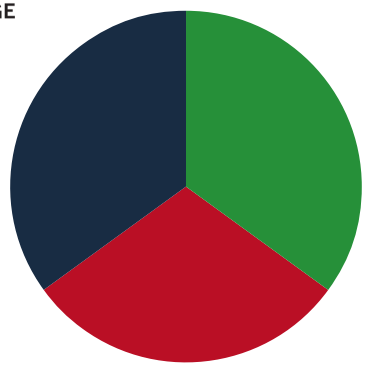
- Size of the practice
- Time of the practice
- Intensity of the practice
- Rules
- Number of players
- Time of contact with the ball

Comments

- Individual games are essential for the player at this age to experiment with the ball.
- Match: We strongly recommend 3v3 or 4v4 games.

CONTENT DISTRIBUTION

INITAL STAGE



SCRIMMAGE 35%	TACTICS 0%	TECHNIQUE 35%	PHYSICAL 30%

CONTENT

TACTICAL

ATTACKING	1. Attacking Principles	
	2. Possession	
	3. Transition	
	4. Combination Play	
	5. Switching Play	
	6. Counter Attacking	
	7. Playing Out From the Back	
	8. Finishing in the Final Third	
DEFENDING	1. Defending Principles	
	2. Zonal Defending	
	3. Pressing	
	4. Retreat & Recovery	
	5. Compactness	

TECHNICAL

1. Passing and Receiving	5
2. Running With the Ball	2
3. Dribbling	5
4. Turning	1
5. Shooting	5
6. Ball Control	2
7. Heading	
8. 1V1 Attacking	2
9. Shielding the Ball	1
10. Receiving to Turn	1
11. Crossing and Finishing	
12. 1V1 Defending	

PHYSICAL

STRENGTH	Strength Endurance	
	Explosive Strength	
	Maximal Strength	
ENDURANCE	Aerobic Capacity	
	Aerobic Power	
	Anaerobic Lactic	
	Anaerobic Alactic	
SPEED	Reaction	1
	Acceleration	1
	Maximal Speed	
	Speed Endurance	
	Acyclic Speed	1
4. Flexibility & Mobility		1
5. Coordination & Balance		2
6. Agility		3
7. Basic Motor Skills		5
8. Perception & Awareness		5

PSYCHOSOCIAL

BASIC	1. Motivation	5
	2. Self confidence	5
	3. Cooperation	1
	4. Decision/Determination	1
ADVANCED	5. Competitiveness	
	6. Concentration	
	7. Commitment	
	8. Self Control	
SOCIAL	9. Communication	
	10. Respect & Discipline	5

CURRICULUM – U7 – SEASON PLAN

OBJECTIVES

SCRIMMAGE: Take up good positions during the game

TECHNICAL: Improve basic individual technique

PHYSICAL: Develop coordination and basic motor skills with and without the ball

PSYCHOSOCIAL: Increase confidence with the ball

By the end of the season the player must be capable of:

1. Handling the ball with both feet and both hands
2. Occupying the original position during the game once an action is finished
3. Basic coordinated movements with and without the ball

ORGANIZATION

Sessions per week	2	Session time	75'
Players per team	12	Game time	40'

SESSION STRUCTURE	
Warm-up	15'
Physical	15'
Technique	25'
Scrimmage	25'
Cool Down & Debrief	5'

ASPECTS TO CONSIDER

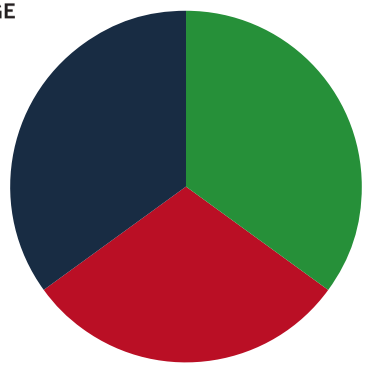
- Size of the practice
- Time of the practice
- Intensity of the practice
- Rules
- Number of players
- Time of contact with the ball

Comments

- Individual and collective games are essential for the player at this age to experiment with the ball.
- Match: We strongly recommend 4v4 games.

CONTENT DISTRIBUTION

INITAL STAGE



SCRIMMAGE	TACTICS	TECHNIQUE	PHYSICAL
35%	0%	35%	30%

CONTENT

TACTICAL

ATTACKING	1. Attacking Principles	
	2. Possession	
	3. Transition	
	4. Combination Play	
	5. Switching Play	
	6. Counter Attacking	
	7. Playing Out From the Back	
	8. Finishing in the Final Third	
DEFENDING	1. Defending Principles	
	2. Zonal Defending	
	3. Pressing	
	4. Retreat & Recovery	
	5. Compactness	

TECHNICAL

1. Passing and Receiving	5
2. Running With the Ball	3
3. Dribbling	5
4. Turning	2
5. Shooting	5
6. Ball Control	3
7. Heading	
8. 1V1 Attacking	3
9. Shielding the Ball	1
10. Receiving to Turn	1
11. Crossing and Finishing	
12. 1V1 Defending	

PHYSICAL

STRENGTH	Strength Endurance	
	Explosive Strength	
	Maximal Strength	
ENDURANCE	Aerobic Capacity	
	Aerobic Power	
	Anaerobic Lactic	
	Anaerobic Alactic	
SPEED	Reaction	2
	Acceleration	2
	Maximal Speed	
	Speed Endurance	
	Acyclic Speed	2
4. Flexibility & Mobility		1
5. Coordination & Balance		3
6. Agility		3
7. Basic Motor Skills		5
8. Perception & Awareness		5

PSYCHOSOCIAL

BASIC	1. Motivation	5
	2. Self confidence	5
	3. Cooperation	1
	4. Decision/Determination	1
ADVANCED	5. Competitiveness	1
	6. Concentration	
	7. Commitment	
	8. Self Control	
SOCIAL	9. Communication	
	10. Respect & Discipline	5

CURRICULUM – U8 – SEASON PLAN

OBJECTIVES

SCRIMMAGE: Balance in relation to the ball and teammates during the game

TECHNICAL: Individual and collective basic soccer techniques

PHYSICAL: Develop speed, coordination and basic motor skills with and without the ball

PSYCHOSOCIAL: Interact with teammates during the training session

By the end of the season the player must be capable of:

1. Stopping and running with the ball at speed
2. Moving forward when attacking and retreating when defending
3. Basic quick movements with and without the ball

ORGANIZATION

Sessions per week	2	Session time	75'
Players per team	12	Game time	40'

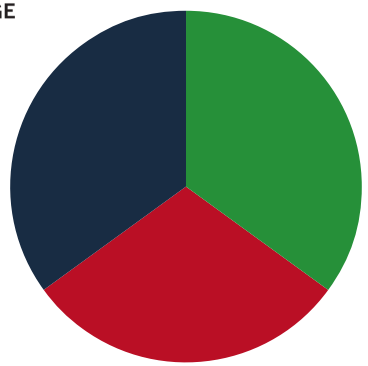
SESSION STRUCTURE		ASPECTS TO CONSIDER
Warm-up	15'	- Size of the practice - Time of the practice - Intensity of the practice - Rules - Number of players - Time of contact with the ball
Physical	15'	
Technique	25'	
Scrimmage	25'	
Cool Down & Debrief	5'	

Comments

- Collective games are essential for the player to start interacting with teammates.
- Match: We strongly recommend 7v7 games.

CONTENT DISTRIBUTION

INITAL STAGE



SCRIMMAGE 35%	TACTICS 0%	TECHNIQUE 35%	PHYSICAL 30%

CONTENT

	TACTICAL		TECHNICAL	
ATTACKING	1. Attacking Principles		1. Passing and Receiving	5
	2. Possession		2. Running With the Ball	3
	3. Transition		3. Dribbling	4
	4. Combination Play		4. Turning	3
	5. Switching Play		5. Shooting	5
	6. Counter Attacking		6. Ball Control	4
	7. Playing Out From the Back		7. Heading	1
	8. Finishing in the Final Third		8. 1V1 Attacking	4
DEFENDING	1. Defending Principles		9. Shielding the Ball	2
	2. Zonal Defending		10. Receiving to Turn	1
	3. Pressing		11. Crossing and Finishing	1
	4. Retreat & Recovery		12. 1V1 Defending	
	5. Compactness			

	PHYSICAL	
STRENGTH	Strength Endurance	
	Explosive Strength	
	Maximal Strength	
ENDURANCE	Aerobic Capacity	
	Aerobic Power	
	Anaerobic Lactic	
	Anaerobic Alactic	
SPEED	Reaction	3
	Acceleration	3
	Maximal Speed	1
	Speed Endurance	
	Acyclic Speed	3
4. Flexibility & Mobility		1
5. Coordination & Balance		3
6. Agility		4
7. Basic Motor Skills		5
8. Perception & Awareness		5

	PSYCHOSOCIAL	
BASIC	1. Motivation	5
	2. Self confidence	5
	3. Cooperation	1
	4. Decision/Determination	1
ADVANCED	5. Competitiveness	1
	6. Concentration	
	7. Commitment	
	8. Self Control	
SOCIAL	9. Communication	
	10. Respect & Discipline	5

Season Plan by Age

BASIC STAGE (U9-U12)

CURRICULUM – U9 – SEASON PLAN

OBJECTIVES

SCRIMMAGE: Efficiently occupy the spaces on the field.

TACTICAL: Creating space to receive the ball and keep possession.

TECHNICAL: Improve individual and collective basic soccer techniques

PHYSICAL: Develop speed, coordination and balance with and without the ball

PSYCHOSOCIAL: Positive interaction with teammates during the game

By the end of the season the player must be capable of:

1. Basic skills in 1v1 situations.
2. Balance in relation to the ball (forward, backwards and side to side)
3. Basic coordinated movements with and without the ball

ORGANIZATION

Sessions per week	3	Session time	90'
Players per team	14	Game time	50'

SESSION STRUCTURE	
Warm-up	10'
Physical	15'
Technique	20'
Tactics	15'
Scrimmage	25'
Cool Down & Debrief	5'

ASPECTS TO CONSIDER

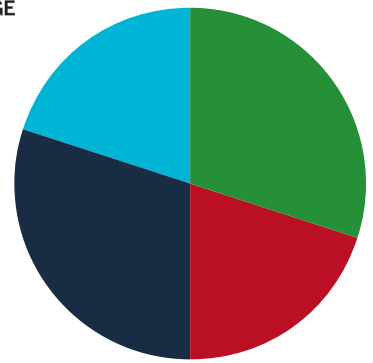
- Size of the practice
- Time of the practice
- Intensity of the practice
- Rules
- Number of players
- Teammates – opposition

Comments

- The player will keep maximum contact with the ball in individual practices and less touches in collective practices.
- Match: We strongly recommend 8v8 and 9v9 games.
- Formations: 3-2-3 in 9-a-side.

CONTENT DISTRIBUTION

BASIC STAGE



SCRIMMAGE 30%	TACTICS 20%	TECHNIQUE 30%	PHYSICAL 20%

CONTENT

TACTICAL

ATTACKING	1. Attacking Principles	3
	2. Possession	2
	3. Transition	1
	4. Combination Play	2
	5. Switching Play	1
	6. Counter Attacking	
	7. Playing Out From the Back	3
	8. Finishing in the Final Third	1
DEFENDING	1. Defending Principles	2
	2. Zonal Defending	2
	3. Pressing	1
	4. Retreat & Recovery	2
	5. Compactness	1

TECHNICAL

1. Passing and Receiving	5
2. Running With the Ball	4
3. Dribbling	4
4. Turning	4
5. Shooting	5
6. Ball Control	5
7. Heading	1
8. 1V1 Attacking	5
9. Shielding the Ball	2
10. Receiving to Turn	2
11. Crossing and Finishing	2
12. 1V1 Defending	1

PHYSICAL

STRENGTH	Strength Endurance	
	Explosive Strength	1
	Maximal Strength	
ENDURANCE	Aerobic Capacity	1
	Aerobic Power	
	Anaerobic Lactic	
	Anaerobic Alactic	1
SPEED	Reaction	4
	Acceleration	4
	Maximal Speed	1
	Speed Endurance	1
	Acyclic Speed	4
4. Flexibility & Mobility		2
5. Coordination & Balance		4
6. Agility		4
7. Basic Motor Skills		4
8. Perception & Awareness		5

PSYCHOSOCIAL

1. Motivation	5
2. Self confidence	4
3. Cooperation	2
4. Decision/Determination	1
5. Competitiveness	2
6. Concentration	
7. Commitment	1
8. Self Control	1
9. Communication	1
10. Respect & Discipline	5

CURRICULUM – U10 – SEASON PLAN

OBJECTIVES

SCRIMMAGE: Efficiently occupy space in relation to the ball and to teammates

TACTICAL: Creating space and applying basic principles

TECHNICAL: Accuracy in individual soccer techniques

PHYSICAL: Develop speed, agility, coordination and balance

PSYCHOSOCIAL: Interact positively and feel confident within the group

By the end of the season the player must be capable of:

1. Being efficient in 1v1 situations
2. Application of basic attacking principles
3. Coordinated movements at speed

ORGANIZATION

Sessions per week	3	Session time	90'
Players per team	14	Game time	50'

SESSION STRUCTURE	
Warm-up	10'
Physical	15'
Technique	20'
Tactics	15'
Scrimmage	25'
Cool Down & Debrief	5'

ASPECTS TO CONSIDER

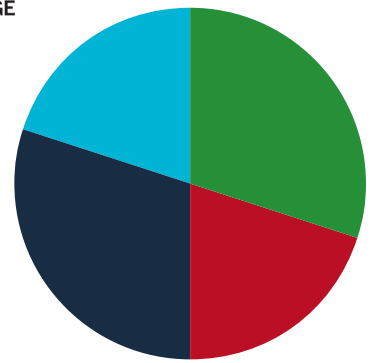
- Size of the practice
- Time of the practice
- Intensity of the practice
- Rules
- Number of players
- Teammates – opposition

Comments

- The player will keep maximum contact with the ball in individual practices and less touches in collective practices.
- Match: We strongly recommend 8v8 and 9v9 games.
- Formations: 3-2-3 in 9-a-side.

CONTENT DISTRIBUTION

BASIC STAGE



SCRIMMAGE 30%	TACTICS 20%	TECHNIQUE 30%	PHYSICAL 20%

CONTENT

TACTICAL

ATTACKING	1. Attacking Principles	3
	2. Possession	3
	3. Transition	2
	4. Combination Play	3
	5. Switching Play	1
	6. Counter Attacking	
	7. Playing Out From the Back	3
	8. Finishing in the Final Third	2
DEFENDING	1. Defending Principles	3
	2. Zonal Defending	2
	3. Pressing	1
	4. Retreat & Recovery	2
	5. Compactness	1

TECHNICAL

1. Passing and Receiving	5
2. Running With the Ball	5
3. Dribbling	3
4. Turning	5
5. Shooting	5
6. Ball Control	5
7. Heading	2
8. 1V1 Attacking	5
9. Shielding the Ball	2
10. Receiving to Turn	2
11. Crossing and Finishing	2
12. 1V1 Defending	2

PHYSICAL

STRENGTH	Strength Endurance	
	Explosive Strength	1
	Maximal Strength	
ENDURANCE	Aerobic Capacity	2
	Aerobic Power	
	Anaerobic Lactic	
	Anaerobic Alactic	1
SPEED	Reaction	4
	Acceleration	5
	Maximal Speed	1
	Speed Endurance	2
	Acyclic Speed	5
4. Flexibility & Mobility		2
5. Coordination & Balance		5
6. Agility		5
7. Basic Motor Skills		2
8. Perception & Awareness		5

PSYCHOSOCIAL

1. Motivation	5
2. Self confidence	4
3. Cooperation	2
4. Decision/Determination	1
5. Competitiveness	2
6. Concentration	
7. Commitment	2
8. Self Control	1
9. Communication	2
10. Respect & Discipline	5

CURRICULUM – U11 – SEASON PLAN

OBJECTIVES

SCRIMMAGE: Match focus is on possession and transition.

TACTICAL: Improve attacking principles and basic defending

TECHNICAL: Accuracy and speed in individual and collective techniques

PHYSICAL: Improve speed, agility, coordination and balance

PSYCHOSOCIAL: Cooperate with teammates in collective tasks

ORGANIZATION

Sessions per week	3	Session time	90'
Players per team	14	Game time	60'

SESSION STRUCTURE		ASPECTS TO CONSIDER
Warm-up	10'	- Size of the practice - Time of the practice - Intensity of the practice - Rules - Number of players - Teammates – opposition
Physical	15'	
Technique	20'	
Tactics	15'	
Scrimmage	25'	
Cool Down & Debrief	5'	

By the end of the season the player must be capable of:

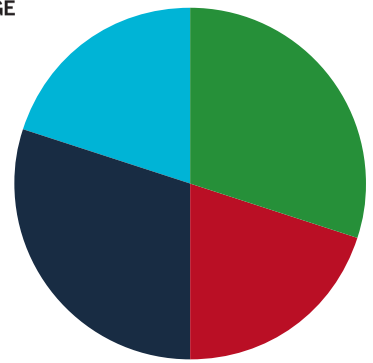
1. Application of technique in game situations
2. Application of attacking and defending principles in slightly opposed collective practices
3. Agility and speed movements with and without the ball

Comments

- Prepare collective practices with the ball to develop the technical and tactical intelligence of the player.
- Match: We strongly recommend 9v9 games.
- Formations: 3-2-3 in 9-a-side and 4-3-3 in 11-a-side.

CONTENT DISTRIBUTION

BASIC STAGE



SCRIMMAGE 30%	TACTICS 20%	TECHNIQUE 30%	PHYSICAL 20%

CONTENT

TACTICAL

ATTACKING	1. Attacking Principles	4
	2. Possession	4
	3. Transition	3
	4. Combination Play	4
	5. Switching Play	2
	6. Counter Attacking	1
	7. Playing Out From the Back	4
	8. Finishing in the Final Third	3
DEFENDING	1. Defending Principles	4
	2. Zonal Defending	3
	3. Pressing	2
	4. Retreat & Recovery	3
	5. Compactness	1

TECHNICAL

1. Passing and Receiving	5
2. Running With the Ball	4
3. Dribbling	3
4. Turning	5
5. Shooting	5
6. Ball Control	5
7. Heading	3
8. 1V1 Attacking	4
9. Shielding the Ball	3
10. Receiving to Turn	3
11. Crossing and Finishing	3
12. 1V1 Defending	2

PHYSICAL

STRENGTH	Strength Endurance	
	Explosive Strength	2
	Maximal Strength	
ENDURANCE	Aerobic Capacity	2
	Aerobic Power	1
	Anaerobic Lactic	
	Anaerobic Alactic	2
SPEED	Reaction	4
	Acceleration	5
	Maximal Speed	2
	Speed Endurance	2
	Acyclic Speed	5
4. Flexibility & Mobility		3
5. Coordination & Balance		5
6. Agility		5
7. Basic Motor Skills		2
8. Perception & Awareness		5

PSYCHOSOCIAL

1. Motivation	5
2. Self confidence	4
3. Cooperation	3
4. Decision/Determination	2
5. Competitiveness	3
6. Concentration	
7. Commitment	3
8. Self Control	2
9. Communication	3
10. Respect & Discipline	5

CURRICULUM – U12 – SEASON PLAN

OBJECTIVES

SCRIMMAGE: Improve possession and transition as well as collective defending during the match

TACTICAL: Develop attacking/defending principles and combination play

TECHNICAL: Focus on quality of passing and receiving technique as well as ball control in game situations

PHYSICAL: Compete to increase speed, agility, coordination and balance in competitive games

PSYCHOSOCIAL: Increase collective self-confidence

By the end of the season the player must be capable of:

1. Application of technique at speed in game situations
2. Application of attacking and defending principles in games
3. Agility, coordination and speed movements in simple practices

ORGANIZATION

Sessions per week	3	Session time	90'
Players per team	14	Game time	60'

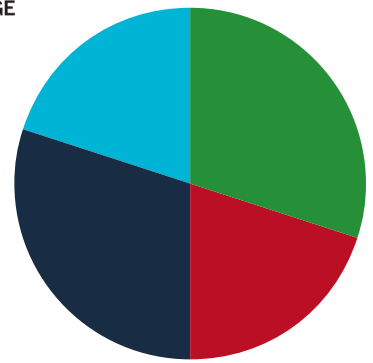
SESSION STRUCTURE		ASPECTS TO CONSIDER
Warm-up	10'	- Size of the practice - Time of the practice - Intensity of the practice - Rules - Number of players - Teammates, opposition and support players
Physical	15'	
Technique	20'	
Tactics	15'	
Scrimmage	25'	
Cool Down & Debrief	5'	

Comments

- Prepare collective practices with the ball to develop the technical and tactical intelligence of the player.
- Match: We strongly recommend 9v9 games.
- Formations: 3-2-3 in 9-a-side and 4-3-3 in 11-a-side.

