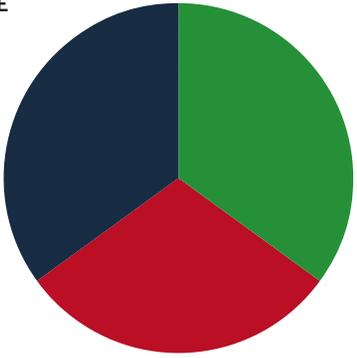
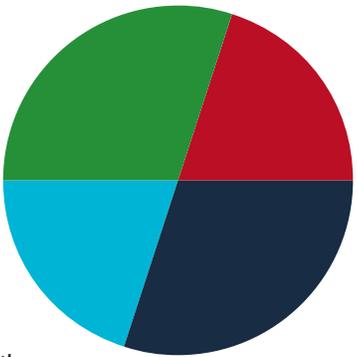


# CURRICULUM – U8 – SEASON PLAN

OBJECTIVES	ORGANIZATION				CONTENT DISTRIBUTION			
<p><b>SCRIMMAGE:</b> Balance in relation to the ball and teammates during the game</p> <p><b>TECHNICAL:</b> Individual and collective basic soccer techniques</p> <p><b>PHYSICAL:</b> Develop speed, coordination and basic motor skills with and without the ball</p> <p><b>PSYCHOSOCIAL:</b> Interact with teammates during the training session. Special focus on building self confidence and providing motivation. Respect and discipline are cornerstone within the team.</p> <p><b>Initial Benchmarks:</b></p> <ol style="list-style-type: none"> <li>Stopping and running with the ball at speed</li> <li>Moving forward when attacking and retreating when defending</li> <li>Basic quick movements with and without the ball</li> </ol>	Sessions per week	1	Session time	60'	<p><b>INITIAL STAGE</b></p>  <p><b>SCRIMMAGE</b> 35%    <b>TACTICS</b> 0%    <b>TECHNIQUE</b> 35%    <b>PHYSICAL</b> 30%</p>			
	Players per team	8	Game time	20-25				
	SESSION STRUCTURE		REMINDERS					
	Warm-up	5'	<ul style="list-style-type: none"> <li>- Value performance and development over winning</li> <li>- Encourage creativity and promote positive failure</li> <li>- Make games and practices fun to replicate at home</li> </ul>					
	Physical	10'						
	Technique	20'						
	Scrimmage	20'						
	Cool Down & Debrief	5'						
<b>Initial Benchmarks:</b>	<b>Comments</b>							
<ol style="list-style-type: none"> <li>Stopping and running with the ball at speed</li> <li>Moving forward when attacking and retreating when defending</li> <li>Basic quick movements with and without the ball</li> </ol>	<ul style="list-style-type: none"> <li>- Collective games are essential for the player to start interacting with teammates.</li> <li>- The player will keep maximum contact with the ball in Individual practices and less touches in collective practices.</li> </ul>							

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

# CURRICULUM – U10 – SEASON PLAN

OBJECTIVES		ORGANIZATION			CONTENT DISTRIBUTION					
<p><b>SCRIMMAGE:</b> Efficiently occupy space in relation to the ball and to teammates</p> <p><b>TACTICAL:</b> Creating space and applying basic principles</p> <p><b>TECHNICAL:</b> Accuracy in individual soccer techniques</p> <p><b>PHYSICAL:</b> Develop speed, agility, coordination and balance</p> <p><b>PSYCHOSOCIAL:</b> Interact positively and feel confident within the group. Respect and discipline are cornerstone within the team.</p>	Sessions per week	2	Session time	90'	<p><b>BASIC STAGE</b></p> 	<p><b>SCRIMMAGE</b> 30%</p>	<p><b>TACTICS</b> 20%</p>	<p><b>TECHNIQUE</b> 30%</p>	<p><b>PHYSICAL</b> 20%</p>	
	Players per team	14	Game time	25-30						
	<b>SESSION STRUCTURE</b>									<b>REMINERS</b>
	Warm-up	15'	<ul style="list-style-type: none"> <li>- Value performance and development over winning</li> <li>- Encourage creativity and promote positive failure</li> <li>- Touches outside of practice are vital</li> </ul>							
	Physical	10'								
	Technique	20'								
Tactics	15'									
Scrimmage	25'									
Cool Down & Debrief				5'						
<p><b>Comments</b></p> <p>▶ The player will keep maximum contact with the ball in individual practices and less touches in collective practices.</p>										

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

## Main objectives for the 12-week program

STAGE	TYPE	2 WEEKS	2 WEEKS	2 WEEKS	2 WEEKS	2 WEEKS	2 WEEKS	2 WEEKS
<b>INITIAL</b> U6 to U8	Technical	→ Dribbling	→ Shooting & RWB	→ Ball control & turning	→ Passing & receiving	→ 1v1 attacking	→ 2v1 attacking	→ 2v1 attacking
	Physical	Coordination & balance	Generic speed & agility	Basic motor skills	Perception & awareness	Speed (acceleration + acyclic) and agility.	Perception & Awareness + BMS	
	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	
<b>BASIC</b> U9 to U12	Attacking principles: 2v1, 3v1, 3v2, 4v3							
	Physical	Coordination & balance	Speed & agility	Perception & awareness	Speed & agility	Coordination & balance	Reaction & acceleration	
	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							
<b>INTERMEDIATE</b> U13 & U14	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	
	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							
<b>ADVANCED</b> U15 to U18	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 atactic	Specific speed	Explosive strength	Acyclic speed	
	General strength							