



# U10 SEASONAL TRAINING PLAN

OBJECTIVES	ORGANIZATION	CONTENT DISTRIBUTION																												
<p><b>TECHNICAL:</b> Accuracy of individual soccer techniques.</p> <p><b>TACTICAL:</b> Creating space &amp; applying basic principles.</p> <p><b>PHYSICAL:</b> Develop Speed, Agility, Coordination, and Balance.</p> <p><b>MENTAL:</b> Positive interaction &amp; confidence within the group.</p> <p><b>GAME:</b> Efficiently occupy space on the field in relation to ball &amp; team-mates.</p>	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 25%;">Sessions per week</td> <td style="width: 10%;">2</td> <td style="width: 25%;">Session Time</td> <td style="width: 40%;">60-75'</td> </tr> <tr> <td>Players per team</td> <td>12</td> <td>Game Time</td> <td>50'</td> </tr> <tr style="background-color: #cccccc;"> <th colspan="2" style="text-align: center;">STRUCTURE</th> <th colspan="2" style="text-align: center;">CONSIDERATIONS</th> </tr> <tr> <td>Warm-up</td> <td>5'</td> <td colspan="2" rowspan="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>- Team-mates/Opposition</li> </ul> </td> </tr> <tr> <td>Physical</td> <td>5-10'</td> </tr> <tr> <td>Technique</td> <td>15-20'</td> </tr> <tr> <td>Tactical</td> <td>10-15'</td> </tr> <tr> <td>Scrimmage/Game</td> <td>15-20'</td> </tr> <tr> <td>Cool Down</td> <td>5'</td> <td colspan="2"></td> </tr> </table>	Sessions per week	2	Session Time	60-75'	Players per team	12	Game Time	50'	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>- Team-mates/Opposition</li> </ul>		Physical	5-10'	Technique	15-20'	Tactical	10-15'	Scrimmage/Game	15-20'	Cool Down	5'			<p><b>BASIC STAGE</b></p>
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<p><b>End of Season Targets:</b></p> <ol style="list-style-type: none"> <li>Be efficient in 1v1 situations.</li> <li>Application of basic Attacking principles.</li> <li>Coordinated movements at speed.</li> </ol>	<p><b>Comments:</b></p> <ul style="list-style-type: none"> <li>✓ Maximum contact with ball in individual practices, less touches in group practices.</li> <li>✓ Games: 7v7 (2-3-1 formation)</li> </ul>	<table style="width: 100%; border: none;"> <tr> <td style="background-color: #92d050; padding: 5px;">TECH 30%</td> <td style="background-color: #6495ed; padding: 5px;">TAC 20%</td> <td style="background-color: #a52a2a; padding: 5px;">PHYS 20%</td> <td style="background-color: #ff8c00; padding: 5px;">MEN 5%</td> <td style="background-color: #191970; padding: 5px;">GAME 25%</td> </tr> </table>	TECH 30%	TAC 20%	PHYS 20%	MEN 5%	GAME 25%																							
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CONTENT										
TECHNICAL		TACTICAL			PHYSICAL			MENTAL		
1. Passing & Receiving	5	ATTACKING	1. Attacking Principles	3	STRENGTH	Strength Endurance		BASIC	1. Motivation	5
2. Running with the Ball	4		2. Possession	3		Explosive Strength	1		2. Self-Confidence	4
3. Dribbling	4		3. Transition	2		Maximal Strength			3. Cooperation	2
4. Turning	5		4. Combination Play	3			4. Decision/Determination		1	
5. Shooting	5		5. Switch of Play	2	ENDURANCE	Aerobic Capacity	2	ADVANCED	5. Competitiveness	2
6. Ball Control	5		6. Counter Attack			Aerobic Power			6. Concentration	
7. Heading	0		7. Playing out from back	5		Anaerobic Lactic			7. Commitment	2
8. 1v1 Attacking	5		8. Finishing in Final Third	2		Anaerobic lactic	1		8. Self-Control	1
9. Shielding the Ball	4	DEFENDING	1. Defending Principles	3	SPEED	Reaction	4	SOCIAL	9. Communication	2
10. Receiving to Turn	2		2. Zonal Defending	2		Acceleration	5		10. Respect & Discipline	5
11. Crossing & Finishing	3		3. Pressing	1		Maximal Speed	1			
12. 1v1 Defending	3		4. Retreat & Recover	2		Speed Endurance	2			
			5. Compactness	1		Acyclic Speed	5			
							4. Flexibility & Mobility	2		
							5. Coordination & Balance	5		
							6. Agility	5		
						7. Basic Motor Skills	2			
						8. Perception & Awareness	5			

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