

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 the 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								