CONTENT DISTRIBUTION

BASIC STAGE



SCRIMMAGE 30%	TACTICS 20%	TECHNIQUE 30%	PHYSICAL 20%

CONTENT

TACTICAL

ATTACKING	1. Attacking Principles	4
	2. Possession	5
	3. Transition	4
	4. Combination Play	5
	5. Switching Play	3
	6. Counter Attacking	1
	7. Playing Out From the Back	4
	8. Finishing in the Final Third	4
DEFENDING	1. Defending Principles	4
	2. Zonal Defending	3
	3. Pressing	2
	4. Retreat & Recovery	3
	5. Compactness	1

TECHNICAL

1. Passing and Receiving	5
2. Running With the Ball	3
3. Dribbling	2
4. Turning	4
5. Shooting	5
6. Ball Control	5
7. Heading	4
8. 1V1 Attacking	4
9. Shielding the Ball	3
10. Receiving to Turn	3
11. Crossing and Finishing	3
12. 1V1 Defending	3

PHYSICAL

STRENGTH	Strength Endurance	
	Explosive Strength	2
	Maximal Strength	
ENDURANCE	Aerobic Capacity	3
	Aerobic Power	2
	Anaerobic Lactic	
	Anaerobic Alactic	2
SPEED	Reaction	4
	Acceleration	5
	Maximal Speed	2
	Speed Endurance	2
	Acyclic Speed	5
4. Flexibility & Mobility		3
5. Coordination & Balance		4
6. Agility		4
7. Basic Motor Skills		1
8. Perception & Awareness		5

PSYCHOSOCIAL

1. Motivation	5
2. Self confidence	4
3. Cooperation	3
4. Decision/Determination	2
5. Competitiveness	3
6. Concentration	
7. Commitment	4
8. Self Control	2
9. Communication	3
10. Respect & Discipline	5

Season Plan by Age

INTERMEDIATE STAGE (U13-U14)

CURRICULUM – U13 – SEASON PLAN

OBJECTIVES

SCRIMMAGE: Coordinate possession, transition and finishing

TACTICAL: Improve attacking coordinated movements and zonal defending

TECHNICAL: Focus on quality of passing and receiving technique and ball control in small spaces

PHYSICAL: Basic development of speed, endurance and strength

PSYCHOSOCIAL: Commitment to the team and focus in training

By the end of the season the player must be capable of:

1. Passing the ball at speed in reduced spaces
2. Combination play and communication with teammates
3. Combine endurance and speed during the game

ORGANIZATION

Sessions per week	3	Session time	90'
Players per team	16	Game time	70'

SESSION STRUCTURE	
Warm-up	10'
Physical	15'
Technique	15'
Tactics	20'
Scrimmage	25'
Cool Down & Debrief	5'

ASPECTS TO CONSIDER

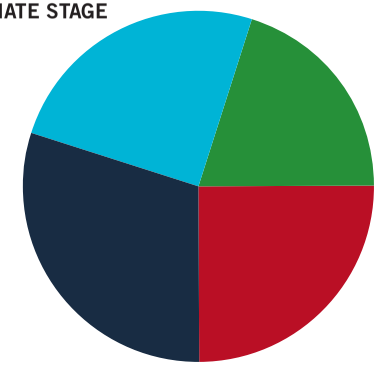
- Size of the practice
- Time of the practice
- Intensity of the practice
- Rules
- Number of players
- Teammates, opposition and support players

Comments

- Use the contrast of small spaces for possession practices and bigger spaces for transition practices
- Match: 11v11 games.
- Formations: 4-3-3

CONTENT DISTRIBUTION

INTERMEDIATE STAGE



SCRIMMAGE 30%	TACTICS 25%	TECHNIQUE 20%	PHYSICAL 25%

CONTENT

TACTICAL

ATTACKING	1. Attacking Principles	5
	2. Possession	5
	3. Transition	5
	4. Combination Play	5
	5. Switching Play	3
	6. Counter Attacking	2
	7. Playing Out From the Back	5
	8. Finishing in the Final Third	5
DEFENDING	1. Defending Principles	5
	2. Zonal Defending	4
	3. Pressing	3
	4. Retreat & Recovery	4
	5. Compactness	2

TECHNICAL

1. Passing and Receiving	5
2. Running With the Ball	2
3. Dribbling	2
4. Turning	4
5. Shooting	5
6. Ball Control	4
7. Heading	4
8. 1V1 Attacking	4
9. Shielding the Ball	2
10. Receiving to Turn	4
11. Crossing and Finishing	3
12. 1V1 Defending	4

PHYSICAL

STRENGTH	Strength Endurance	1
	Explosive Strength	3
	Maximal Strength	1
ENDURANCE	Aerobic Capacity	3
	Aerobic Power	3
	Anaerobic Lactic	1
	Anaerobic Alactic	3
SPEED	Reaction	5
	Acceleration	5
	Maximal Speed	2
	Speed Endurance	3
	Acyclic Speed	5
4. Flexibility & Mobility		4
5. Coordination & Balance		3
6. Agility		4
7. Basic Motor Skills		
8. Perception & Awareness		5

PSYCHOSOCIAL

1. Motivation	5
2. Self confidence	3
3. Cooperation	4
4. Decision/Determination	3
5. Competitiveness	4
6. Concentration	1
7. Commitment	5
8. Self Control	3
9. Communication	3
10. Respect & Discipline	5

CURRICULUM – U14 – SEASON PLAN

OBJECTIVES

SCRIMMAGE: Coordinate playing out from the back, possession, transition, combination play and finishing during the game

TACTICAL: Application of attaching principles to create combination play

TECHNICAL: Focus on quality of passing and receiving technique, ball control and finishing in small and big spaces

PHYSICAL: General development of endurance, speed and strength

PSYCHOSOCIAL: Competition in individual and team situations

By the end of the season the player must be capable of:

1. Playing short and long accurate passes in collective practices.
2. Combination play and communication with teammates
3. Combine endurance and speed during the game

ORGANIZATION

Sessions per week	4	Session time	90'
Players per team	16	Game time	70'

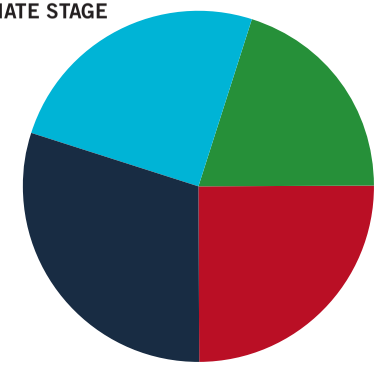
SESSION STRUCTURE		ASPECTS TO CONSIDER
Warm-up	10'	- Size of the practice - Time of the practice - Intensity of the practice - Rules - Number of players - Teammates, opposition and support players
Physical	15'	
Technique	15'	
Tactics	20'	
Scrimmage	25'	
Cool Down & Debrief	5'	

Comments

- Use the contrast of small spaces for possession practices and bigger spaces for transition practices
- Match: 11v11 games.
- Formations: 4-3-3

CONTENT DISTRIBUTION

INTERMEDIATE STAGE



SCRIMMAGE 30%	TACTICS 25%	TECHNIQUE 20%	PHYSICAL 25%

CONTENT

	TACTICAL		TECHNICAL	
ATTACKING	1. Attacking Principles	5	1. Passing and Receiving	5
	2. Possession	5	2. Running With the Ball	1
	3. Transition	5	3. Dribbling	2
	4. Combination Play	5	4. Turning	4
	5. Switching Play	4	5. Shooting	5
	6. Counter Attacking	3	6. Ball Control	3
	7. Playing Out From the Back	5	7. Heading	5
	8. Finishing in the Final Third	5	8. 1V1 Attacking	4
DEFENDING	1. Defending Principles	5	9. Shielding the Ball	2
	2. Zonal Defending	4	10. Receiving to Turn	5
	3. Pressing	3	11. Crossing and Finishing	3
	4. Retreat & Recovery	4	12. 1V1 Defending	5
	5. Compactness	2		

	PHYSICAL	
STRENGTH	Strength Endurance	2
	Explosive Strength	3
	Maximal Strength	1
ENDURANCE	Aerobic Capacity	4
	Aerobic Power	4
	Anaerobic Lactic	1
	Anaerobic Alactic	3
SPEED	Reaction	5
	Acceleration	5
	Maximal Speed	2
	Speed Endurance	3
	Acyclic Speed	5
4. Flexibility & Mobility		4
5. Coordination & Balance		3
6. Agility		4
7. Basic Motor Skills		
8. Perception & Awareness		5

PSYCHOSOCIAL	
1. Motivation	5
2. Self confidence	3
3. Cooperation	4
4. Decision/Determination	3
5. Competitiveness	4
6. Concentration	2
7. Commitment	5
8. Self Control	3
9. Communication	4
10. Respect & Discipline	5

Season Plan by Age

ADVANCED STAGE (U15-U18)

CURRICULUM – U15 – SEASON PLAN

OBJECTIVES

SCRIMMAGE: Development of possession of the ball at speed and quick organisation of zonal defending

TACTICAL: Application of attaching and defending principles in SSG

TECHNICAL: Focus on speed of passing and receiving technique, ball controlling in small spaces

PHYSICAL: Basic development of aerobic power, acyclic speed and explosive strength

PSYCHOSOCIAL: Commitment to the team

By the end of the season the player must be capable of:

1. Playing short passes at speed in small spaces.
2. Coordination of tactical principles with teammates.
3. Show good fitness in mid/high demanding aerobic power practices

ORGANIZATION

Sessions per week	4	Session time	90'
Players per team	18	Game time	80'

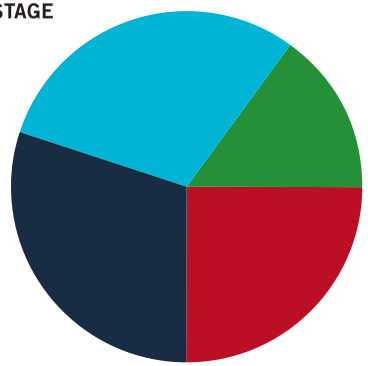
SESSION STRUCTURE		ASPECTS TO CONSIDER
Warm-up	10'	- Size of the practice - Time of the practice - Intensity of the practice - Rules - Number of players - Teammates, opposition and support players
Physical	20'	
Technique	10'	
Tactics	20'	
Scrimmage	25'	
Cool Down & Debrief	5'	

Comments

- Use small spaces to develop technique and big spaces to develop tactical concepts
- Match: 11v11 games.
- Formations: 4-3-3 & 4-4-2

CONTENT DISTRIBUTION

ADVANCED STAGE



SCRIMMAGE 30%	TACTICS 30%	TECHNIQUE 15%	PHYSICAL 25%

CONTENT

	TACTICAL		TECHNICAL		PHYSICAL			PSYCHOSOCIAL	
ATTACKING	1. Attacking Principles	5	1. Passing and Receiving	5	STRENGTH	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	ENDURANCE	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	SPEED	Reaction	4	8. Self Control	4
DEFENDING	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

SCRIMMAGE: Development possession and transition of the ball at speed and quick organisation for zonal defending retreat & recovery

TACTICAL: Application of attaching and defending principles at speed

TECHNICAL: Focus on speed of passing and receiving technique as well as ball control in small and big spaces

PHYSICAL: Development of aerobic power, acyclic speed and explosive strength

PSYCHOSOCIAL: Commitment to teammates in accomplishing specific tasks

By the end of the season the player must be capable of:

1. Playing short passes at speed in small and big spaces.
2. Coordinate of tactical principles movements with teammates at speed.
3. Show good fitness in high demanding aerobic power practices

ORGANIZATION

Sessions per week	4	Session time	90'
Players per team	18	Game time	80'

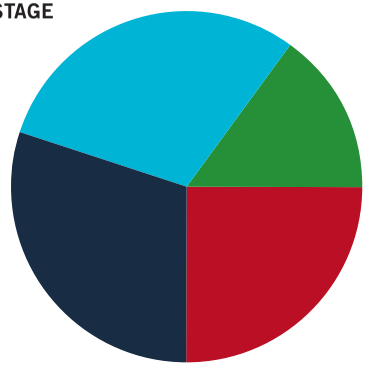
SESSION STRUCTURE		ASPECTS TO CONSIDER
Warm-up	10'	- Size of the practice - Time of the practice - Intensity of the practice - Rules - Number of players - Teammates, opposition and support players
Physical	20'	
Technique	10'	
Tactics	20'	
Scrimmage	25'	
Cool Down & Debrief	5'	

Comments

- Use small spaces to develop technique and big spaces to develop tactical concepts
- Match: 11v11 games.
- Formations: 4-3-3 & 4-4-2

CONTENT DISTRIBUTION

ADVANCED STAGE



SCRIMMAGE 30%	TACTICS 30%	TECHNIQUE 15%	PHYSICAL 25%

CONTENT

TACTICAL			TECHNICAL	
ATTACKING	1. Attacking Principles	5	1. Passing and Receiving	5
	2. Possession	5	2. Running With the Ball	1
	3. Transition	5	3. Dribbling	2
	4. Combination Play	5	4. Turning	4
	5. Switching Play	4	5. Shooting	5
	6. Counter Attacking	4	6. Ball Control	3
	7. Playing Out From the Back	5	7. Heading	3
	8. Finishing in the Final Third	5	8. 1V1 Attacking	3
DEFENDING	1. Defending Principles	5	9. Shielding the Ball	2
	2. Zonal Defending	5	10. Receiving to Turn	4
	3. Pressing	4	11. Crossing and Finishing	4
	4. Retreat & Recovery	5	12. 1V1 Defending	4
	5. Compactness	3		

PHYSICAL		
STRENGTH	Strength Endurance	3
	Explosive Strength	4
	Maximal Strength	1
ENDURANCE	Aerobic Capacity	4
	Aerobic Power	5
	Anaerobic Lactic	2
	Anaerobic Alactic	2
SPEED	Reaction	3
	Acceleration	4
	Maximal Speed	3
	Speed Endurance	1
	Acyclic Speed	5
4. Flexibility & Mobility		3
5. Coordination & Balance		2
6. Agility		4
7. Basic Motor Skills		
8. Perception & Awareness		5

PSYCHOSOCIAL		
	1. Motivation	5
	2. Self confidence	3
	3. Cooperation	5
	4. Decision/Determination	4
	5. Competitiveness	4
	6. Concentration	3
	7. Commitment	5
	8. Self Control	4
	9. Communication	5
	10. Respect & Discipline	5

CURRICULUM – U17 – SEASON PLAN

OBJECTIVES

SCRIMMAGE: Develop transition and finishing at speed as well as organization for pressing, retreat & recovery

TACTICAL: Improvement of quick transitions, attacking in the final third and pressing

TECHNICAL: Focus on perception and quick execution of passing, ball controlling and finishing at speed in the game

PHYSICAL: Increase of aerobic power, acyclic speed and explosive strength

PSYCHOSOCIAL: Maintaining concentration in training sessions and games

By the end of the season the player must be capable of:

1. Making passes and finishing at speed in SSG.
2. Coordinating with teammates in fast transition and pressing when possession is lost
3. Good technique in high-intensity, aerobic power practices

ORGANIZATION

Sessions per week	4/5	Session time	120'
Players per team	18	Game time	90'

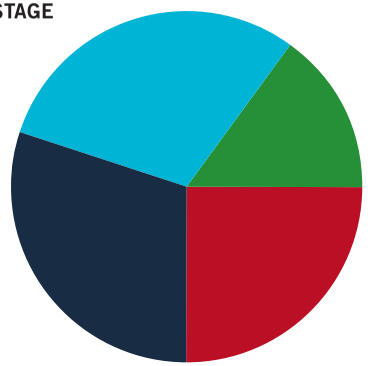
SESSION STRUCTURE		ASPECTS TO CONSIDER
Warm-up	10'	- Size of the practice - Time of the practice - Intensity of the practice - Rules - Number of players - Teammates, opposition and support players
Physical	25'	
Technique	20'	
Tactics	30'	
Scrimmage	30'	
Cool Down & Debrief	5'	

Comments

- Use intense practices using 1 or more of the thirds of the fields
- Match: 11v11 games.
- Formations: 4-3-3 & 4-4-2

CONTENT DISTRIBUTION

ADVANCED STAGE



SCRIMMAGE 30%	TACTICS 30%	TECHNIQUE 15%	PHYSICAL 25%

CONTENT

TACTICAL

ATTACKING	1. Attacking Principles	5
	2. Possession	5
	3. Transition	5
	4. Combination Play	5
	5. Switching Play	4
	6. Counter Attacking	5
	7. Playing Out From the Back	5
	8. Finishing in the Final Third	5
DEFENDING	1. Defending Principles	4
	2. Zonal Defending	4
	3. Pressing	5
	4. Retreat & Recovery	5
	5. Compactness	4

TECHNICAL

1. Passing and Receiving	5
2. Running With the Ball	1
3. Dribbling	1
4. Turning	4
5. Shooting	5
6. Ball Control	3
7. Heading	3
8. 1V1 Attacking	2
9. Shielding the Ball	2
10. Receiving to Turn	4
11. Crossing and Finishing	4
12. 1V1 Defending	3

PHYSICAL

STRENGTH	Strength Endurance	3
	Explosive Strength	5
	Maximal Strength	2
ENDURANCE	Aerobic Capacity	4
	Aerobic Power	5
	Anaerobic Lactic	3
	Anaerobic Alactic	2
SPEED	Reaction	3
	Acceleration	4
	Maximal Speed	2
	Speed Endurance	
	Acyclic Speed	5
4. Flexibility & Mobility		3
5. Coordination & Balance		2
6. Agility		4
7. Basic Motor Skills		
8. Perception & Awareness		5

PSYCHOSOCIAL

1. Motivation	5
2. Self confidence	3
3. Cooperation	5
4. Decision/Determination	4
5. Competitiveness	5
6. Concentration	4
7. Commitment	5
8. Self Control	4
9. Communication	4
10. Respect & Discipline	5

CURRICULUM – U18 – SEASON PLAN

OBJECTIVES

SCRIMMAGE: Develop speed in the game, focus in counter attacking and pressing

TACTICAL: Improvement of quick transitions, counter attacking and positional attacking in the final third as well pressing and zonal defending

TECHNICAL: Focus on perception and quick execution of passing, ball controlling, receiving to turn at speed and finishing

PHYSICAL: Improvement of high-level aerobic power and specific acyclic speed as well as repetitive explosive strength

PSYCHOSOCIAL: Increase concentration and self control

By the end of the season the player must be capable of:

1. Making passes, receiving to turn and finishing at speed under pressure
2. Coordinate the counter attack and pressing in SSG
3. Good technique under pressure in fatigue

ORGANIZATION

Sessions per week	4/5	Session time	120'
Players per team	18	Game time	90'

SESSION STRUCTURE	
Warm-up	15'
Physical	25'
Technique	20'
Tactics	30'
Scrimmage	30'
Cool Down & Debrief	5'

ASPECTS TO CONSIDER

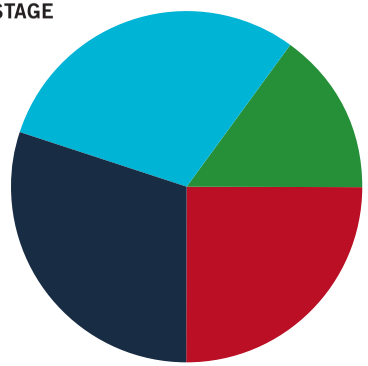
- Size of the practice
- Time of the practice
- Intensity of the practice
- Rules
- Number of players
- Teammates, opposition and support players

Comments

- Use small spaces to develop technique and focus in one or more thirds of the field for tactical aspects of the game
- Match: 11v11 games.
- Formations: 4-3-3 & 4-4-2

CONTENT DISTRIBUTION

ADVANCED STAGE



SCRIMMAGE 30%	TACTICS 30%	TECHNIQUE 15%	PHYSICAL 25%

CONTENT

TACTICAL

ATTACKING	1. Attacking Principles	5
	2. Possession	5
	3. Transition	5
	4. Combination Play	5
	5. Switching Play	4
	6. Counter Attacking	5
	7. Playing Out From the Back	5
	8. Finishing in the Final Third	5
DEFENDING	1. Defending Principles	4
	2. Zonal Defending	4
	3. Pressing	5
	4. Retreat & Recovery	5
	5. Compactness	4

TECHNICAL

1. Passing and Receiving	5
2. Running With the Ball	1
3. Dribbling	1
4. Turning	4
5. Shooting	5
6. Ball Control	3
7. Heading	3
8. 1V1 Attacking	2
9. Shielding the Ball	2
10. Receiving to Turn	4
11. Crossing and Finishing	4
12. 1V1 Defending	3

PHYSICAL

STRENGTH	Strength Endurance	3
	Explosive Strength	5
	Maximal Strength	2
ENDURANCE	Aerobic Capacity	4
	Aerobic Power	5
	Anaerobic Lactic	3
	Anaerobic Alactic	2
SPEED	Reaction	3
	Acceleration	4
	Maximal Speed	1
	Speed Endurance	
	Acyclic Speed	5
4. Flexibility & Mobility		3
5. Coordination & Balance		2
6. Agility		4
7. Basic Motor Skills		
8. Perception & Awareness		5

PSYCHOSOCIAL

1. Motivation	5
2. Self confidence	3
3. Cooperation	5
4. Decision/Determination	4
5. Competitiveness	5
6. Concentration	4
7. Commitment	5
8. Self Control	4
9. Communication	3
10. Respect & Discipline	5

Planning and Training

Director: Claudio Reyna
Author: Dr. Javier Perez

PLANNING AND TRAINING

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INTRODUCTION

Training plan organization

The coach's work starts before arriving at the soccer field.

Planning the session correctly, for the week and the season, will help the coach identify the team's needs and deliver a more efficient training session. Properly preparing a training session gives the coach greater confidence with the players and a better understanding of how to adapt the exercises to the team's and players' needs on the field. A good coach is a good planner.

Using the age appropriate season-plan provided in the coaching guides, the coach will have the key tools to organize and plan the training session for the team. The numbers 1 to 5 will designate the importance of different technical, tactical, physical and psychosocial aspects of the game. For example, a number 5 in passing and receiving for the U14 age group means that this element is extremely important at that age.

Two teams of the same age group will have different ability levels and understanding of the game. In other words, even teams of the same age have different needs. For this reason, the exercises should be delivered according to a particular age group. This document contains the information necessary to create your own plan according to your team.

These are the steps to follow when preparing a plan:

SEASON PLAN

This section will help the coach to quickly organize the season into competitive periods, transition periods (in between competitive periods) and off-season periods in the case of the older age groups. For younger groups, it will be even more essential to have a broader vision of the objectives, content, distribution and means of use during the season.

MACROCYCLE OR 12-WEEK PROGRAM CYCLE

The coach can use this plan as it is presented in this document. This 12-week distribution of content ensures that all key elements in the curriculum are covered for each stage and age group. It is organized in two-week periods to give the player enough time to show significant improvement in the specific categories. Please note, this content distribution follows an appropriate order for developing the style and principles of play.

MICROCYCLE OR WEEK PROGRAM

This section helps the coach organize weekly training sessions. Each week has a main technical, tactical and physical objective specified in the macrocycle. However, each team is different and has its own learning dynamic. Therefore, the weekly plan is flexible. The team will evolve week after week and the coach must continually identify the team's needs.

SESSION

Sessions are the last step of the planning process. In this section the coach can see what sessions look-like for the different stages. Each session is structured the same way, including the following parts: warm-up, main part and scrimmage. The main part contains technical, tactical and physical exercises. The coach can use the exercises in the library to select appropriate drills for the team and create his/her own training sessions.

Some of the specific organization for the season applies only to the intermediate and advanced stages. The advanced and intermediate stages may change training organization throughout the season in order to be more efficient in competition. The initial and basic stages emphasize development consistency of session structure, in order to consolidate the basics of soccer.

PRINCIPLES OF SEASONAL PLANNING FOR DEVELOPMENT

Here is the organization for the season based on three **12-week cyclic periods**. Each one of these 12-week periods is called a **macrocycle**. This 12-week period will be similar in structure in all three stages of the season. *As coach, you can adapt and modify the length of the macrocycle depending on the needs of your team and season.*

Example structure for a season with three different periods for intermediate and advanced stages:

1. Competitive: Period when the team is training and playing games regularly.
2. Transition: Period when the team is training but not playing regularly.
3. Off-season: Period when the team is not training or playing regularly.

PERIODS	OFF	COMPETITIVE I			TRANSITION			COMPETITIVE II			OFF SEASON	
		1	2	3	4	5	6	7	8	9		
MONTHS	Aug	Sept	Oct	Nov	Dec	Jan	Feb	March	April	May	June	July

WHY IS IT IMPORTANT TO STRUCTURE THE SEASON FOR THE DIFFERENT AGE GROUPS? (THE NEXT FOUR POINTS APPLY ONLY TO INTERMEDIATE AND ADVANCED STAGES)

1. Players follow a repetitive 12-week program. The 12-week structure is repeated three times in the season with common objectives but different content according to the moment of the season.
2. The season is organized in 12-weeks periods so that during this time the player will build his game-understanding as well as develop the soccer-specific fitness necessary to perform in competition.
3. Characteristics for the different periods (e.g. Competitive I, Transition and Competitive II) are explained later in this document.
4. This organization gives structure to the content and make sure coaches not only cover all key elements of the game, but do so according to the age of the players. We know that in human development, a 6 year old player does not perceive the game as a 12 year old or as a 17 year old does.

IMPORTANT NOTES FOR THE TABLE ON THE NEXT PAGE

1. The technical, tactical and physical objectives will focus coaches' and players' attention on that particular objective for a two-week period. However, it does not mean that only that particular objective is covered in all training sessions. Instead, the specific objective will be covered in **at least** one training session during the two-week period. This ensures that the essential content for that specific age-group will be covered.
2. The coach will also cover other aspects of the game that the team needs to improve.
3. The arrow indicates the main objective for the two-week period.
4. Please, check the arrows in the content sheet by age in order to cover other specific, age-appropriate content.

