

UNDER 11 TSC CURRICULUM

Annual Week		Session 1 (Technical Focus)	Session 2 (Expanded Focus)	Session 3 (Ability Based Training)
1	Aug 27	Passing & Receiving (Rondo Base)	Passing & Receiving (Rondo Base)	Passing & Receiving (Rondo Base)
2	Sep 3	Possession - Build out of the Back	Transition to Possession (Zone 1 & 2)	Possession - Build out of the Back
3	Sep 10	Possession - Build out of the Back	Transition to Possession (Zone 1 & 2)	Possession - Build out of the Back
4	Sep 17	Possession - Penetrate (Central)	Possession - Switching Point of Attack	Possession - Penetrate (Central)
5	Sep 24	Possession - Penetrate (Central)	Possession - Switching Point of Attack	Possession - Penetrate (Central)
6	Oct 1	Possession - Patience, Purpose, Probing	Transition to Possession (Zone 3 & 4)	Possession - Patience, Purpose, Probing
7	Oct 8	Possession - Patience, Purpose, Probing	Transition to Possession (Zone 3 & 4)	Possession - Patience, Purpose, Probing
8	Oct 15	Possession - Switching Point of Attack	Possession - Central Attacking	Possession - Switching Point of Attack
9	Oct 22	Possession - Switching Point of Attack	Possession - Central Attacking	Possession - Switching Point of Attack
10	Oct 29	Combination Play to Finish	Finishing/Central	Combination Play to Finish
11	Nov 5	1v1 Attacking (Opponent in Front)	1v1 Defending (Pressure)	1v1 Defending (Pressure)
12	Nov 12	1v1 Attacking (Opponent on Angle)	2v1 Attacking (Wall Pass)	2v1 Attacking (Wall Pass)
13	Nov 19	1v1 Attacking (Opponent on Side)	2v2 Defending (Cover)	2v2 Defending (Cover)
14	Nov 26	1v1 Attacking (Opponent on Back)	2v2 Attacking (Overlap & Open Up)	2v2 Attacking (Overlap & Open Up)
15	Dec 3	Recovery Break	Recovery Break	Recovery Break
16	Dec 10	Recovery Break	Recovery Break	Recovery Break
17	Dec 17	Recovery Break	Recovery Break	Recovery Break
18	Dec 24	Holiday Break	Holiday Break	Holiday Break

UNDER 12 TSC CURRICULUM

Annual Week		Session 1 (Technical Focus)	Session 2 (Expanded Focus)	Session 3 (Ability Based Training)
1	Aug 27	Passing & Receiving (Rondo Base)	Passing & Receiving (Rondo Base)	Passing & Receiving (Rondo Base)
2	Sep 3	Possession - Build out of the Back	Transition to Possession (Zone 1 & 2)	Possession - Build out of the Back
3	Sep 10	Possession - Build out of the Back	Transition to Possession (Zone 1 & 2)	Possession - Build out of the Back
4	Sep 17	Possession - Penetrate (Central)	Possession - Switching Point of Attack	Possession - Penetrate (Central)
5	Sep 24	Possession - Penetrate (Central)	Possession - Switching Point of Attack	Possession - Penetrate (Central)
6	Oct 1	Possession - Patience, Purpose, Probing	Transition to Possession (Zone 3 & 4)	Possession - Patience, Purpose, Probing
7	Oct 8	Possession - Patience, Purpose, Probing	Transition to Possession (Zone 3 & 4)	Possession - Patience, Purpose, Probing
8	Oct 15	Possession - Switching Point of Attack	Possession - Central Attacking	Possession - Switching Point of Attack
9	Oct 22	Possession - Switching Point of Attack	Possession - Central Attacking	Possession - Switching Point of Attack
10	Oct 29	Combination Play to Finish	Finishing/Central	Combination Play to Finish
11	Nov 5	1v1 Attacking (Opponent in Front)	1v1 Defending (Pressure)	1v1 Defending (Pressure)
12	Nov 12	1v1 Attacking (Opponent on Angle)	2v1 Attacking (Wall Pass)	2v1 Attacking (Wall Pass)
13	Nov 19	1v1 Attacking (Opponent on Side)	2v2 Defending (Cover)	2v2 Defending (Cover)
14	Nov 26	1v1 Attacking (Opponent on Back)	2v2 Attacking (Overlap & Open Up)	2v2 Attacking (Overlap & Open Up)
15	Dec 3	Recovery Break	Recovery Break	Recovery Break
16	Dec 10	Recovery Break	Recovery Break	Recovery Break
17	Dec 17	Recovery Break	Recovery Break	Recovery Break
18	Dec 24	Holiday Break	Holiday Break	Holiday Break