



# U13 SEASONAL TRAINING PLAN

OBJECTIVES	ORGANIZATION				CONTENT DISTRIBUTION				
<b>TECHNICAL:</b> Focus on quality of passing and receiving technique as well as ball control in game situations. <b>TACTICAL:</b> Improve attacking coordinated movements and zonal defending. <b>PHYSICAL:</b> Basic development of speed, endurance and strength. <b>MENTAL:</b> Increase collective self-confidence. <b>GAME:</b> Coordinate possession, transition & finishing.	Sessions per week	2	Session Time	60-75'	 <b>INTERMEDIATE STAGE</b>				
	Players per team	14	Game Time	70'					
	STRUCTURE		CONSIDERATIONS						
	Warm-up	5'	<ul style="list-style-type: none"><li>- Time of the practice</li><li>- Size of the practice</li><li>- Intensity of the practice</li><li>- Rules</li><li>- # of players</li><li>- Teammates - Opposition &amp; support players</li></ul>						
	Physical	10-15'							
	Technique	10-15'							
	Tactical	15-20'							
	Scrimmage/Game	15'							
	Cool Down/Debrief	5'							
<b>End of Season Targets:</b> 1. Passing the ball at speed in reduced spaces/time. 2. Combination play and communication with teammates. 3. Combine endurance and speed during the game.	<b>Comments:</b> ✓ Use the contrast of small spaces for possession and larger space for transition practices. ✓ Games: 9v9 (3-4-1 formation).				TECH 30%	TAC 20%	PHYS 20%	MEN 5%	GAME 25%

CONTENT												
TECHNICAL			TACTICAL			PHYSICAL			MENTAL			
1. Passing & Receiving	5	ATTACKING	1. Attacking Principles	5	STRENGTH	Strength Endurance	1	BASIC	1. Motivation	5		
2. Running with the Ball	2		2. Possession	5		Explosive Strength	3		2. Self-Confidence	4		
3. Dribbling	2		3. Transition	5		Maximal Strength	1		3. Cooperation	4		
4. Turning	4		4. Combination Play	5					4. Decision/Determination	3		
5. Shooting	5		5. Switch of Play	3	ENDURANCE	Aerobic Capacity	3	ADVANCED	5. Competitiveness	4		
6. Ball Control	5		6. Counter Attack	2		Aerobic Power	3		6. Concentration	1		
7. Heading	4		7. Playing out from back	5		Anaerobic Lactic	1		7. Commitment	5		
8. 1v1 Attacking	4		8. Finishing in Final Third	5		Anaerobic Alactic	3		8. Self-Control	3		
9. Shielding the Ball	3	DEFENDING	1. Defending Principles	5	SPEED	Reaction	5	SOCIAL	9. Communication	3		
10. Receiving to Turn	4		2. Zonal Defending	4		Acceleration	5		10. Respect & Discipline	5		
11. Crossing & Finishing	5		3. Pressing	3		Maximal Speed	2					
12. 1v1 Defending	4		4. Retreat & Recover	4		Speed Endurance	3					
			5. Compactness	2		Acyclic Speed	5					
						4. Flexibility & Mobility	4					
						5. Coordination & Balance	3					
						6. Agility	4					
						7. Basic Motor Skills						
						8. Perception & Awareness	5					

Work Load Key	1. Very Low	2. Low	3. Mid	4. High	5. Very High
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