Main objectives for the **12-week program** in the different stages are indicated in the sample below. The arrow indicates the main objective in that stage:

STAGE	TYPE	2 WEEKS	2 WEEKS	2 WEEKS	2 WEEKS	2 WEEKS	2 WEEKS
INITIAL U6 to U8	Technical	➔ Dribbling	➔ Shooting & RWB	➔ Ball control & turning	➔ Passing & receiving	➔ 1v1 attacking	➔ 2v1 attacking
	Physical	Coordination & balance	Generic speed & agility	Basic motor skills	Perception & awareness	Speed (acceleration + acyclic) and agility.	Perception & Awareness + BMS
BASIC U9 to U12	Technical	➔ Passing & receiving	➔ Shooting & RWB	➔ Turning, Dribbling & 1v1 attacking	➔ Receiving to turn, shooting	➔ Ball control, turning & 1v1 defending	➔ RWB, shielding the ball, shooting
	Tactical	Possession	Playing out from he back	Transition	Combination play	Finishing in the final third	Defending principles
		Attacking principles: 2v1, 3v1, 3v2, 4v3					
	Physical	Coordination & balance	Speed & agility	Perception & awareness	Speed & agility	Coordination & balance	Reaction & acceleration
INTERMEDIATE U13 & U14	Tactical	➔ Possession	➔ Attacking principles	➔ Playing out from the back	➔ Transition & combination play	➔ Finishing in the final third	➔ Defending as a team – zonal defending
		Perception & awareness					
	Technical	Passing & receiving, shooting	Shooting, running with the ball & ball control	Passing & receiving, dribbling and RWB	Turning & 1v1 defending	Aerial control & heading	Receiving to turn & shooting
	Physical	Aerobic capacity	Aerobic power	Glycolytic power	Speed & agility	General strength	Reaction & acceleration
ADVANCED U15 to U18	Tactical	➔ Possession Playing out from the back Pressing	➔ Attacking principles Transition Defending principles	➔ Combination play Transition	➔ Transition Switching play	➔ Finishing in the final third Zonal defending	➔ Counter attack Retreat & recovery
		Speed of play & defensive principles					
	Technical	Passing & receiving Shooting	Shooting Ball control	1v1 defending Turning	Receiving to turn Passing & Receiving	Crossing & finishing Aerial control & heading	Passing & receiving, ball control & shooting
	Physical	Aerobic power	Glycolytic power	Anaerobic alactic	Specific speed	Explosive strength	Acyclic speed
		General strength					

WEEKLY PLAN

Below applies only to intermediate and advanced stages

The game is the most demanding practice of the player's week. The intensity will decrease at the beginning of the week, increase closer to the level of game intensity at the middle of the week and then decrease again at the end of the week to provide the body enough time to recover for the game. These principles apply mainly to intermediate and advanced stage players.

The weekly plan is organized as indicated in the graphic:

1. TACTICAL

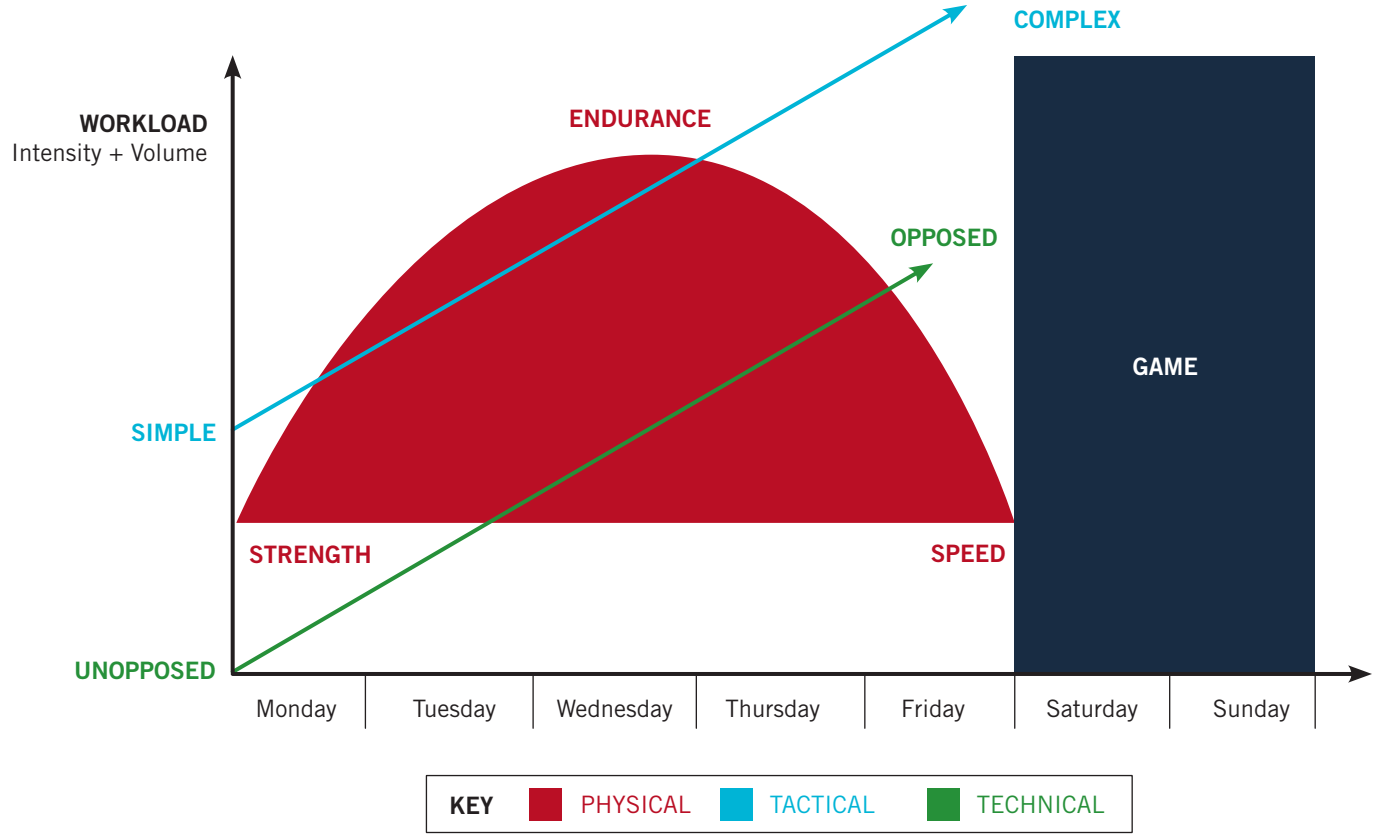
At the beginning of the week, the coach will use simple practices which increase in complexity throughout the week.

2. TECHNICAL

At the beginning of the week, the coach will use more unopposed practices focused on the quality of execution. By the end of the week, the coach will use opposed practices to increase speed, competitiveness and awareness.

3. PHYSICAL

At the beginning of the week, the physical work will focus on strength and injury prevention. By the middle of the week, the workload will increase using endurance training methods; and at the end of the week the training will focus on speed.



Examples of a weekly plan for the different stages

STAGE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
INITIAL U6 to U8	2 sessions 75 min		Warm-up Agility & basic motor skills Dribbling Scrimmage		Warm-up Agility & speed Passing & receiving Scrimmage		Game	
BASIC U9 to U12	3 sessions 90 min	Warm-up Agility & coordination Ball control Attacking principles Scrimmage		Warm-up Agility & speed Turning & shooting Possession Scrimmage	Warm-up Reaction & acceleration Passing & receiving Playing out from the back Scrimmage		Game	
INTERMEDIATE U13 to U14	4 sessions 90 min	Warm-up Coordination & flexibility Ball control Attacking principles Scrimmage	Warm-up Receiving to turn Aerobic capacity Possession Scrimmage		Warm-up Passing & receiving Aerobic power Transition Scrimmage	Warm-up Reaction & acceleration Shooting Finishing in the final third Scrimmage		Game
ADVANCED U15 to U18	4 sessions 120 min	Warm-up Turning Strength endurance Possession Scrimmage	Warm-up Receiving to turn Aerobic power Transition Scrimmage		Warm-up Passing & receiving Aerobic lactic Counter attacking Scrimmage	Warm-up Reaction & acceleration Shooting Zonal defending Scrimmage		Game

WORKLOAD KEY	1= VERY LOW	2= LOW	3= MID	4= HIGH	5= VERY HIGH

STRUCTURE OF THE TRAINING SESSION

For the initial, basic, intermediate and advanced stages

Sessions for all age groups cover tactical, technical, physical and psychosocial objectives. The exception to this are the sessions for players in the initial stage, which cover only technical, physical and psychosocial objectives because of the age and developmental characteristics of this group.

The session is organized into three blocks: Warm-up, main part (which includes technical, physical and tactical exercises) and scrimmage or free play. Training sessions follow the structure indicated below. However, the three parts of the session can be shorter or longer in duration and the sections within the main part can be interchanged depending on the type of exercise. Please note that any of the explanations below are recommendations and not prescriptions.

<table>
<tr><th colspan="5">INITIAL STAGE U6-U8</th></tr>
<tr><td colspan="2">Sessions per week</td><td>2</td><td>Duration of the session</td><td>60 to 75 min</td></tr>
<tr><td colspan="2">Players per session</td><td>12</td><td>Duration of the match</td><td>30 to 40 min</td></tr>
<tr><td rowspan="5">TRAINING SESSION STRUCTURE</td><td colspan="2">WARM-UP (10 to 15 min)</td><td colspan="2">Ball familiarity practices to develop basic skills</td></tr>
<tr><td rowspan="3">MAIN PART</td><td>Physical
(15 min)</td><td colspan="2">Exercises oriented mainly to develop speed, agility and basic motor skills</td></tr>
<tr><td>Technical simple
(10 to 15 min)</td><td colspan="2">Unopposed practices based on simplicity of the movements, repetition and high-tempo</td></tr>
<tr><td>Technical complex
(10 to 15 min)</td><td colspan="2">Unopposed or basic opposed practices with a small tactical component based on perception and/or decision-making</td></tr>
<tr><td colspan="2">SCRIMMAGE (20-25 min)</td><td colspan="2">Simple small-sided games to develop the team concept</td></tr>
</table>

<table>
<tr><th colspan="5">BASIC STAGE U9-U12</th></tr>
<tr><td colspan="2">Sessions per week</td><td>3</td><td>Duration of the session</td><td>90 min</td></tr>
<tr><td colspan="2">Players per session</td><td>14</td><td>Duration of the match</td><td>50 to 60 min</td></tr>
<tr><td rowspan="5">TRAINING SESSION STRUCTURE</td><td colspan="2">WARM-UP (10 min)</td><td colspan="2">Fun & dynamic games, passing & possession practices, stretching & dynamic movement</td></tr>
<tr><td rowspan="3">MAIN PART</td><td>Physical
(15 min)</td><td colspan="2">Exercises based on agility, speed, coordination & balance</td></tr>
<tr><td>Technical
(20 min)</td><td colspan="2">Unopposed practices to develop quality and opposed practices to develop competitiveness. Opposed practices are more realistic and force players to make decisions as they would in the game</td></tr>
<tr><td>Tactical
(15 min)</td><td colspan="2">Practice games based on basic understanding of the game (attacking principles), possession, combination play, playing out from the back & finishing</td></tr>
<tr><td colspan="2">SCRIMMAGE (25 min)</td><td colspan="2">Games based on position specific, quick movement of the ball and distribution of space</td></tr>
</table>

STRUCTURE OF THE TRAINING SESSION

For the initial, basic, intermediate and advanced stages

INTERMEDIATE STAGE U13-U14				
Sessions per week		3 or 4	Duration of the session	90 min
Players per session		16	Duration of the match	70 min
TRAINING SESSION STRUCTURE	**WARM-UP** (10 min)		Passing, possession & transition practices, stretching & dynamic movement	
	MAIN PART	**Technical** (20 min)	Unopposed practices to develop speed of play and opposed practices to develop competitiveness. Opposed practices are more realistic and game oriented. Unopposed practices must have time restriction	
		Physical (15 min)	Exercises based on agility, various types of speed (reaction, acceleration & acyclic speed), aerobic capacity & explosive strength	
		Tactical (20 min)	Use the contrast of small spaces to develop speed of play and big spaces to develop the understanding of how to work in units	
	SCRIMMAGE (25 min)		Free game based on speed of play, movement off the ball & quick defensive-offensive transition	

ADVANCED STAGE U15-U18				
Sessions per week		4 or 5	Duration of the session	90-120 min
Players per session		18	Duration of the match	80-90 min
TRAINING SESSION STRUCTURE	**WARM-UP** (10 min)		Passing, possession & transition practices, stretching & dynamic movement	
	MAIN PART	**Technical** (20-25 min)	At this stage technique can be developed in small spaces through collective games & simple opposed practices	
		Physical (10-20 min)	Exercises based on agility, various types of speed (reaction, acceleration & acyclic speed), glycolytic power, aerobic power & explosive strength	
		Tactical (20-30 min)	Use the full size or specific areas of the field to develop tactical understanding of the game. Keep it realistic and related to the game.	
	SCRIMMAGE (25-30 min)		Free game including the concepts worked in the session	

STRUCTURE OF THE TRAINING SESSION

Flexible components

Aspects that are flexible and help organize the practice:

SPACE	Keep the organization of the space simple. The initial set up, with small changes, should be maintained throughout the whole session. Resetting cones during a session can easily disturb the flow of training. Attention during the session should be focussed on making the coaching points.
TIME	Time is flexible. Let the practice flow and make the coaching points at the right time, using breaks to give feedback to the group.
INTENSITY	Use short periods of time at high-intensity and utilize resting periods to explain the practices or make coaching points.
RULES	Use different rules to adapt the practices to the characteristics of the players and make the exercises age-appropriate.
NUMBER OF PLAYERS	Practice should progress from smaller to bigger groups of players. Use support players to create superiority in numbers and to make the exercises easier for the attackers.

Session Examples
INITIAL STAGE

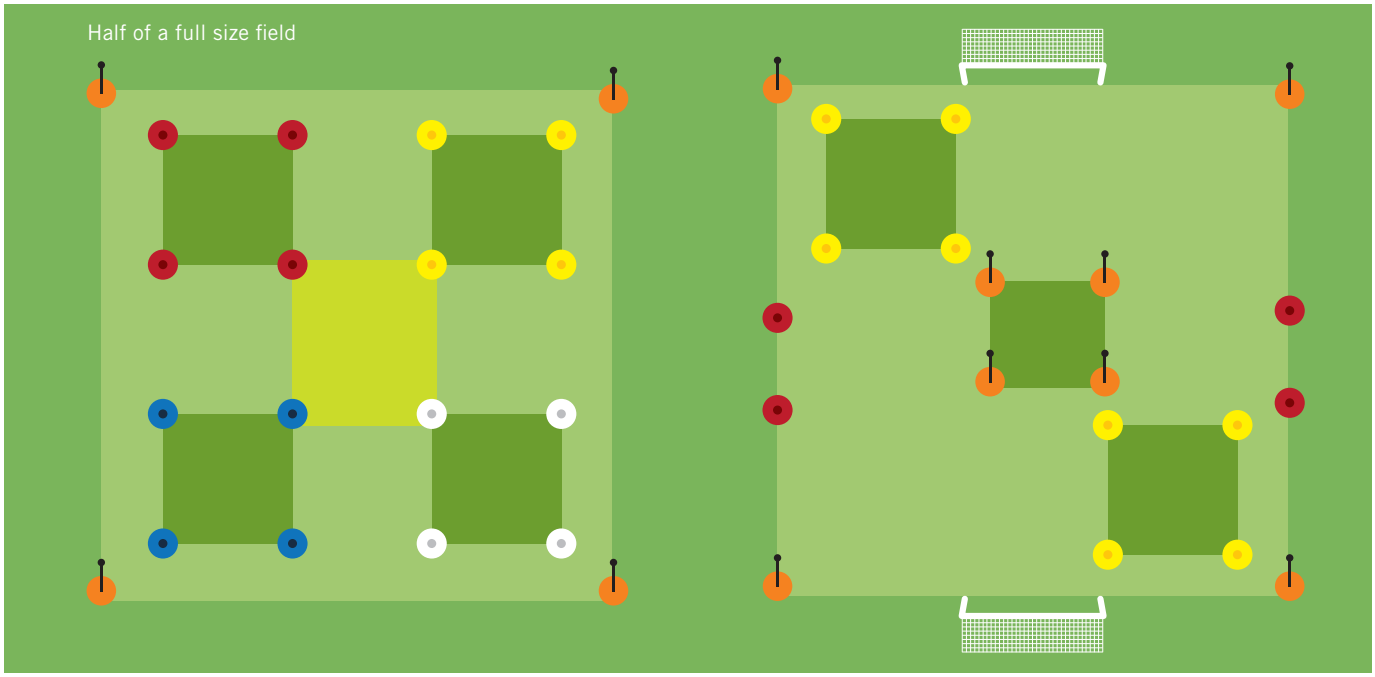
INITIAL STAGE
TRAINING SESSION EXAMPLE

Date:	Age group: U8	Duration: 75 min	Workload (1 to 5): 3

OBJECTIVES	
Technical	Part 1 – Shooting; Part 2 – Passing
Physical	Agility and basic motor skills
Psychosocial	Self confidence

ORGANIZATION	TIME
Arrival: One ball per player. Players can dribble, shoot and keep the ball in the air.	5 min
WARM-UP: Dribbling in different spaces – Practice 4 – Dribbling Stretching: Mobility in a circle – Practice 1 – Flexibility and mobility Ball control: In the same big circle, with one ball per player and one pole in the middle. 1) Three consecutive aerial touches with left foot – three with right foot; 2) Ball in the air and control with sole of the foot; 3) Three touches forwards – three drags backwards; 4) One number per player. On coach's command, dribble at speed around the pole.	5 min 5 min 5 min
MAIN: Physical: Agility, changing of squares – Practice 3 – Agility Technical simple 1: Agility and shooting – Practice 4 – Shooting – first individually then numbers game Technical simple 2: Passing in a square – Practice 3 – Passing and receiving Technical complex: 3v1 – Practice 10 – Passing and receiving	 15 min 15 min 5 min 5 min
SCRIMMAGE: 6v6 free game Cool down: Gather the players and debrief	20 min 5 min

SETUP



WORKLOAD KEY	1= VERY LOW	2= LOW	3= MID	4= HIGH	5= VERY HIGH

DRIBBLING

Practice 4: Different size squares*

UNOPPOSED | TECHNICAL

OBJECTIVE: Improve dribbling and close control in spaces of different sizes.

AREAS	
Technical	Dribbling
Tactical	Transition
Physical	Perception and coordination
Psychosocial	Self-confidence

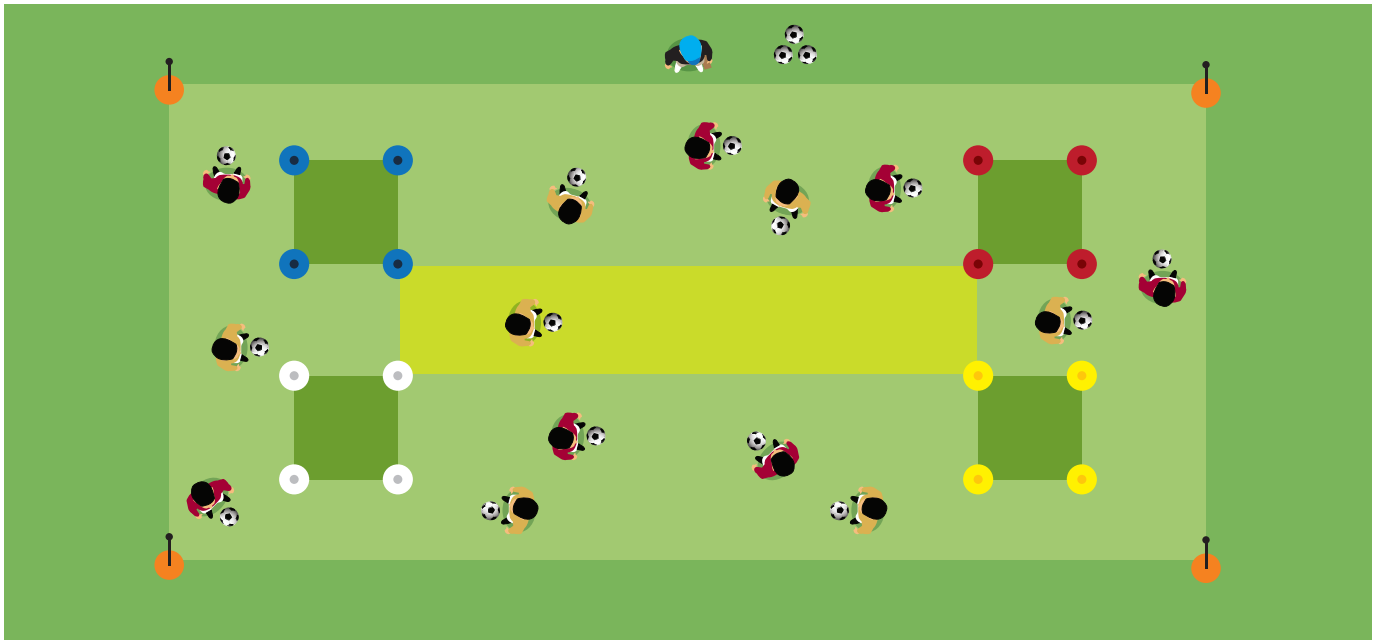
STRUCTURE	
Space	40x30 yards
Time	5 min
Age Recommended	U6+
Difficulty (1 to 5)	1

ORGANIZATION	
Players	12 players – 2 teams
Time	3 min working periods – 30s rest for explanations
Equipment	20 cones (4 colors), 4 high cones or poles, 2 sets of pinnies and 1 ball per player
Description	Dribbling in squares indicated by the coach (e.g. small red, long multicolor, small blue, outside squares). **Variation 1:** Assign spaces to teams **Variation 2:** Assign colors instead of shapes to improve perception

KEY POINTS

1. Perception
2. Close control
3. Body shape
4. Coordination and agility

** Can be used during the warm-up*



FLEXIBILITY AND MOBILITY

Practice 1: Mobility in a circle*

UNOPPOSED | PHYSICAL

PHYSICAL/PHYSIOLOGICAL EFFECT: Prepare the body for high-intensity exercise.

AREAS	
Technical	Flexibility & mobility
Tactical	-
Physical	-
Psychosocial	-

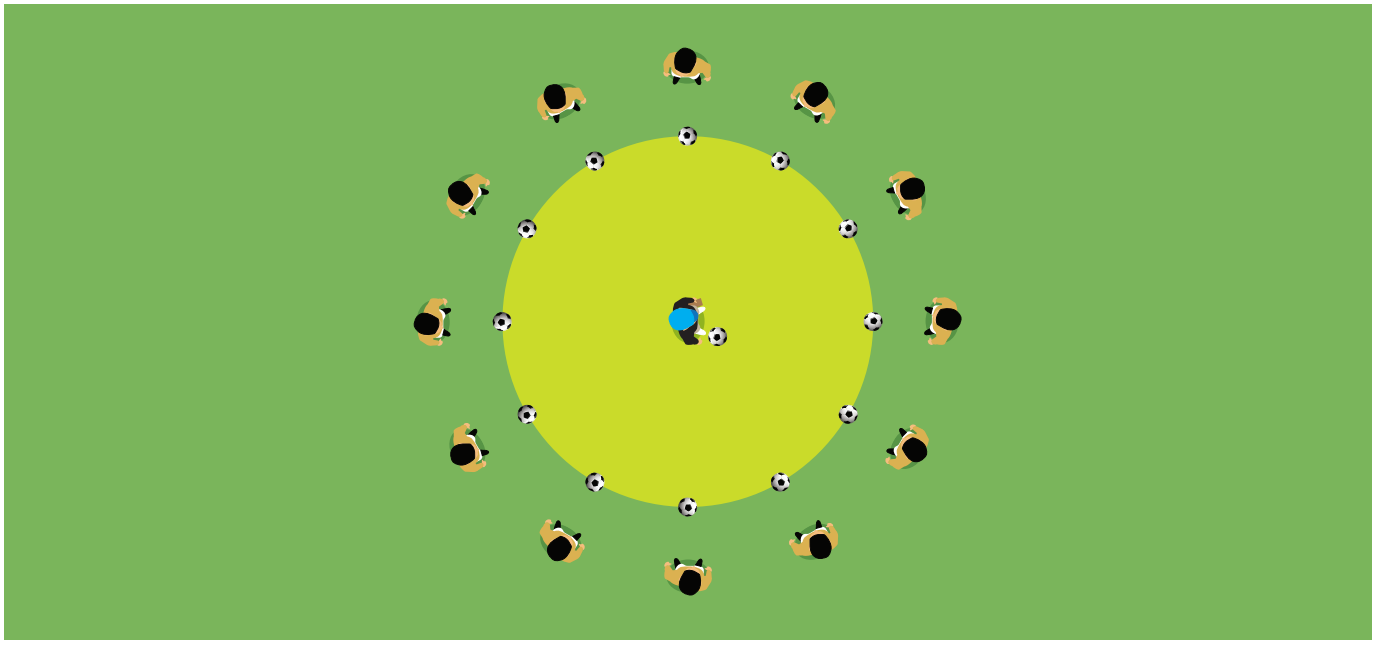
STRUCTURE	
Space	20x20 yards
Time	5 min
Age Recommended	U6+
Difficulty (1 to 5)	1

ORGANIZATION	
Players	8+
Equipment	1 ball per player
Description	Make a circle around the coach, leave the ball and take two steps backward. Different types of exercises for flexibility and joint mobility: ankles, knees, hips, calf, hamstrings, abductors, adductors, hip flexor, wide dorsal muscles and neck.
Justification	A variety of exercises to prepare muscles and joints for game speed and constant change of direction. Young players do not need to stretch intensively before the activity. However, it is essential for players to be familiar with these types of exercises.

WORKLOAD

1. 8 seconds per exercise and 1 or 2 repetitions

** Can be used during the warm-up*



AGILITY

Practice 3: Reach the square*

OPPOSED | PHYSICAL

PHYSICAL/PHYSIOLOGICAL EFFECT: Improve agility and make quick and efficient decisions to avoid defenders and reach targets with and without the ball.

AREAS	
Physical	Agility
Tactical	Transition
Technical	Dribbling
Psychosocial	Competitiveness

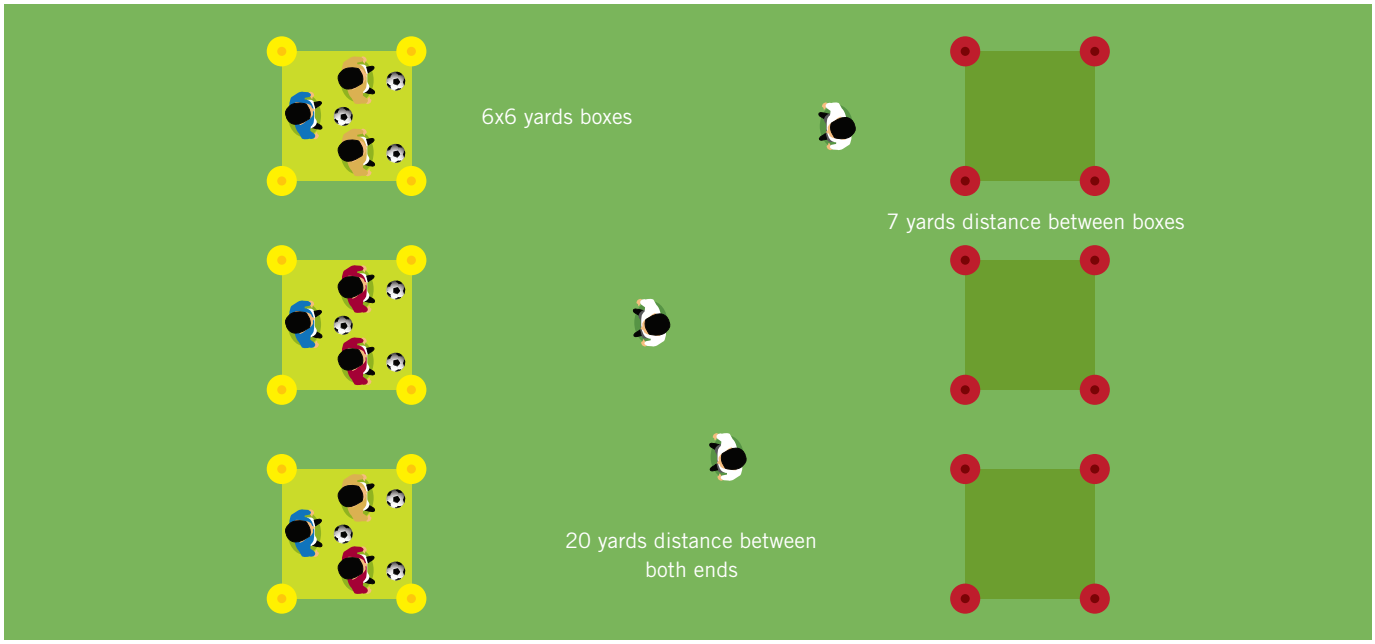
STRUCTURE	
Space	32x20 yards
Time	15 min
Age Recommended	U6+
Difficulty (1 to 5)	3

ORGANIZATION	
Players	12 players – 4 teams of 3 players
Equipment	24 cones (2 sets of colors); 9 balls
Description	On the coach's command, every player must change to a square at the other end - first without the ball, then with the ball. The team in the middle tries to regain the ball in the process and dribble to one of the original squares. If this happens the player will be eliminated. The first team with no players in the game takes the defending position. **Variation 1:** No more than one player per team per square **Variation 2:** Three players maximum per square

WORKLOAD

1. Keep the game active and at high-intensity for 3 to 4 min periods. Rest periods for 30 seconds to 1 minute

** Can be used during the warm-up*



SHOOTING

Practice 4: Middle, back and forward

UNOPPOSED | TECHNICAL

OBJECTIVE: Improve reaction, speed, change of direction, acceleration and running with the ball before shooting in a competitive environment.

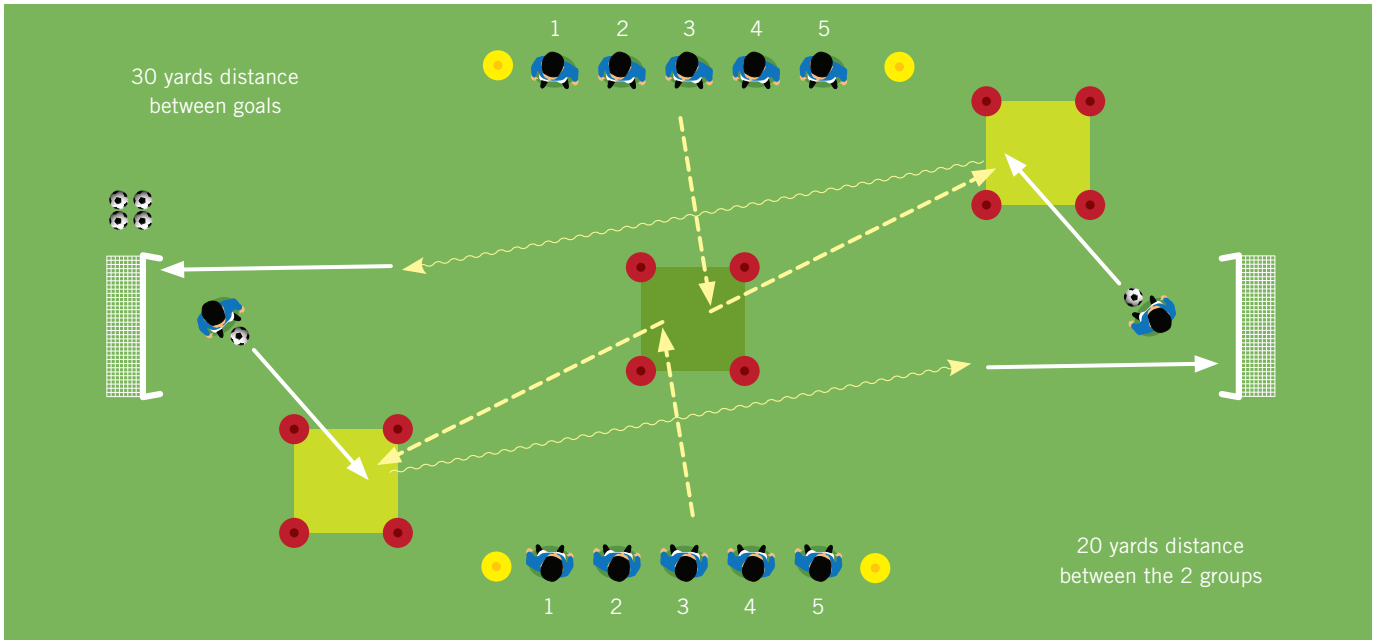
AREAS	
Technical	Shooting
Tactical	Finishing in the final third
Physical	Speed and reaction
Psychosocial	Competitiveness

STRUCTURE	
Space	25x15 yards
Time	15 min
Age Recommended	U6+
Difficulty (1 to 5)	3

ORGANIZATION	
Players	12 players – 2 teams of 5 outfield players and 1 goalkeeper per team
Time	4 min working periods – 30s rest for explanations
Equipment	16 cones (2 sets of colors); 10 balls
Description	The coach will call a number from 1 to 5. On coach's command, one player from each team runs to the middle square then changes direction toward the square close to goalkeeper to receive the ball. When receiving the ball, the player runs at speed toward the other goal to score. **Variation 1:** The player runs with the ball to the middle square, then turns to shoot on goal **Variation 2:** Pass the ball to the goalkeeper from the middle square before running to the second square

KEY POINTS

1. Reaction speed
2. Change of pace
3. Body position to receive
4. First touch on the ball
5. Shooting with laces for power



PASSING & RECEIVING

Practice 3: Passing in a square

UNOPPOSED | TECHNICAL

OBJECTIVE: Develop receiving and passing technique by changing the angles.

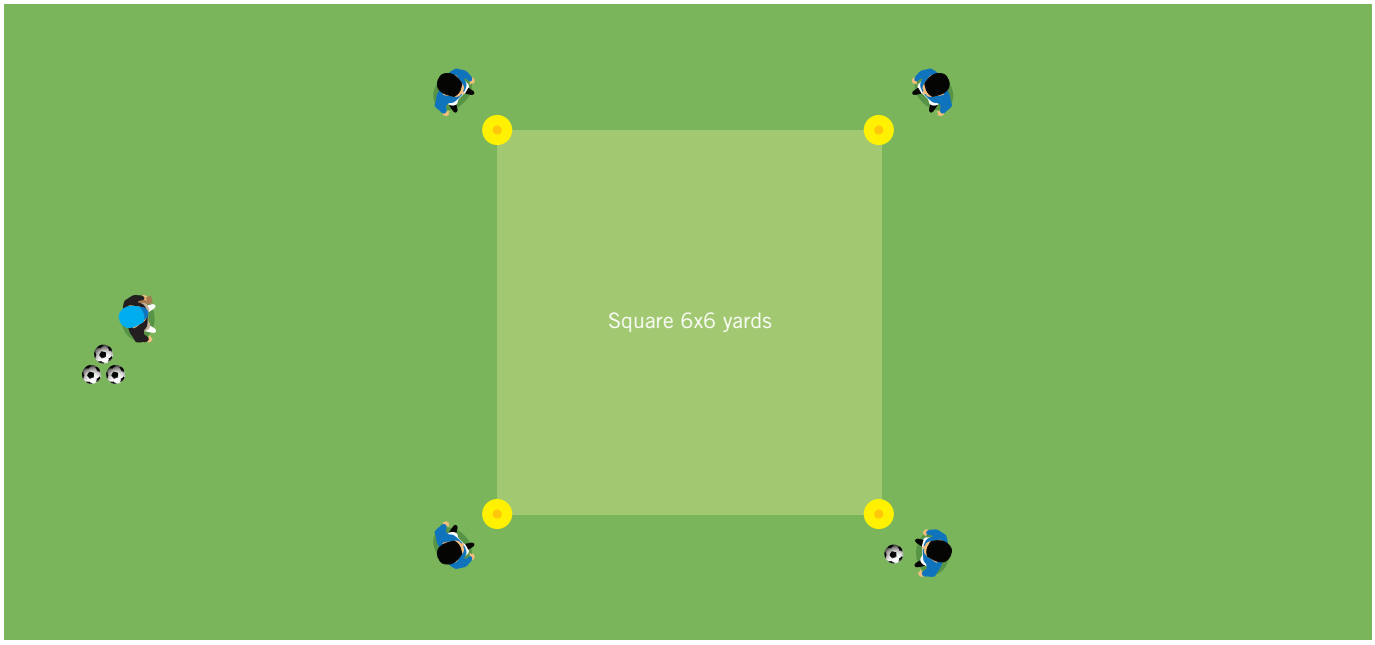
AREAS	
Technical	Passing and receiving
Tactical	Possession
Physical	Perception
Psychosocial	Self-confidence

STRUCTURE	
Space	6x6 yards
Time	10 min
Age Recommended	U6+
Difficulty (1 to 5)	2

ORGANIZATION	
Players	4+
Time	2 min working periods – 30s rest for explanations
Equipment	4 cones, 1 ball
Description	One player behind each cone. The player receives the ball and passes to teammate behind the cone. **Variation 1:** Change direction using right or left foot **Variation 2:** Bigger distances between cones receiving the ball with the inside of the foot and keeping the ball in movement **Variation 3:** Receiving the ball with the outside of the foot and moving to the side **Variation 4:** Five players per group. One extra player behind the player with the ball. Player passing the ball follows his/her pass.

KEY POINTS

1. Creating space behind the cone
2. Control with different parts of the foot; sole of the foot, inside/outside
3. Keeping the head up and perception of distance with the ball
4. Angles: non-kicking foot pointing to the target
5. Receiving with the inside of the furthest foot and passing with opposite foot



PASSING & RECEIVING

Practice 10: 3v1**

OPPOSED | TECHNICAL

OBJECTIVE: Develop perception, support play and passing in short periods of time.

AREAS	
Technical	Passing and receiving
Tactical	Possession
Physical	Perception
Psychosocial	Decision

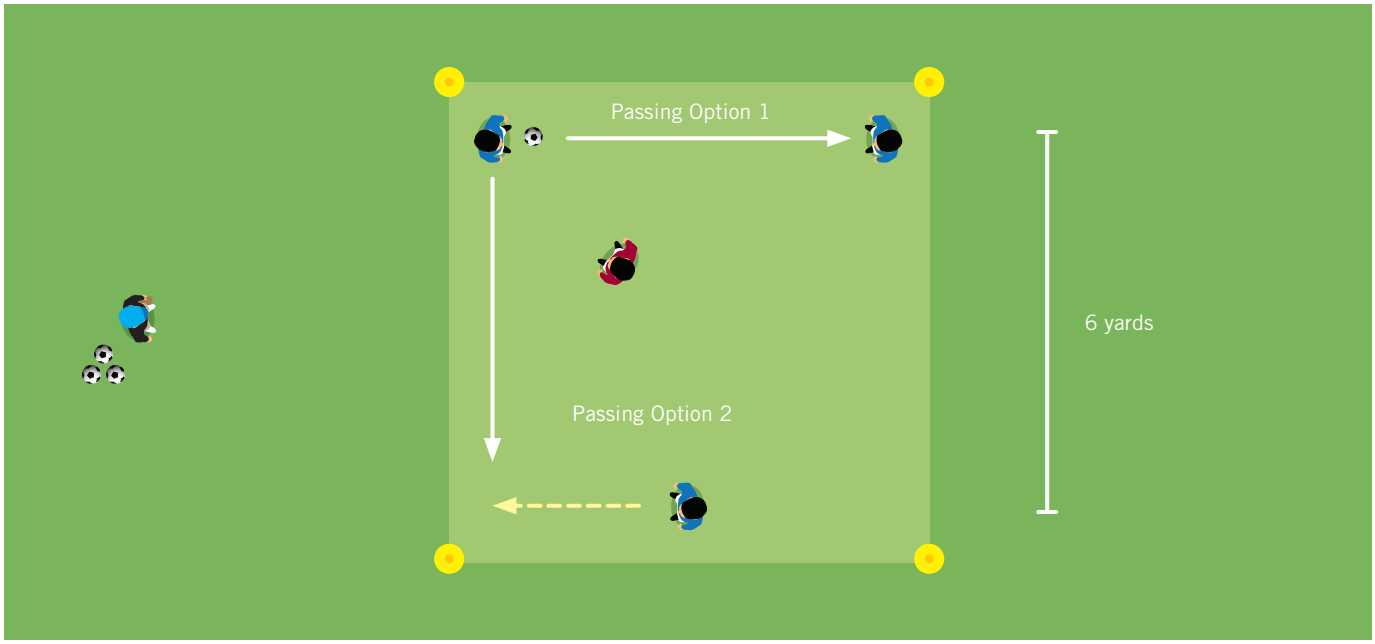
STRUCTURE	
Space	6x6 yards square
Time	12 min
Age Recommended	U7+
Difficulty (1 to 5)	5

ORGANIZATION	
Players	4 players - 3v1
Time	4 reps, 2 min – 30s rest
Equipment	4 cones, 1 ball
Description	Keep possession of the ball away from the defender. The players keeping possession can move to support the player in possession of the ball. Develop the basic concept of triangle passing and movement to create two passing options in a game. **Variation 1:** Limit the number of touches to two or three **Variation 2:** One-touch play

KEY POINTS

1. Receiving the ball with the inside of the foot for better control
2. Keeping the head up - perception
3. Quick decision-making
4. Passing with inside of the foot
5. Moving to free space - support

*** Can be used for the technical complex part of the training session*



Session Examples
BASIC STAGE

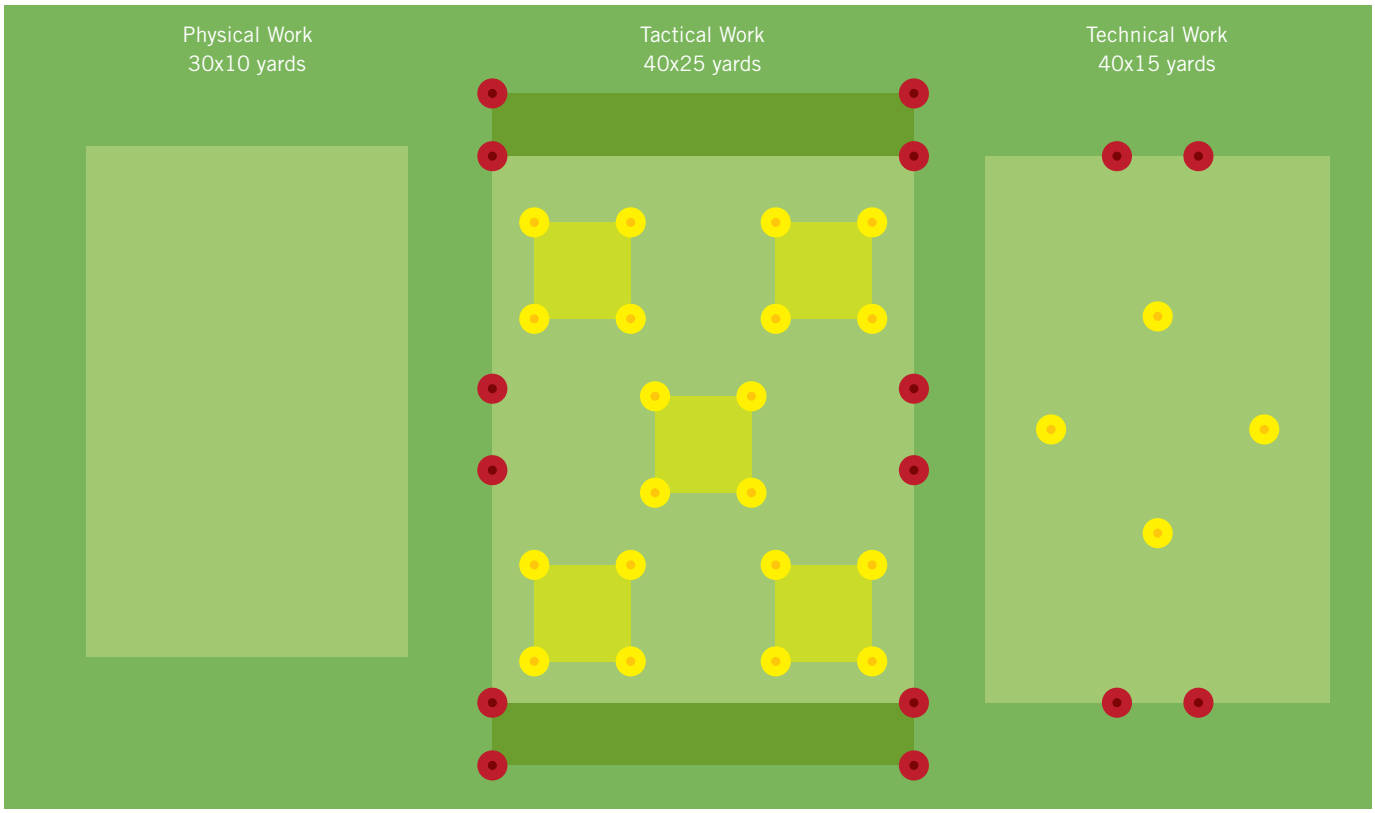
BASIC STAGE
TRAINING SESSION EXAMPLE

Date:	Age group: U12	Duration: 90 min	Workload (1 to 5): 4

OBJECTIVES	
Technical	Receiving to turn
Tactical	Attacking principles
Physical	Agility
Psychosocial	Self confidence

ORGANIZATION	TIME
Arrival: Players in pairs – 5 yards distance and passing first two touches inside of the foot, then one touch	5 min
WARM-UP: 3v1s – Practice 16 – Passing and receiving / 2v2+1 transition – Practice 2 – Transition Stretching: Mobility in a circle – Practice 1 – Flexibility and mobility	20 min 5 min
MAIN: Physical: Acceleration-deceleration circuit – Practice 1 – Acceleration Technical: Receiving to turn – Practice 3 – Receiving to turn – goalkeepers with goalkeeping coach (if any) Tactical: Attacking principles – 5 squares game– Practice 14 – Attacking principles	 10 min 15 min 15 min
SCRIMMAGE: 7v7 free game	25 min

SETUP



WORKLOAD KEY	1= VERY LOW	2= LOW	3= MID	4= HIGH	5= VERY HIGH

PASSING & RECEIVING

Practice 16: 3v1*

OPPOSED | TECHNICAL

OBJECTIVE: Develop perception, support play and passing in short periods of time.

AREAS	
Technical	Passing and receiving
Tactical	Possession
Physical	Perception
Psychosocial	Decision

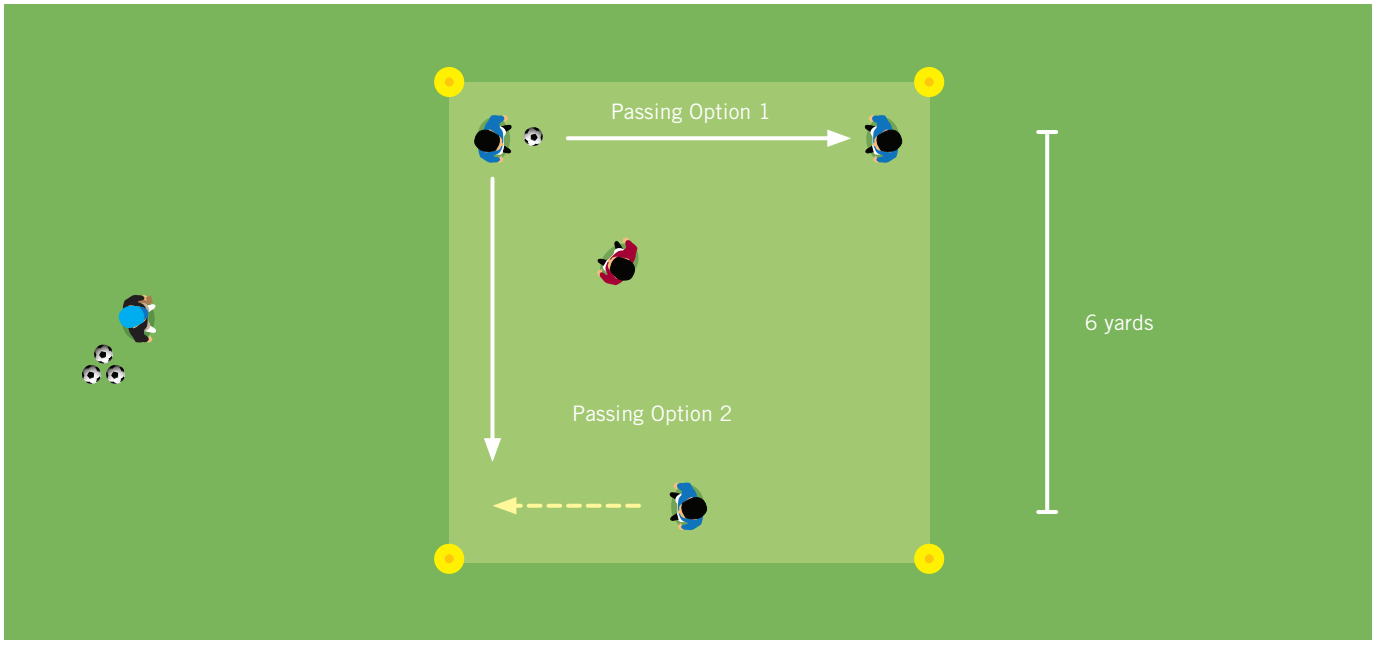
STRUCTURE	
Space	6x6 yards square
Time	5 min
Age Recommended	U9+
Difficulty (1 to 5)	5

ORGANIZATION	
Players	4 players - 3v1
Time	4 reps, 2 min – 30s rest
Equipment	4 cones, 1 ball
Description	Keep possession of the ball away from the defender. The players keeping possession can move to support the player in possession of the ball. Develop the basic concept of triangle passing and movement to create two passing options in a game. **Variation 1:** Limit the number of touches to two or three **Variation 2**: One-touch play

KEY POINTS

1. Receiving the ball with the inside of the foot for better control
2. Keeping the head up - perception
3. Quick decision-making
4. Passing with inside of the foot
5. Moving to free space - support

** Can be used during the warm-up*



TRANSITION

Practice 2: 2v2+1 transition*

OPPOSED | TACTICAL

OBJECTIVE: Improve assessment and decision-making in the game to play fast and forward.

AREAS	
Technical	Combination play
Tactical	Passing and receiving
Physical	Perception and awareness
Psychosocial	Cooperation

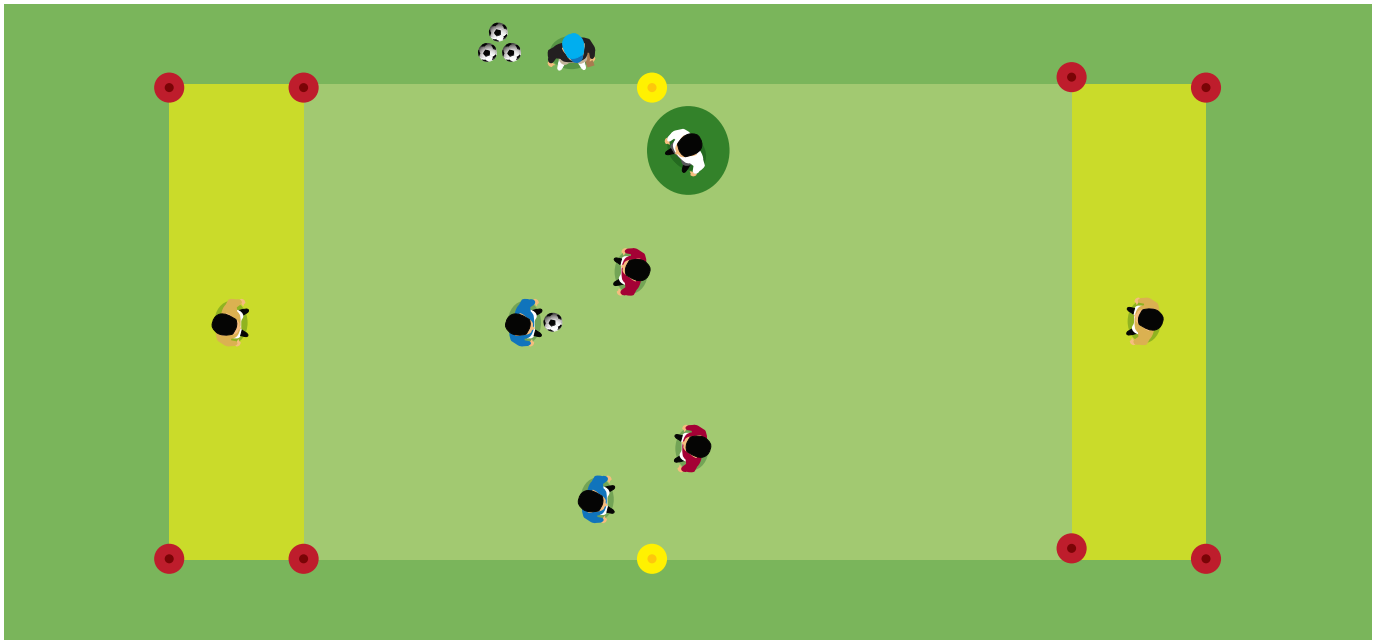
STRUCTURE	
Space	30x20 yards
Time	15 min
Age Recommended	U9+
Difficulty (1 to 5)	3

ORGANIZATION	
Players	7+
Time	Work continuously at high-intensity for 3 min. Use rest periods to make brief coaching points.
Equipment	10 cones, 5 balls and 4 sets of pinnies
Description	2v2+1 situation in the middle and two target players at both ends. Players combine and score by playing a pass a player inside the end zone. **Variation 1:** Limit number of touches on the ball **Variation 2**: Limit to five then to three the number of passes before reaching a target player **Variation 3**: Score after a give and go with target player and control the ball inside the end zone

KEY POINTS

1. Perception
2. Creating space 3) Support
3. Passing options
4. Determination

** Can be used during the warm-up*



FLEXIBILITY AND MOBILITY

Practice 1: Mobility in a circle*

UNOPPOSED | PHYSICAL

PHYSICAL/PHYSIOLOGICAL EFFECT: Prepare the body for high-intensity exercise.

AREAS	
Technical	Flexibility & mobility
Tactical	-
Physical	-
Psychosocial	-

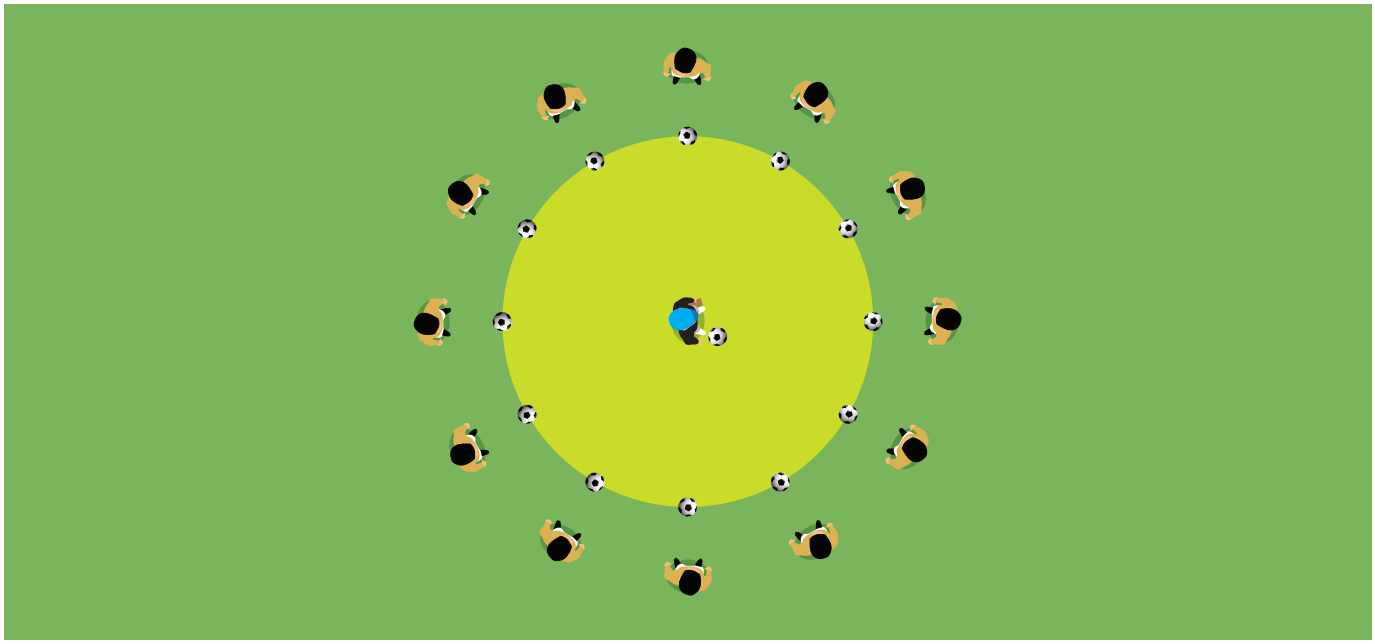
STRUCTURE	
Space	20x20 yards
Time	5 min
Age Recommended	U6+
Difficulty (1 to 5)	1

ORGANIZATION	
Players	8+
Equipment	1 ball per player
Description	Make a circle around the coach, leave the ball and take two steps backward. Different types of exercises for flexibility and join mobility: ankles, knees, hips, calf, hamstrings, abductors, adductors, hip flexor, wide dorsal muscles and neck.
Justification	A variety of exercises to prepare muscles and joints for game speed and constant change of direction. Young players do not need to stretch intensively before the activity. However, it is essential for players to be familiar with these types of exercises.

WORKLOAD

1. 8 seconds per exercise and 1 or 2 repetitions

** Can be used during the warm-up*



ACCELERATION

Practice 1: Acceleration-Deceleration

UNOPPOSED | PHYSICAL

PHYSICAL/PHYSIOLOGICAL EFFECT: Reduce acceleration and deceleration time within short distances.

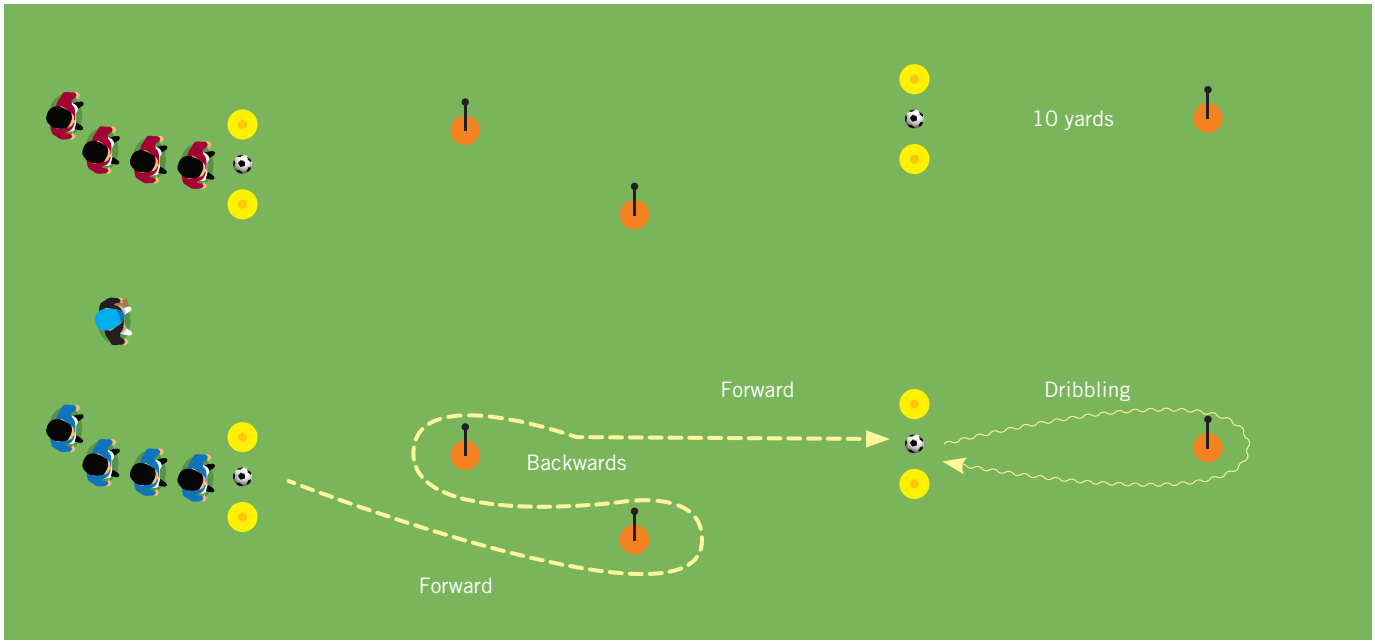
AREAS	
Technical	Acceleration
Tactical	Transition
Physical	Dribbling
Psychosocial	Self confidence

STRUCTURE	
Space	30x10 yards
Time	10 min
Age Recommended	U9+
Difficulty (1 to 5)	2

ORGANIZATION	
Players	6+
Equipment	4 cones, 3 poles and 2 balls per group
Description	Six players per group; 1) Accelerate forward and backward between the poles; 2) Dribble 10 yards around the last pole and leave the ball in the same place. **Variation 1:** One team competes against the other.
Justification	The tone and activation of the different muscles in the lower body is key for accelerating, decelerating and change of direction. This exercise improves immediate response of fundamental muscle-groups like quadriceps and hamstrings.

WORKLOAD

1. Distance: 10 yards x 3
2. Reps: 7
3. Rest between reps: 1 min
4. Ratio: 1:6



RECEIVING TO TURN

Practice 3: Double 'Y' receive and turn

UNOPPOSED | TECHNICAL

OBJECTIVE: Improve the two main receiving to turn techniques: 1) with back to goal and 2) side-on.

AREAS	
Technical	Receiving to turn
Tactical	Transition
Physical	Perception and awareness
Psychosocial	Cooperation

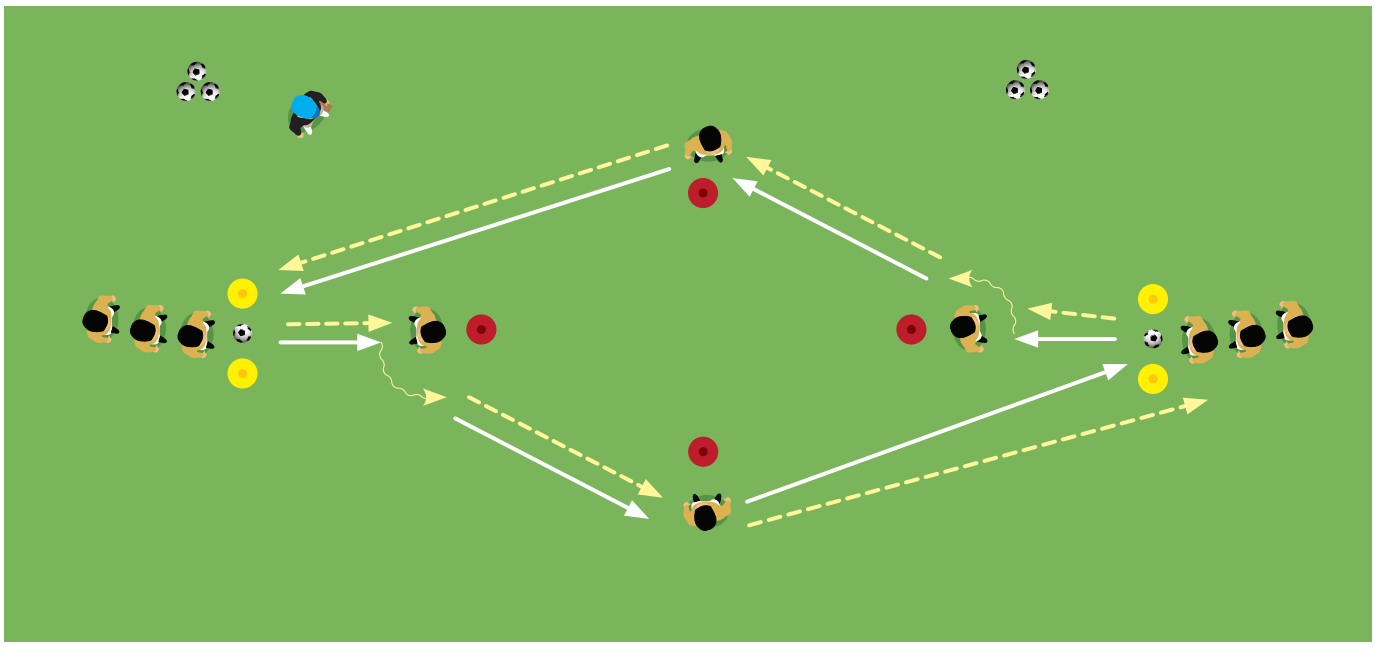
STRUCTURE	
Space	30x15 yards
Time	15 min
Age Recommended	U11+
Difficulty (1 to 5)	4

ORGANIZATION	
Players	8+
Time	Work continuously at high-intensity for 3 min. Use rest periods to make brief coaching points.
Equipment	8 cones and 2 balls per group
Description	First player receives and turns to pass to the player on the side. The player on the side creates a space to receive, turn and pass. **Variation 1:** Place a goal in both ends and finish with a shot on goal **Variation 2**: One-touch passing during combination play at both ends **Variation 3:** One-touch back before opening to receive and turn

KEY POINTS

First Player to Receive
1. Awareness
2. Touching to the side with the inside or outside of the foot
3. Keeping the ball in movement – One touch
4. to receive and one to pass
5. Pass with inside of the foot

Player on the Side
1. Create space to receive the ball
2. Body position: side-on
3. First touch: receive with inside of the foot
4. Keep the ball in movement – 1 touch to receive and 1 to pass
5. Pass with inside of the foot



ATTACKING PRINCIPLES

Practice 14: 5 squares game**

GAME | TACTICAL

OBJECTIVE: Improve basic distribution of the players on the field as well as support play to move the ball quickly in different parts of the field.

AREAS	
Technical	Attacking principles
Tactical	Passing and receiving
Physical	Perception and awareness
Psychosocial	Cooperation

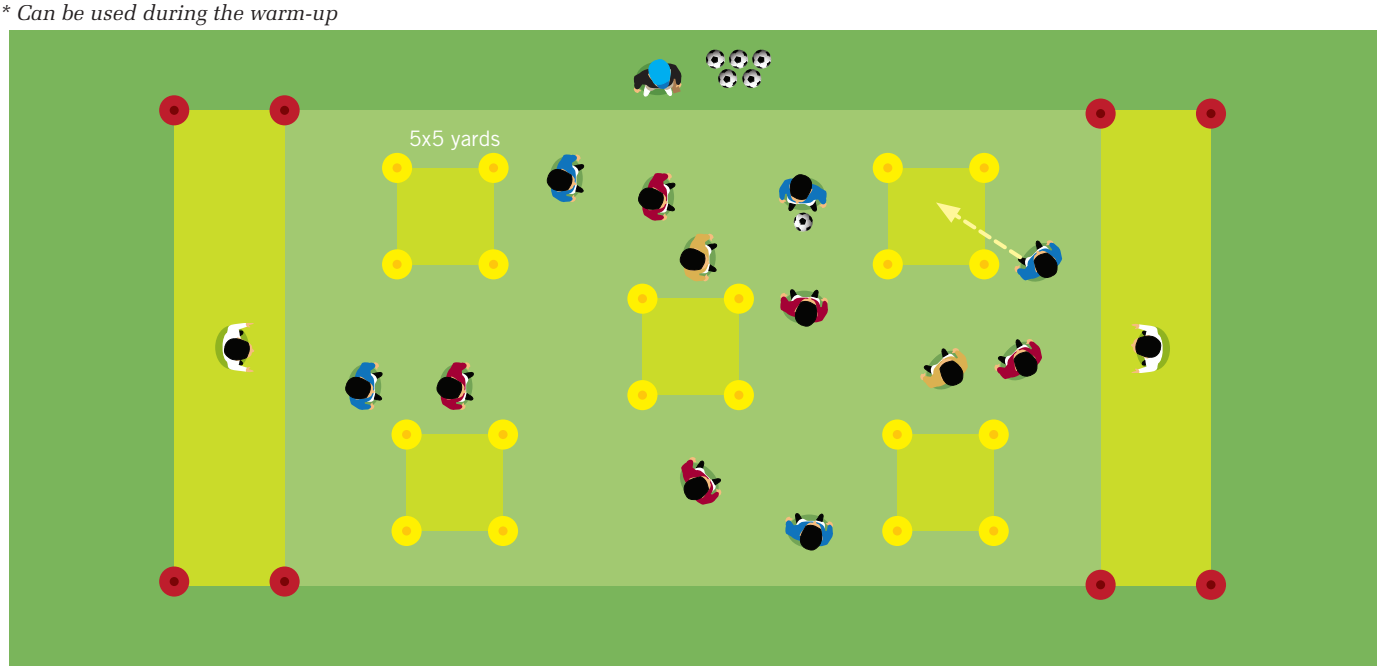
STRUCTURE	
Space	40x30 yards
Time	15 min
Age Recommended	U9+
Difficulty (1 to 5)	5

ORGANIZATION	
Players	14+ (5v5+2+2)
Time	Work continuously at high-intensity for 4 min. Use rest periods to make brief coaching points.
Equipment	28 cones and 6 balls
Description	5v5+2 and one goalkeeper at each end. Score by receiving the ball inside one of the squares and successfully passing to a teammate. Middle square counts double. **Variation 1:** Support players out wide instead of on the ends (width) **Variation 2**: 6v6 on the field **Variation 3:** Limit number of touches or passes before scoring

KEY POINTS

1. Creating space
2. Support play
3. Movement to space
4. Passing options – movement off the ball
5. Overlaps and switching positions
6. Creating 2v1 situations – speed of play

** Can be used during the warm-up*



Session Examples
INTERMEDIATE STAGE

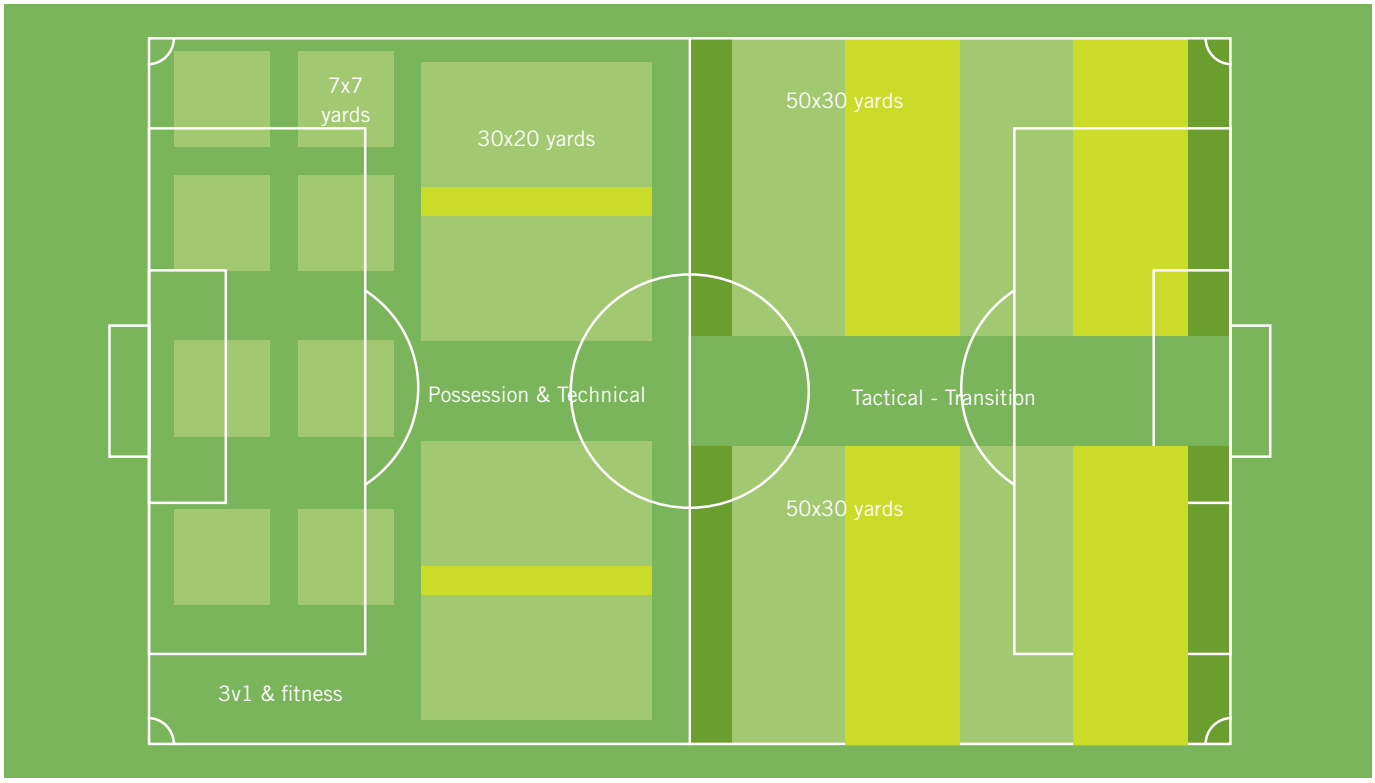
INTERMEDIATE STAGE
TRAINING SESSION EXAMPLE

Date:	Age group: U14	Duration: 90 min	Workload (1 to 5): 4

OBJECTIVES	
Technical	Transition
Tactical	Passing and receiving
Physical	Strength endurance
Psychosocial	Self confidence

ORGANIZATION	TIME
Arrival: Players in pairs – 5 yards distance and passing first two touches with inside of the foot then one-touch	5 min
WARM-UP: 3v1s – Practice 11 – Passing and receiving / 2v2+2 – Practice 13 – Passing and receiving' Stretching: Mobility in a circle – Practice 1 – Flexibility and mobility Dynamic movement: Mobility - Practice 2 – Flexibility and mobility	20 min 5 min 5 min
MAIN: Technical: double 'Y' passing – Practice 3 – Passing and receiving – goalkeepers with goalkeeping coach Physical: Speed reaction and agility – Practice 1 – Strength endurance – goalkeepers with goalkeeping coach Tactical: 4 channels transition – Practice 5 – Transition – bring goalkeepers to practice	 10 min 10 min 20 min
SCRIMMAGE: 9v9 or 11v11 free game	20 min

SETUP



WORKLOAD KEY	1= VERY LOW	2= LOW	3= MID	4= HIGH	5= VERY HIGH

PASSING & RECEIVING

Practice 11: 3v1*

OPPOSED | TECHNICAL

OBJECTIVE: Improve short passing and reaction under pressure.

AREAS	
Technical	Passing and receiving
Tactical	Possession
Physical	Reaction
Psychosocial	Concentration

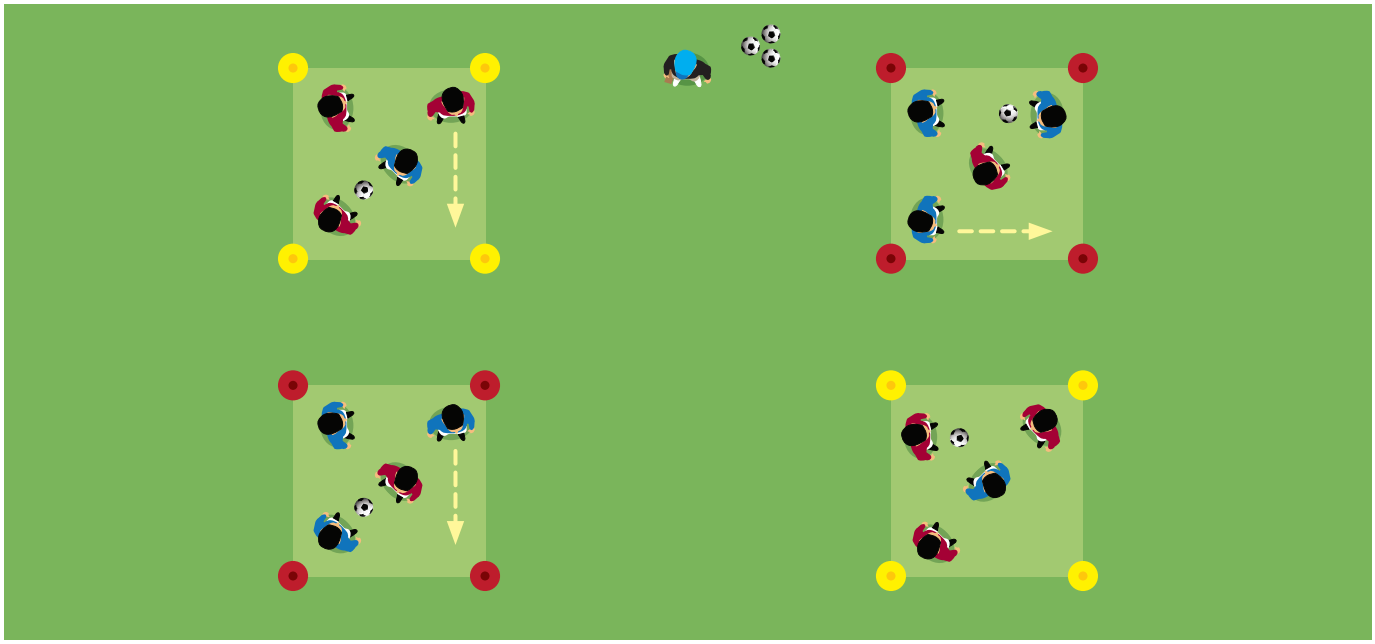
STRUCTURE	
Space	8x8 yards
Time	5 min
Age Recommended	U13+
Difficulty (1 to 5)	3

ORGANIZATION	
Players	Groups of 4 players – 3 attackers and 1 defender
Time	Work continuously at high-intensity for 2-3 min. Use rest periods to make brief coaching points.
Equipment	4 cones and 1 ball per group
Description	Three players keep possession of the ball and one in the middle tries to regain possession. The player with the ball must always have two passing options and players without the ball must work on the movement and support to create passing options. **Variation 1:** Two-touch passing restriction **Variation 2**: One-touch passing restriction **Variation 3:** Join squares to increase space and difficulty

KEY POINTS

1. Ball on the ground for short pass using inside of the foot
2. Timing of the pass
3. Movement to support - triangle
4. Accuracy and weight of the pass – speed of play

** Can be used during the warm-up*



PASSING & RECEIVING

Practice 13: 2v2+2 progressing to 4v4+4*

OPPOSED | TECHNICAL

OBJECTIVE: Improve short passing and reaction under pressure in a game context.

AREAS	
Technical	Passing and receiving
Tactical	Attacking principles
Physical	Perception & awareness
Psychosocial	Concentration

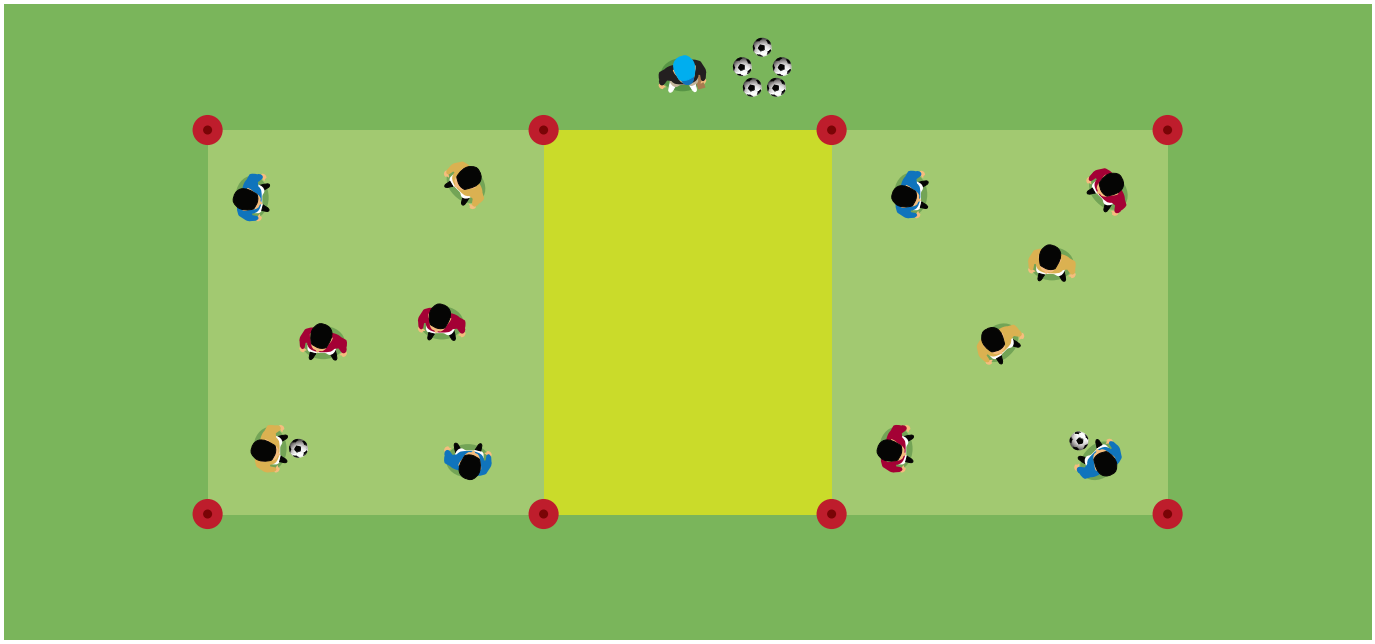
STRUCTURE	
Space	40x20 yards
Time	15 min
Age Recommended	U13+
Difficulty (1 to 5)	5

ORGANIZATION	
Players	Groups of 6 players – 3 pairs in each group
Time	Work continuously at high-intensity for 2-3 min. Use rest periods to make brief coaching points.
Equipment	For 12 players - 8 cones, 12 pinnies of 3 different colors and 2 balls
Description	Two teams of pairs keep possession away from a third pair. When the third pair regains possession, they attack and the pair that lost possession defends. Always keep a 4v2. **Variation 1:** Two-touch passing restriction **Variation 2**: One-touch passing restriction **Variation 3:** Join squares to increase space and difficulty

KEY POINTS

1. Ball on the ground for short pass – using inside of the foot
2. Attacking principles: creating space and support
3. Movement to middle then to outside positions – avoid standing in the four corners
4. Accuracy and weight of the pass – speed of play
5. Communication

** Can be used during the warm-up*



FLEXIBILITY AND MOBILITY

Practice 1: Mobility in a circle*

UNOPPOSED | PHYSICAL

PHYSICAL/PHYSIOLOGICAL EFFECT: Prepare the body for high-intensity exercise.

AREAS	
Technical	Flexibility & mobility
Tactical	-
Physical	-
Psychosocial	-

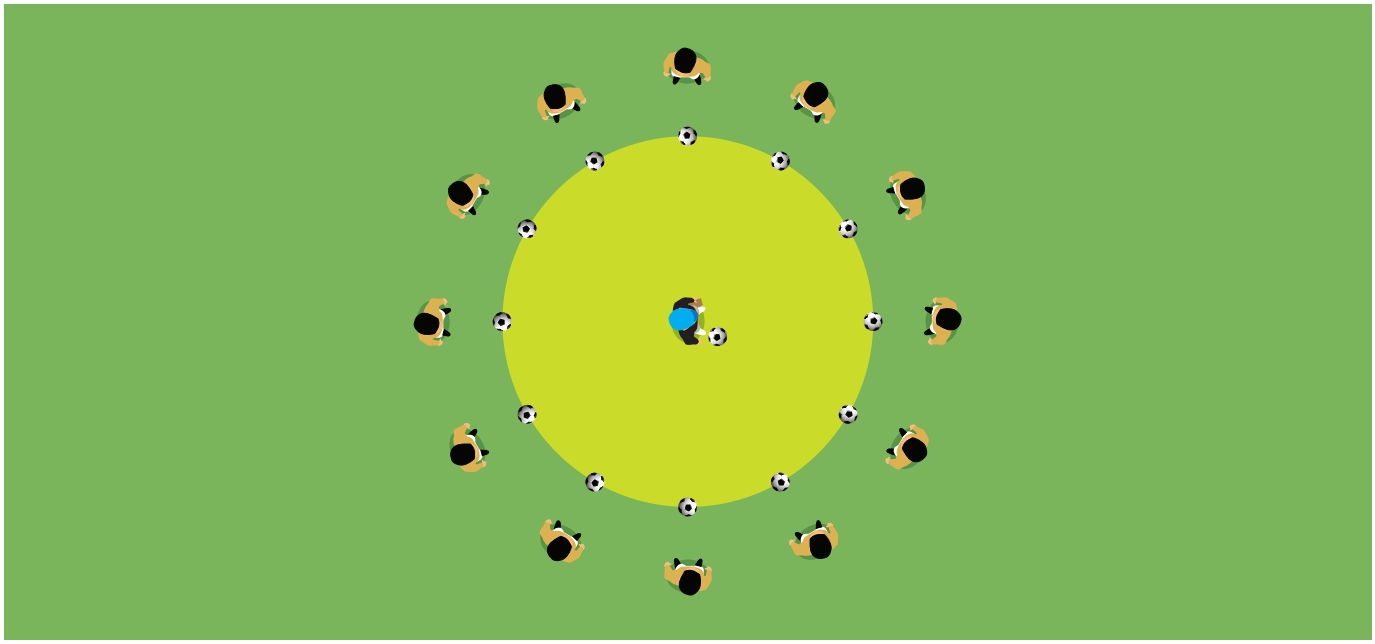
STRUCTURE	
Space	20x20 yards
Time	5 min
Age Recommended	U13+
Difficulty (1 to 5)	1

ORGANIZATION	
Players	8+
Equipment	1 ball per player
Description	Make a circle around the coach. Different types of exercises for flexibility and joint mobility: ankles, knees, hips, calf, hamstrings, abductors, adductors, hip flexor, wide dorsal muscles and neck.
Justification	A variety of exercises to prepare muscles and joints for game speed and constant change of direction. Young players do not need to stretch intensively before activity. However, it is essential for players to be familiar with these types of exercises.

WORKLOAD

1. 8 seconds per exercise and 1 or 2 repetitions

** Can be used during the warm-up*



FLEXIBILITY AND MOBILITY

Practice 2: Mobility*

UNOPPOSED | PHYSICAL

PHYSICAL/PHYSIOLOGICAL EFFECT: Prepare the body for high-intensity exercise.

AREAS	
Technical	Flexibility & mobility
Tactical	-
Physical	-
Psychosocial	-

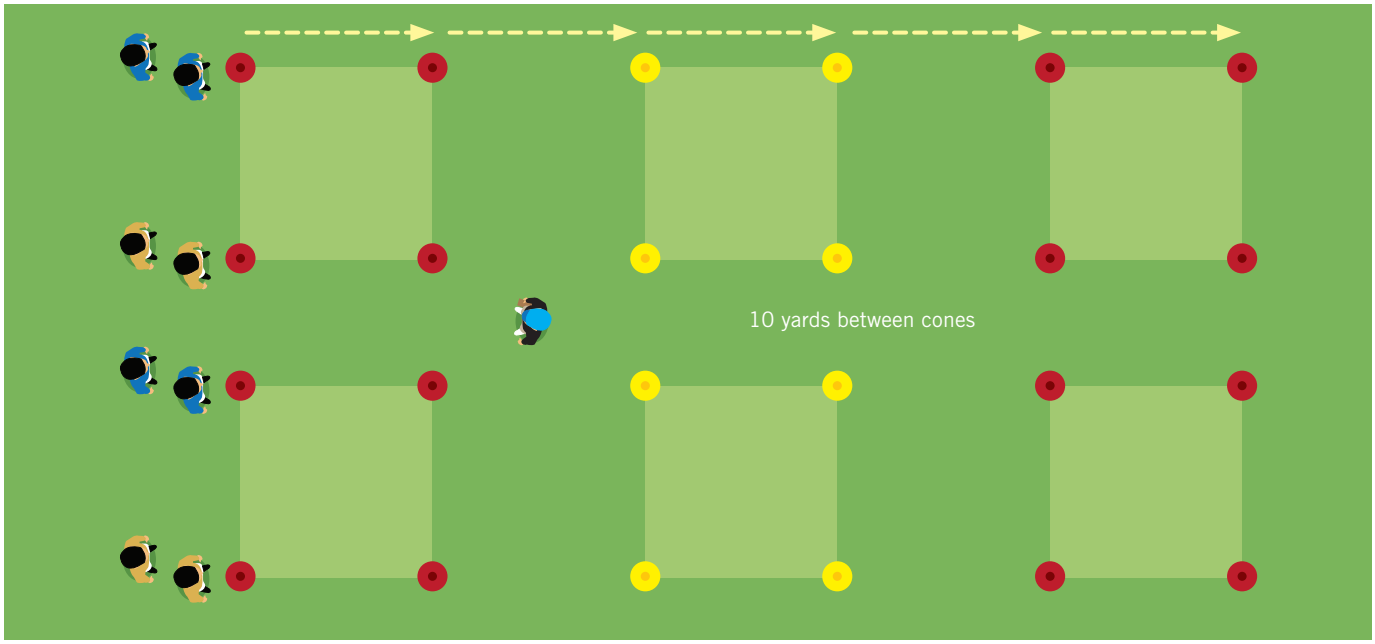
STRUCTURE	
Space	40x30 yards
Time	5 min
Age Recommended	U13+
Difficulty (1 to 5)	1

ORGANIZATION	
Players	8+
Equipment	24 cones
Description	The first player in each group makes an action then jogs: 1) High knees; 2) High heels; 3) Side to side forward; 4) Side to side backwards; 5) Acceleration – deceleration; 6) Speed forward and backward to change direction
Justification	A variety of exercises to prepare muscles and joints for the speed of the game and for constant changes of direction.

WORKLOAD

1. 1 or 2 repetitions

** Can be used during the warm-up*



PASSING & RECEIVING

Practice 3: Double 'Y' passing

UNOPPOSED | TECHNICAL

OBJECTIVE: Improve the quality and speed of passing and receiving on the ground in short and long distances by changing angles.

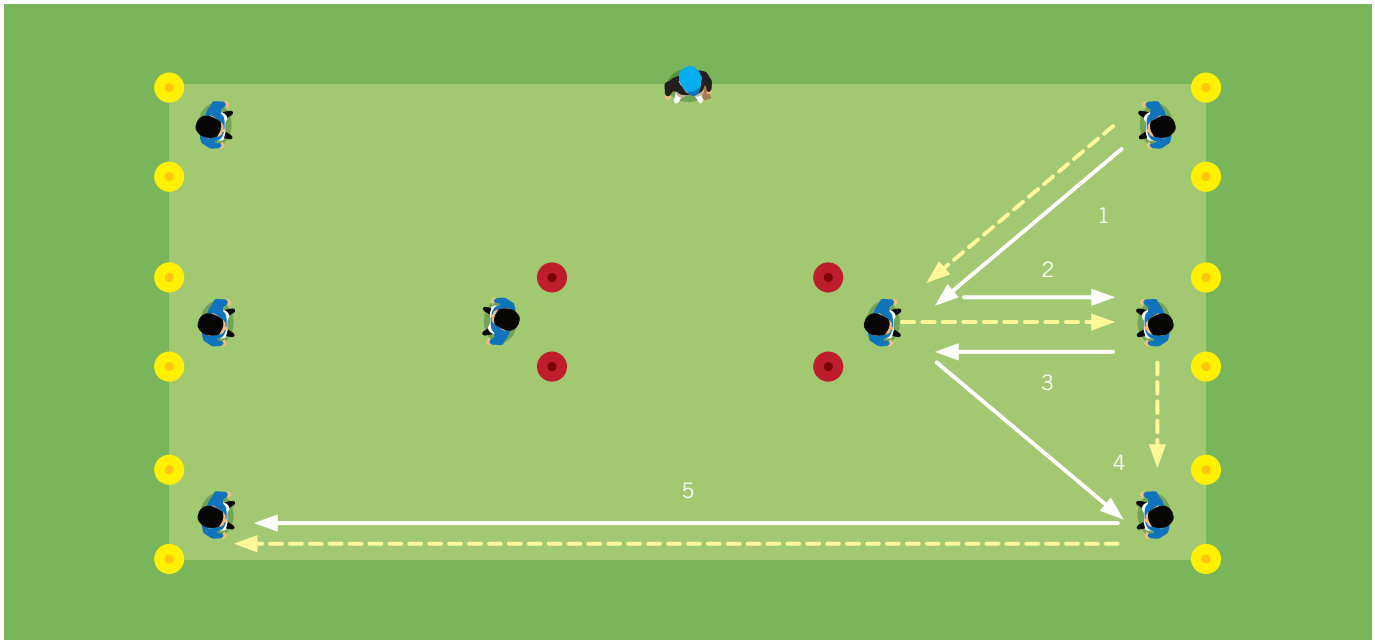
AREAS	
Technical	Passing and receiving
Tactical	Combination play
Physical	Reaction
Psychosocial	Cooperation

STRUCTURE	
Space	30x20 yards
Time	10 min
Age Recommended	U13+
Difficulty (1 to 5)	2

ORGANIZATION	
Players	9+
Time	Work continuously at high-intensity for 3 min. Use rest periods to make brief coaching points.
Equipment	16 cones, 2 balls
Description	Passing from one teammate to another and follow the pass. Change direction. **Variation 1:** Change direction of the ball **Variation 2**: Two-touch play, one to receive and the second to pass **Variation 3**: Short passes only – one-touch play **Variation 4:** Players at both ends play aerial passes without touching the ground

KEY POINTS

1. Ball on the ground
2. Body position – facing the ball
3. Inside foot to control and inside foot or inside/instep foot to pass the ball
4. Quick execution – speed of play
5. Communication



STRENGTH ENDURANCE

Practice 1: 1v1 in a square

OPPOSED | PHYSICAL

PHYSICAL/PHYSIOLOGICAL EFFECT: Improve reaction in fatigued situations and increase muscular mass.

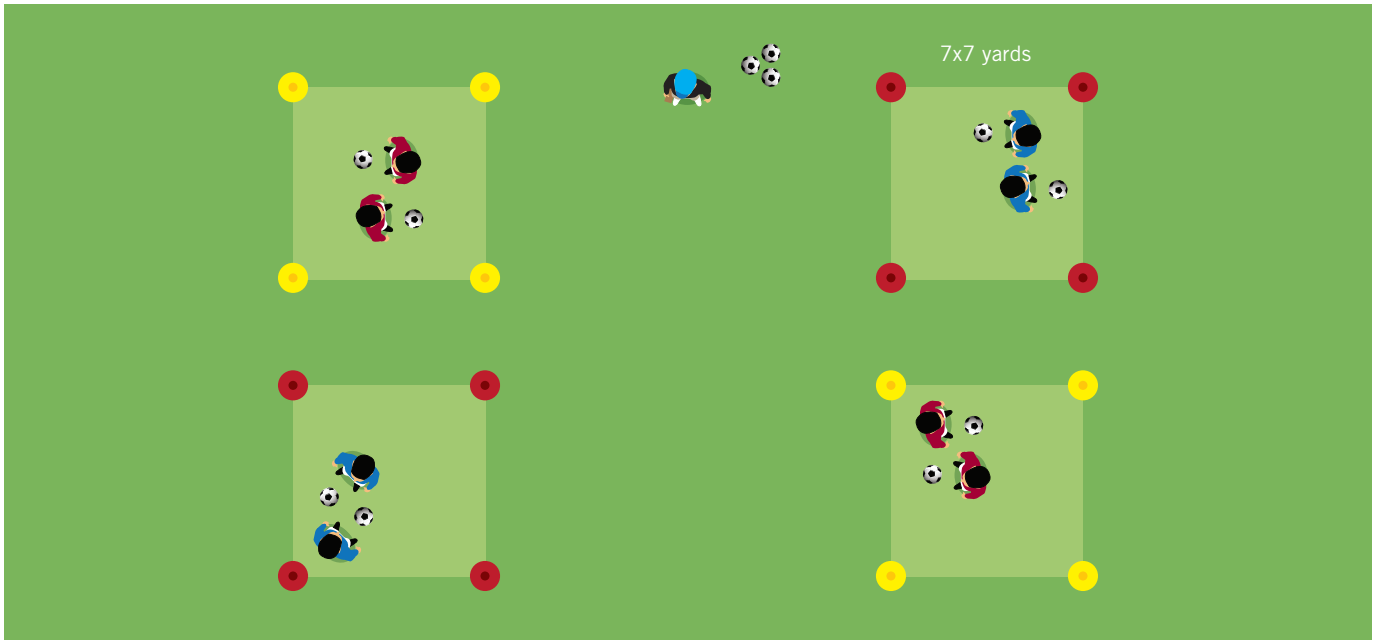
AREAS	
Technical	Strength endurance
Tactical	Possession
Physical	Shielding the ball
Psychosocial	Competitiveness

STRUCTURE	
Space	7x7 yards
Time	10 min
Age Recommended	U13+
Difficulty (1 to 5)	3

ORGANIZATION	
Players	3+
Equipment	4 cones and 2 balls per group
Description	Groups of two. Two players inside the square, one ball per player. For 30 seconds, try to push each other outside of the square with control of the ball. Rotate positions after 30 seconds. Players can only use their body but no arms. A player will earn 1 point by pushing the opponent out of the square. **Variation 1:** Try to play the opponent's ball out **Variation 2**: One ball in the middle square, one player protects it and the other tries to regain possession
Justification	Players will be forced to bend the knees to lower the center of gravity and stay in balance. Using the ball forces the player to use only one foot and thus remain balanced while increasing the load.

WORKLOAD

1. 30 seconds x2= 1min
2. Sets: 6
3. Rest: 30 seconds
4. Ratio: 2:1



TRANSITION

Practice 5: 4 channels transition**

GAME | TACTICAL

OBJECTIVE: Improve quick transfer of the ball from one side of the field to the other when playing forward.

AREAS	
Technical	Transition
Tactical	Passing and receiving
Physical	Perception and awareness
Psychosocial	Competitiveness

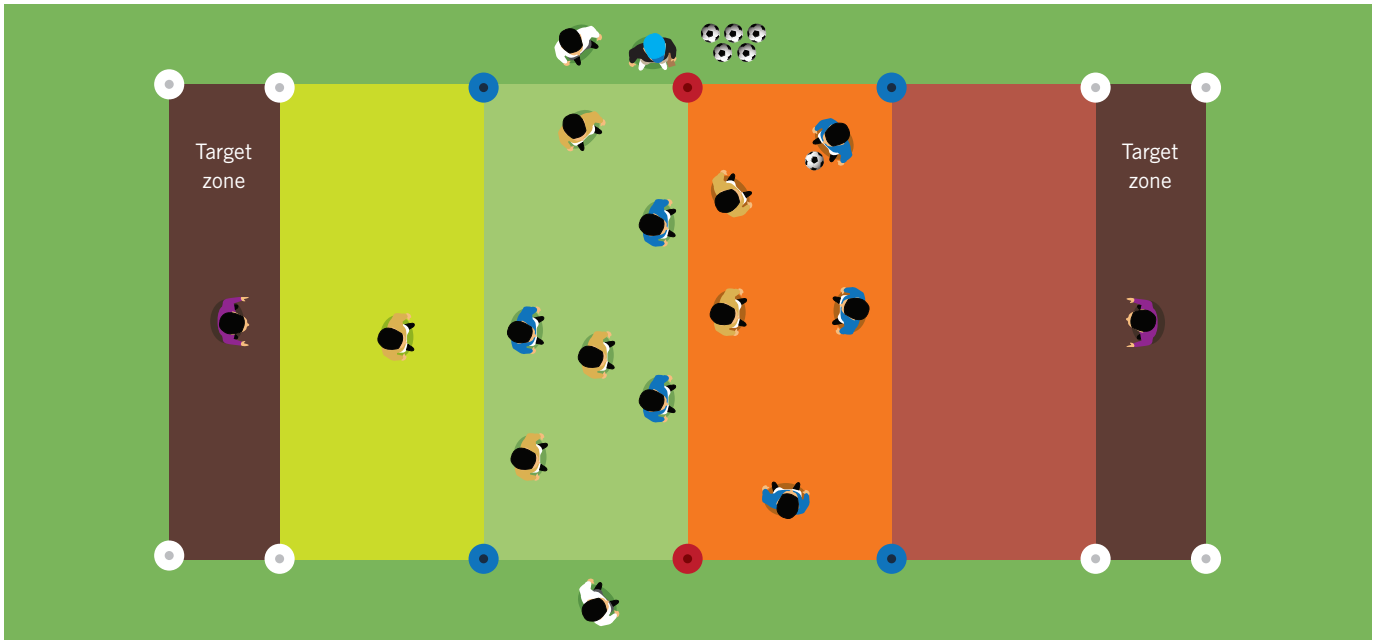
STRUCTURE	
Space	50x30 yards
Time	20 min
Age Recommended	U13+
Difficulty (1 to 5)	4

ORGANIZATION	
Players	16+
Time	Work continuously at high-intensity for 4 min. Use rest periods to make brief coaching points.
Equipment	15 cones, 2 goals and 6 balls
Description	7v7+2 game. The ball must progress from one zone to the next. Score by playing to any target zone from any part of the field. In order to score consecutive goals in the same target zone, a team must cross the midfield line. **Variation 1:** Score only from the final quarter **Variation 2**: Score only in one target zone **Variation 3:** Limit the number of defenders in each channel **Variation 4:** Limit number of touches or passes before scoring

KEY POINTS

1. Creating space
2. Support play
3. Movement off the ball – diagonal runs, overlaps
4. Passing options – playing forward

*** Can include goalkeepers*



Session Examples

ADVANCED STAGE

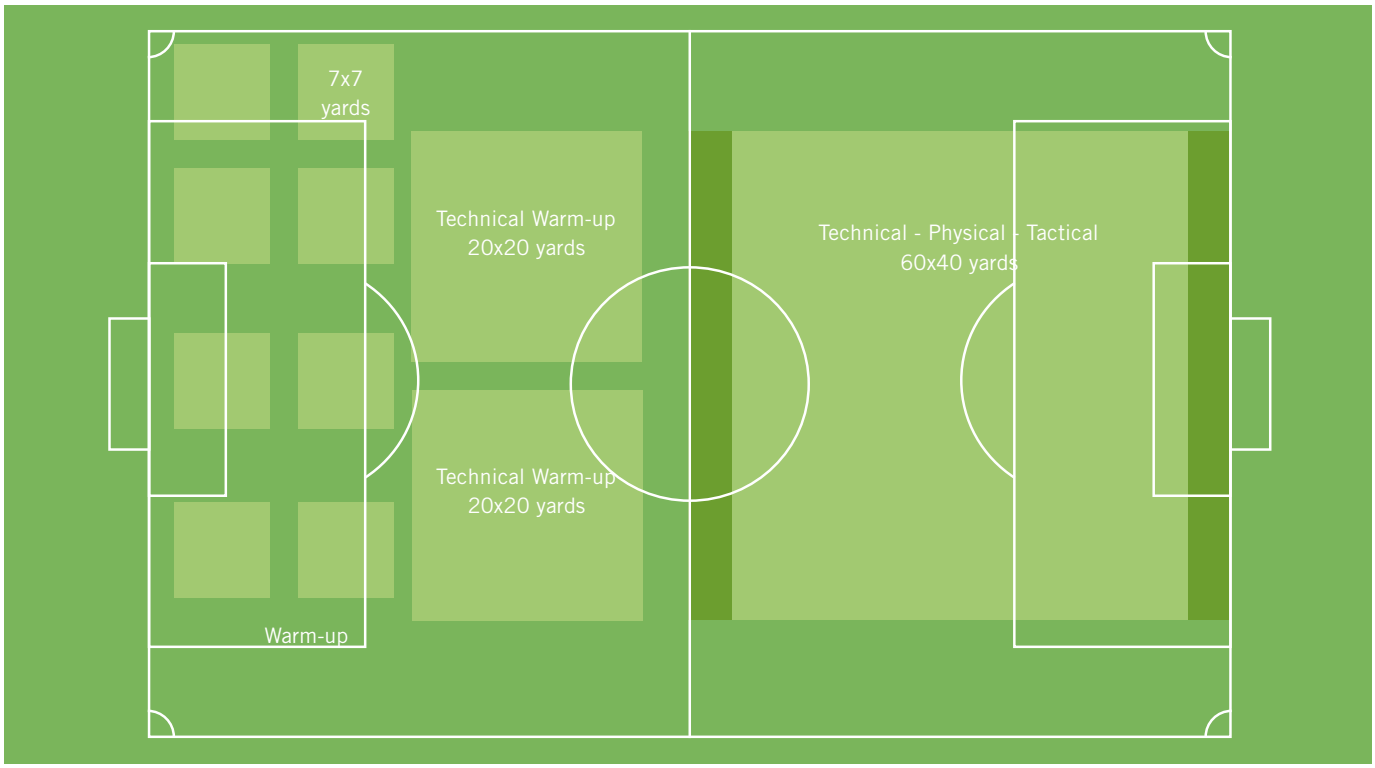
ADVANCED STAGE
TRAINING SESSION EXAMPLE

Date:	Age group: U18	Duration: 120 min	Workload (1 to 5): 4

OBJECTIVES	
Technical	Attacking principles
Tactical	Passing and receiving
Physical	Aerobic power
Psychosocial	Competitiveness

ORGANIZATION	TIME
Arrival: As players are arriving 3v1 in a 7x7 yards square.	5 min
WARM-UP: Increasing pressure – Practice 1 – Possession / 2v2 with target players – Practice 7 – Attacking principles Stretching: Mobility in a circle – Practice 1 – Flexibility and mobility Dynamic movement: Mobility - Practice 2 – Flexibility and mobility	20 min 5 min 5 min
MAIN: Technical: Pass and switching play – Practice 3 – Passing and receiving – goalkeepers with goalkeeping coach Physical: End zone with support players – Practice 1 – Aerobic power – goalkeepers with goalkeeping coach Tactical: Attacking +1 game – Practice 11 – Attacking principles – bring goalkeepers to practice	 15 min 20 min 25 min
SCRIMMAGE: 9v9 or 11v11 free game	30 min

SETUP



WORKLOAD KEY	1= VERY LOW	2= LOW	3= MID	4= HIGH	5= VERY HIGH

POSSESSION

Practice 1: Increasing pressure*

OPPOSED | TACTICAL

OBJECTIVE: Improve reaction and quality of passing under pressure.

AREAS	
Technical	Possession
Tactical	Passing and receiving
Physical	Perception and awareness
Psychosocial	Cooperation

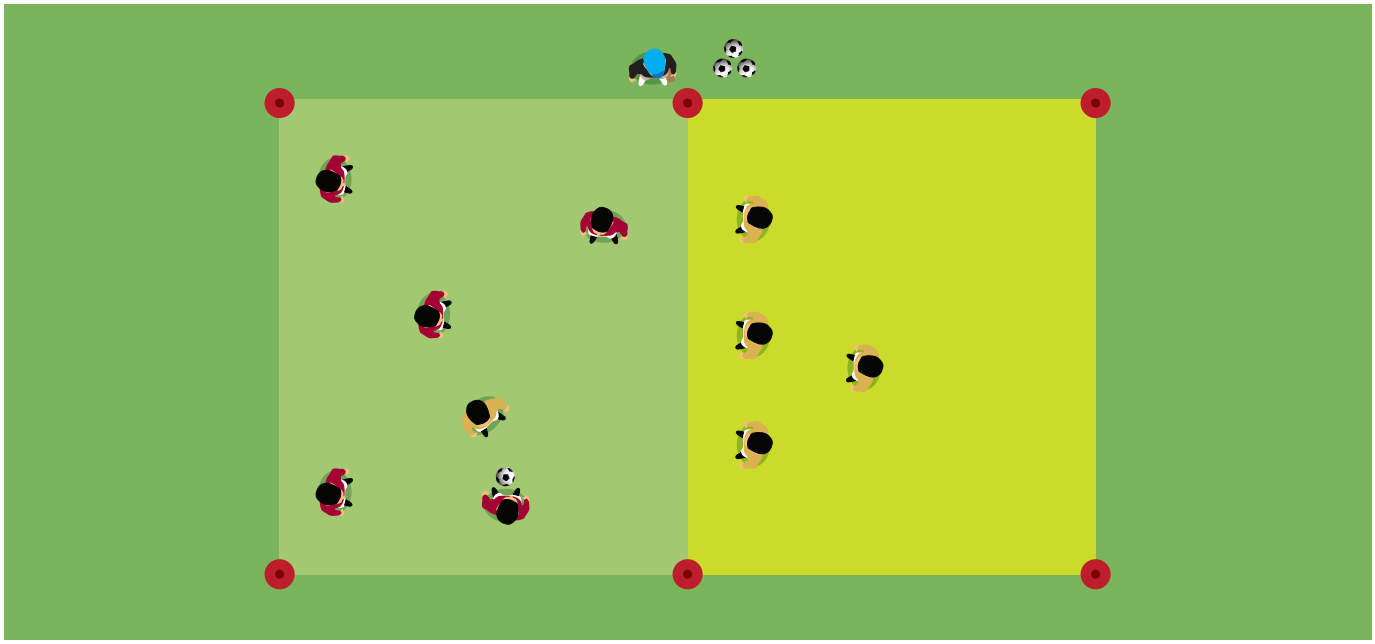
STRUCTURE	
Space	20x20 yards
Time	15 min
Age Recommended	U15+
Difficulty (1 to 5)	4

ORGANIZATION	
Players	10+
Time	Work continuously at high-intensity for 3 min. Use rest periods to make brief coaching points.
Equipment	6 cones and 6 balls
Description	One team keeps possession of the ball inside one of the two squares. After five consecutive passes, one defender enters the square and attempts to regain possession of the ball. After five more passes, another defender joins the teammate, and so on. When defenders regain possession of the ball, transfer the ball to the other square and keep possession. **Variation 1:** Reduce number of passes to three before a defender enters into the square **Variation 2**: Limit number of touches on the ball

KEY POINTS

1. Creating space
2. Support play
3. Passing options and movement off the ball
4. Speed of play
5. Accuracy of the pass

** Can be used during the warm-up*



ATTACKING PRINCIPLES

Practice 7: 2v2 with target players*

OPPOSED | TACTICAL

OBJECTIVE: Improve perception and awareness while looking for passing options in a 2v2 situation.

AREAS	
Technical	Attacking principles
Tactical	Passing and receiving
Physical	Perception and awareness
Psychosocial	Competitiveness

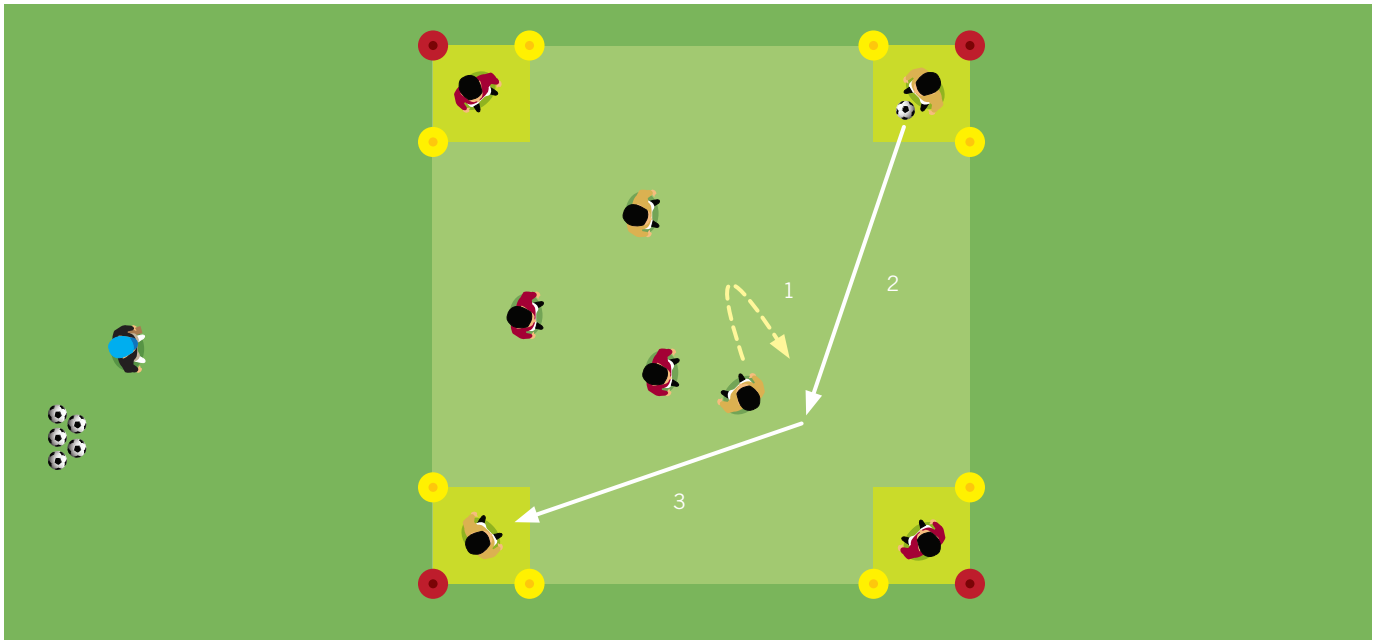
STRUCTURE	
Space	20x20 yards
Time	10 min
Age Recommended	+U15
Difficulty (1 to 5)	5

ORGANIZATION	
Players	8+
Time	Work continuously at high-intensity. Change positions every 2.5 min.
Equipment	12 cones and 1 ball per group
Description	2v2 in the middle playing to any of the two target players. Every time a target is reached the team earns 1 point **Variation 1:** Target players join the pair to play a 4v2. After possession of the ball is regained the other two join the two teammates inside the square

KEY POINTS

1. Movement away from defender
2. Receiving to turn
3. Distance with the defender – if given space, pass to the other target player; if defender is close, play one-touch back
4. Speed of play and quick decisions

** Can be used during the warm-up*



*** Can be used for the technical complex part of the training session*

FLEXIBILITY AND MOBILITY

Practice 1: Mobility in a circle*

UNOPPOSED | PHYSICAL

PHYSICAL/PHYSIOLOGICAL EFFECT: Prepare the body for high-intensity exercise.

AREAS	
Technical	Flexibility & mobility
Tactical	-
Physical	-
Psychosocial	-

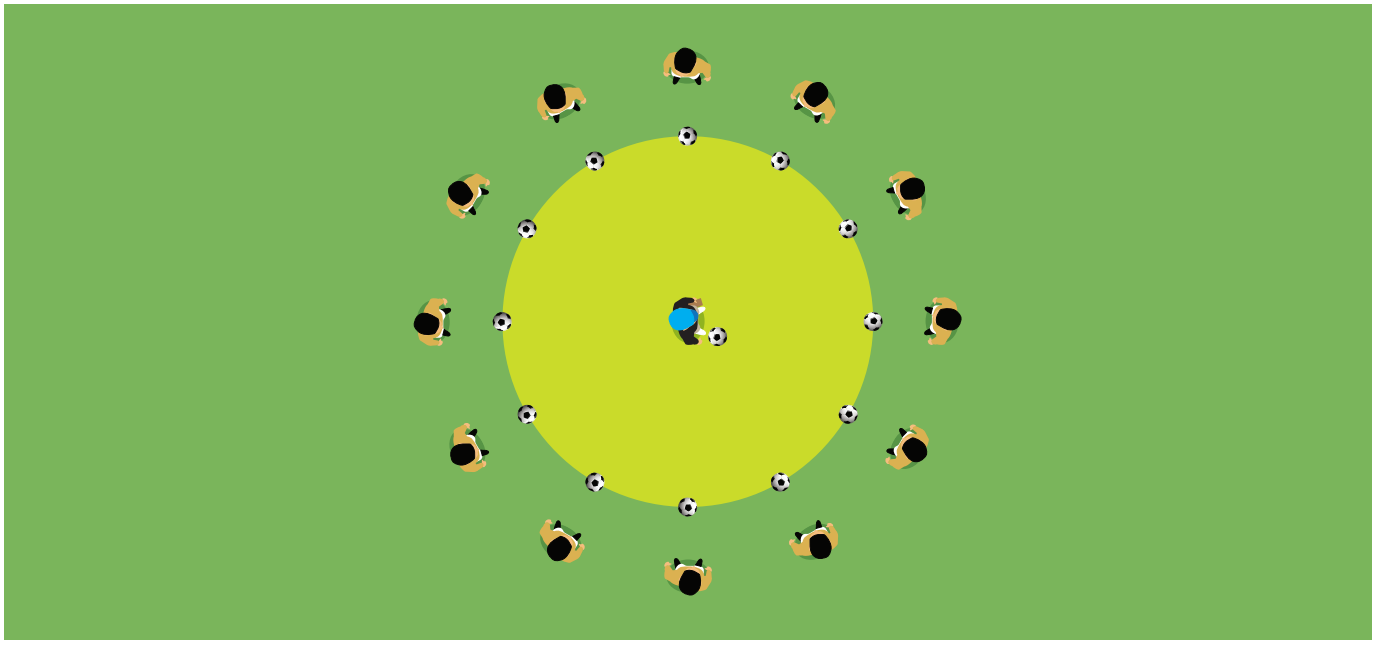
STRUCTURE	
Space	20x20 yards
Time	10 min
Age Recommended	U15+
Difficulty (1 to 5)	1

ORGANIZATION	
Players	8+
Equipment	1 ball per player
Description	Make a circle around the coach. Different types of exercises for flexibility and joint mobility: ankles, knees, hips, calf, hamstrings, abductors, adductors, hip flexor, wide dorsal muscles and neck.
Justification	A variety of exercises to prepare muscles and joints for game speed and constant change of direction. Young players do not need to stretch intensively before activity. However, it is essential for players to be familiar with these types of exercises.

WORKLOAD

1. 8 seconds per exercise and 1 or 2 repetitions

** Can be used during the warm-up*



FLEXIBILITY AND MOBILITY

Practice 2: Mobility*

UNOPPOSED | PHYSICAL

PHYSICAL/PHYSIOLOGICAL EFFECT: Prepare the body for high-intensity exercise.

AREAS	
Technical	Flexibility & mobility
Tactical	-
Physical	-
Psychosocial	-

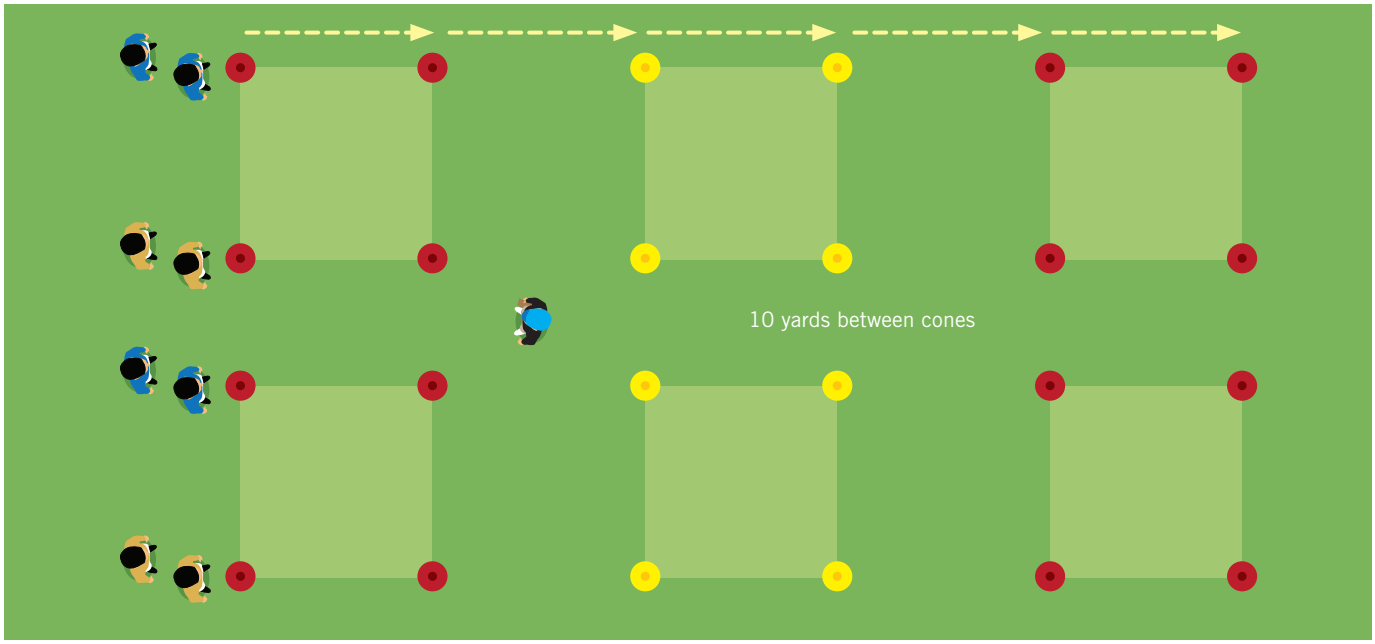
STRUCTURE	
Space	40x30 yards
Time	10 min
Age Recommended	U15+
Difficulty (1 to 5)	1

ORGANIZATION	
Players	8+.
Equipment	24 cones
Description	The first player in each group makes an action then jogs: 1) High knees; 2) High heels; 3) Side to side forward; 4) Side to side backwards; 5) Acceleration – deceleration; 6) Speed forward and backward to change direction
Justification	A variety of exercises to prepare muscles and joints for the speed of the game and for constant changes of direction.

WORKLOAD

1. 1 or 2 repetitions

** Can be used during the warm-up*



PASSING & RECEIVING

Practice 3: Pass and switching play

UNOPPOSED | TECHNICAL

OBJECTIVE: Improve the quality and speed of passing, receiving and turning in short and mid-range distances using different angles.

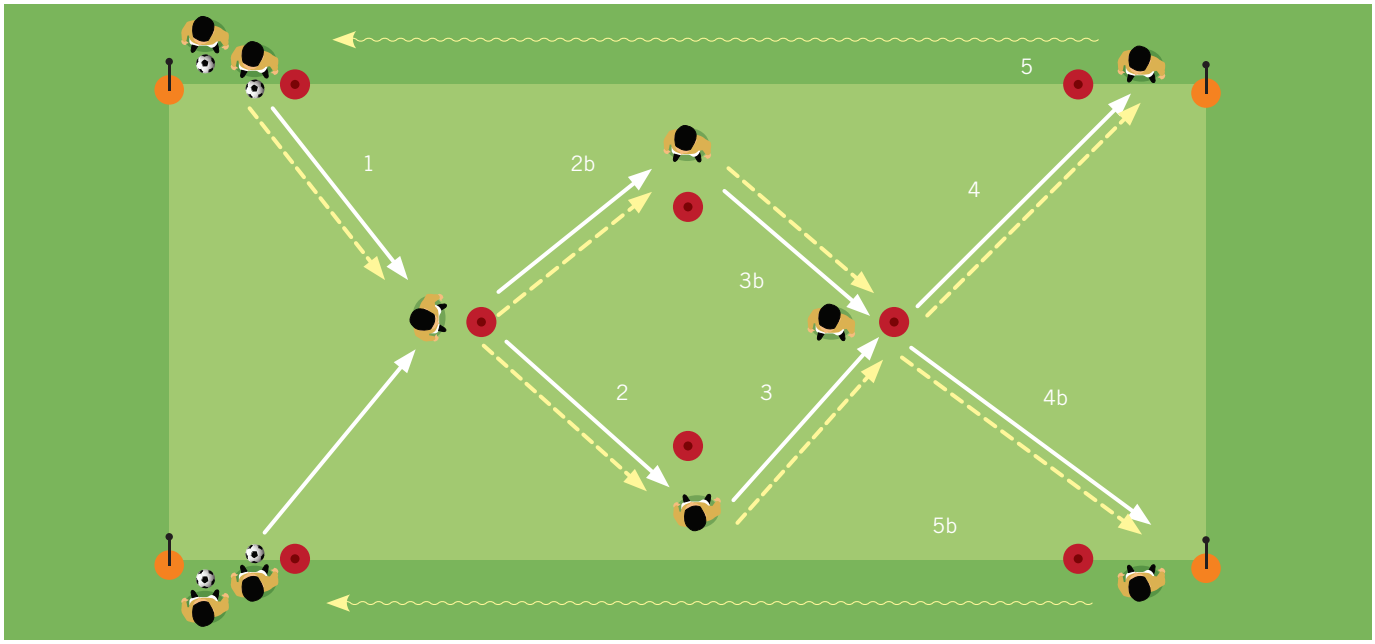
AREAS	
Technical	Passing and receiving
Tactical	Switching play
Physical	Perception and awareness
Psychosocial	Cooperation

STRUCTURE	
Space	60x40 yards
Time	15 min
Age Recommended	U15+
Difficulty (1 to 5)	4

ORGANIZATION	
Players	10+
Time	Work continuously at high-intensity for 4 min. Use rest periods to make brief coaching points.
Equipment	4 poles, 8 cones and 6 balls
Description	Player from outside passes to player in the middle and vice-versa. Player in the middle switches the ball to one of the players on the sides. Last player runs with the ball back to the start. **Variation 1:** Player in the middle passes back to same player who is coming in from the side to play a longer pass to the next player **Variation 2**: Finish in one of the goals instead of making the final pass **Variation 3:** Receive the final pass with back to goal and finish

KEY POINTS

1. Opening up to receive the ball
2. Ball control when receiving
3. Inside foot to control and inside foot or inside/instep foot to pass the ball
4. Quick execution – speed of play
5. Communication



AEROBIC POWER

Practice 1: End zone with support players

GAME | PHYSICAL

PHYSICAL/PHYSIOLOGICAL EFFECT: Increase efficiency by combining aerobic and anaerobic systems to perform at very high-intensity.

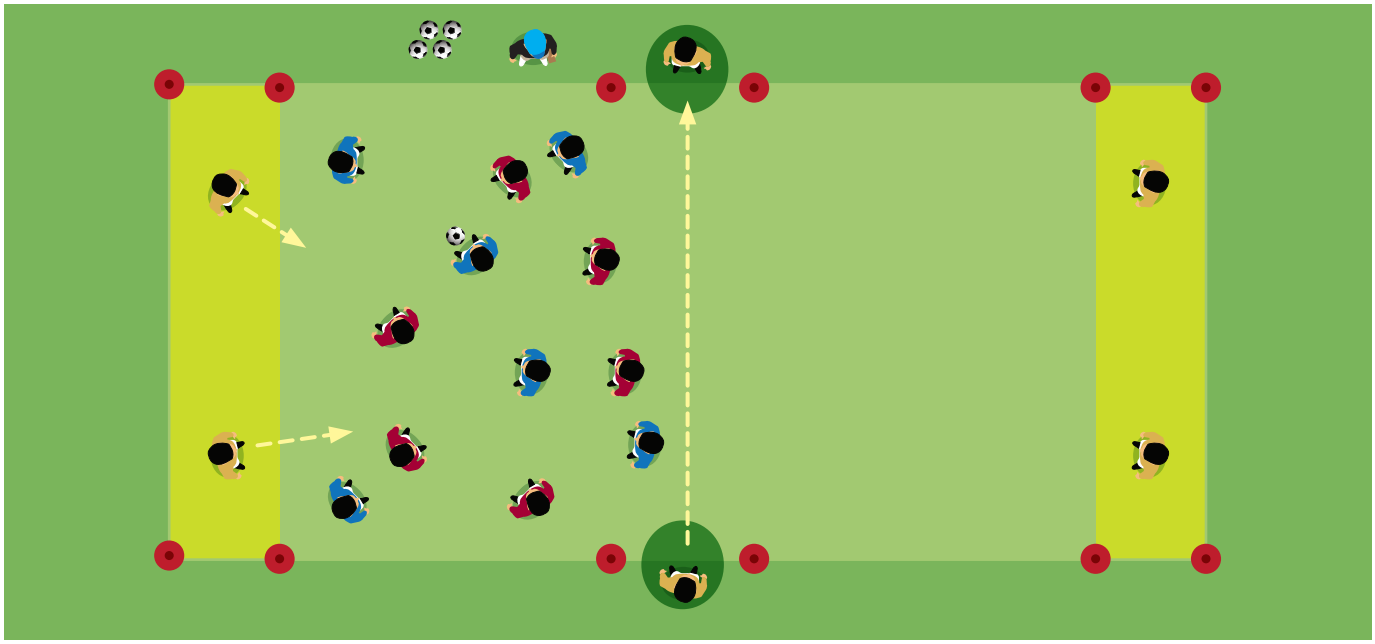
AREAS	
Technical	Aerobic power
Tactical	Transition
Physical	Passing
Psychosocial	Cooperation

STRUCTURE	
Space	60x40 yards
Time	20 min
Age Recommended	U15+
Difficulty (1 to 5)	4

ORGANIZATION	
Players	18+
Equipment	12 cones and 8 balls
Description	6v6+6 game. Score by completing five consecutive passes in one half. Once a team completes five passes, transfer the ball to the other half. The two players in the end zone join the attacking team. **Variation 1:** Limit the number of touches for the team in possession **Variation 2**: Teams must complete a pass to support player on the side before transferring the ball to the other half.
Justification	Due to the intensity of the exercise (around 90% HRmax), this type of exercise is designed to reach VO2max as fast as possible. Once the VO2max is reached the body will combine aerobic and anaerobic systems to tolerate high-intensity exercise. The player will be focused on the game and will not notice the physical work.

WORKLOAD

1. 3 min
2. Sets: 4
3. Rest between sets: 1 min



ATTACKING PRINCIPLES

Practice 11: Attacking +1 game**

GAME | TACTICAL

OBJECTIVE: Improve basic game understanding to create superiority in numbers in attack.

AREAS	
Technical	Attacking principles
Tactical	Passing and receiving
Physical	Perception and awareness
Psychosocial	Cooperation

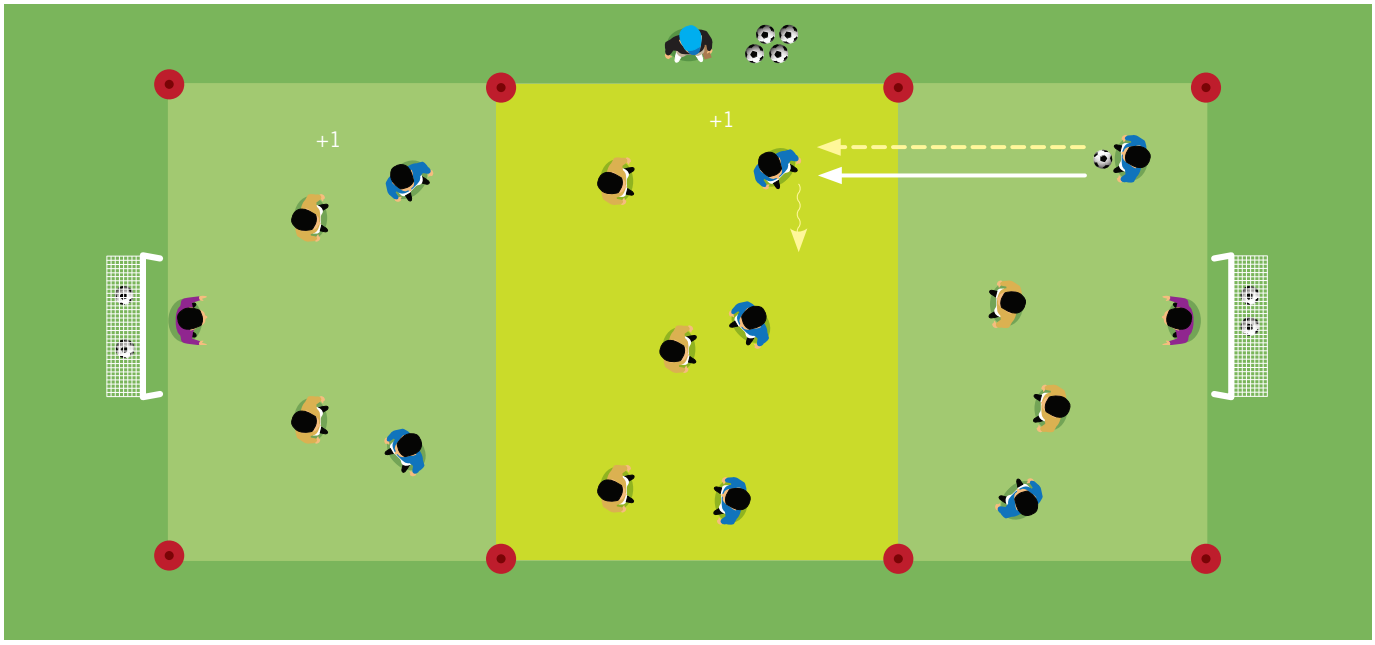
STRUCTURE	
Space	60x40 yards
Time	25 min
Age Recommended	U15+
Difficulty (1 to 5)	5

ORGANIZATION	
Players	16+
Time	Work continuously at high-intensity for 4 min. Use rest periods to make brief coaching points.
Equipment	8 cones, 2 goals and 6 ball
Description	Each third is occupied by two attackers and two defenders at each end and three attackers and three defenders in the middle. The player making the pass can join the next third to create a +1 situation. **Variation 1:** Reduce number of touches or number of passes in each third **Variation 2**: Two attacking players in the defensive end join the next third **Variation 3**: The player with the ball can dribble or pass to the next third

KEY POINTS

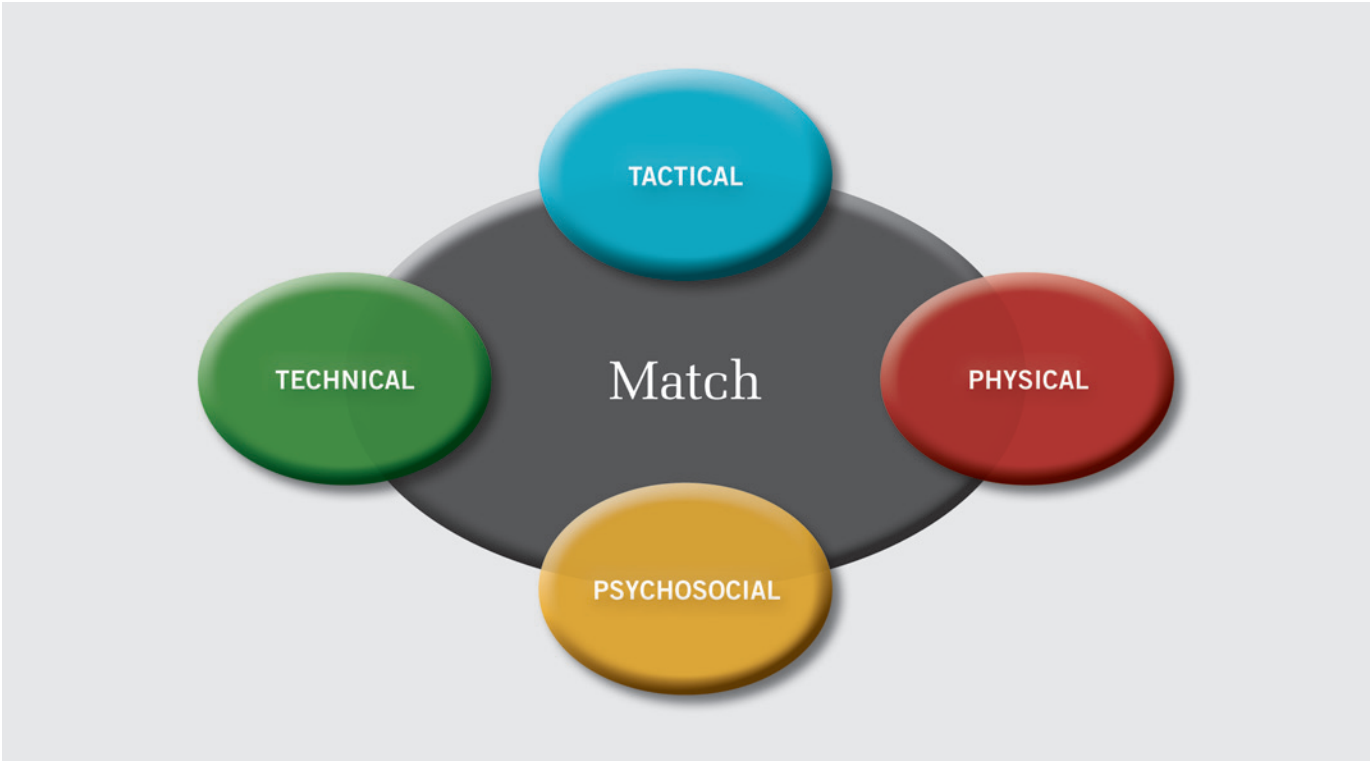
1. Creating space
2. Support play
3. Passing options – decision-making
4. Width and depth
5. Creating 2v1 situations

*** Can include goalkeepers*



QUANTIFICATION

Identifying the needs of the team is essential in order to quantify the work during the training sessions and make a proper analysis of the game.



In this section there are samples presented to quantify the number of times that one topic or subject is covered in the training sessions during a month and during the season. As coaches, we can compare that number with the number specified in the season plan for that particular age group.

For example, a 5 in the season plan for a U14 team in the passing and receiving category means that the team must have a high amount of passing and receiving practices during the month.

4 SPREADSHEETS ARE PRESENTED IN THIS SECTION

1. Technical
2. Tactical
3. Physical
4. Psychosocial

Each one of the spreadsheets records the number of times one topic or subject has been covered in the training sessions.

Also in this section, a spreadsheet is presented to identify the team's strengths and weaknesses during the game. This information provides the coach with a better understanding of which categories or areas the team needs to improve.

Also included in this section is the team and player evaluation.

Sample spreadsheet for U15 team

TACTICAL	PLAN	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	June	July	TOTAL	TACTICAL
PERIOD →		OS	C1	C1	C1	T	T	T	C2	C2	C2	OS	OS		← PERIOD
Attacking principles	5														Attacking principles
Possession	5														Possession
Transition	5														Transition
Combination play	5														Combination play
Switching play	4														Switching play
Counter attacking	4														Counter attacking
Playing out from the back	4														Playing out from the back
Finishing in the final third	5														Finishing in the final third
Defending principles	5														Defending principles
Zonal defending	5														Zonal defending
Pressing	4														Pressing
Retreat & recovery	5														Retreat & recovery
Compactness	3														Compactness

PERIODS KEY	OS= OFF SEASON	C1=COMPETITIVE 1	T= TRANSITION	C2=COMPETITIVE 2

Sample spreadsheet for U15 team

TECHNICAL	PLAN	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	June	July	TOTAL	TECHNICAL
PERIOD →		OS	C1	C1	C1	T	T	T	C2	C2	C2	OS	OS		← PERIOD
Passing & receiving	5														Passing & receiving
Running with the ball	1														Running with the ball
Dribbling	2														Dribbling
Turning	4														Turning
Shooting	5														Shooting
Ball control	3														Ball control
Heading	4														Heading
1v1 attacking	3														1v1 attacking
Shielding the ball	2														Shielding the ball
Receiving to turn	5														Receiving to turn
Crossing & finishing	4														Crossing & finishing
1v1 defending	4														1v1 defending

PERIODS KEY	OS= OFF SEASON	C1=COMPETITIVE 1	T= TRANSITION	C2=COMPETITIVE 2

Sample spreadsheet for U15 team

PHYSICAL		PLAN	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	June	July	TOTAL	PHYSICAL	
PERIOD →			OS	C1	C1	C1	T	T	T	C2	C2	C2	OS	OS		← PERIOD	
STRENGTH	Str. endurance	3														Str. endurance	STRENGTH
	Explosive strength	4														Explosive strength	
	Maximal strength	1														Maximal strength	
ENDURANCE	Aerobic capacity	4														Aerobic capacity	ENDURANCE
	Aerobic power	5														Aerobic power	
	Anaerobic lactic	2														Anaerobic lactic	
	Anaerobic alactic	2														Anaerobic alactic	
SPEED	Reaction	4														Reaction	SPEED
	Acceleration	4														Acceleration	
	Maximal speed	3														Maximal speed	
	Speed endurance	2														Speed endurance	
	Acyclic speed	5														Acyclic speed	
Flexibility & mobility		3														Flexibility & mobility	
Coordination & balance		2														Coordination & balance	
Agility		4														Agility	
Basic motor skills																Basic motor skills	
Perception & awareness		5														Perception & awareness	

PERIODS KEY	OS= OFF SEASON	C1=COMPETITIVE 1	T= TRANSITION	C2=COMPETITIVE 2

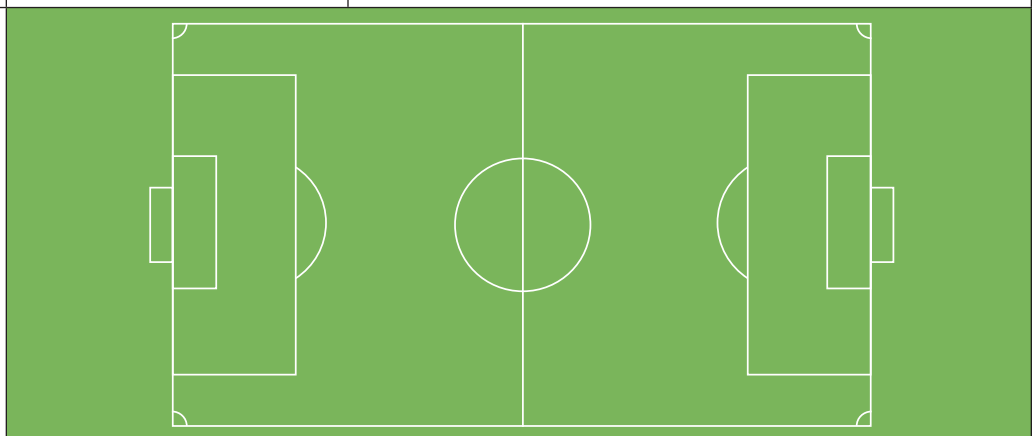
Sample spreadsheet for U15 team

PSYCHOSOCIAL		PLAN	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	June	July	TOTAL	PSYCHOSOCIAL	
PERIOD →			OS	C1	C1	C1	T	T	T	C2	C2	C2	OS	OS		← PERIOD	
SOCIAL	RESPECT	5														RESPECT	SOCIAL
	Communication	5														Communication	
BASIC	MOTIVATION	5														MOTIVATION	BASIC
	Self confidence	3														Self confidence	
	Cooperation	5														Cooperation	
	Decision - determination	4														Decision - determination	
ADVANCED	COMPETITIVENESS	4														COMPETITIVENESS	ADVANCED
	Concentration	3														Concentration	
	Commitment	5														Commitment	
	Self control	4														Self control	
	Acyclic speed	5														Acyclic speed	

PERIODS KEY	OS= OFF SEASON	C1=COMPETITIVE 1	T= TRANSITION	C2=COMPETITIVE 2

GAME ANALYSIS - TEAM

Evaluation of team performance

Age group:	❑ League ❑ Tournament ❑ Friendly	
Date & time:	Opponents:	Location:
Final score:	First half:	Second half:
INDICATE & DESCRIBE BRIEFLY: Goals scored (O): Goals received (X):		

STRENGTHS & WEAKNESSES

Note: Use the template below and the following symbols to identify some of the key points in the game:
Poor: 1 Below average: 2 Average: 3 Good: 4 Great: 5

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

Overall rate (1 to 5):

PLAYER EVALUATION

Microcycle – Week #: _____ Age Group: _____ Date: _____ Number of Games: _____ Sessions: _____

PLAYER'S NAME (#)	POSITION	EVALUATION (1 to 5)					STRENGTHS	WEAKNESSES
		Tactical	Technical	Physical	Psychosocial	Total		
1.								
2.								
3.								
4.								
5.								
6.								
7.								
8.								
9.								
10.								
11.								
12.								
13.								
14.								
15.								
16.								
17.								
18.								

NOTES

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