



U12 SEASONAL TRAINING PLAN



OBJECTIVES	ORGANIZATION	CONTENT DISTRIBUTION																									
<p>TECHNICAL: Focus on quality of passing and receiving technique as well as ball control in game situations.</p> <p>TACTICAL: Develop attacking/defending principles and combination play.</p> <p>PHYSICAL: Challenge to increase Speed, Agility, Coordination and Balance in competitive games.</p> <p>MENTAL: Increase collective self-confidence.</p> <p>GAME: Improve possession & transition as well as collective defending during games.</p>	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td>Sessions per week</td> <td style="text-align: center;">2</td> <td>Session Time</td> <td style="text-align: center;">75'</td> </tr> <tr> <td>Players per team</td> <td style="text-align: center;">12</td> <td>Game Time</td> <td style="text-align: center;">60'</td> </tr> <tr> <th colspan="2">STRUCTURE</th> <th colspan="2">CONSIDERATIONS</th> </tr> <tr> <td>Warm-up</td> <td style="text-align: center;">5'</td> <td rowspan="6"> <ul style="list-style-type: none"> - Time of the practice - Size of the practice - Intensity of the practice - Rules - # of players - Teammates - Opposition & support players </td> </tr> <tr> <td>Physical</td> <td style="text-align: center;">15'</td> </tr> <tr> <td>Technique</td> <td style="text-align: center;">20'</td> </tr> <tr> <td>Tactical</td> <td style="text-align: center;">15'</td> </tr> <tr> <td>Scrimmage/Game</td> <td style="text-align: center;">15'</td> </tr> <tr> <td>Cool Down</td> <td style="text-align: center;">5'</td> </tr> </table>	Sessions per week	2	Session Time	75'	Players per team	12	Game Time	60'	STRUCTURE		CONSIDERATIONS		Warm-up	5'	<ul style="list-style-type: none"> - Time of the practice - Size of the practice - Intensity of the practice - Rules - # of players - Teammates - Opposition & support players 	Physical	15'	Technique	20'	Tactical	15'	Scrimmage/Game	15'	Cool Down	5'	<p>BASIC STAGE</p>
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<p>End of Season Targets:</p> <ol style="list-style-type: none"> Application of technique at speed in game situations. Application of Attacking/Defending principles in games. Agility Coordination & Speed movements in simple practices. 	<p>Comments:</p> <ul style="list-style-type: none"> ✓ Prepare collective practices with the ball to develop the technical and tactical intelligence of the player. ✓ Games: 8v8 (3-3-1 formation) moving into 11v11 (4-4-2) 	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="background-color: #90EE90;">TECH 30%</td> <td style="background-color: #6495ED;">TAC 20%</td> <td style="background-color: #A52A2A;">PHYS 20%</td> <td style="background-color: #FF8C00;">MEN 5%</td> <td style="background-color: #000080;">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	5	ATTACKING	1. Attacking Principles	4	STRENGTH	Strength Endurance		BASIC	1. Motivation	5	
2. Running with the Ball	3		2. Possession	5		Explosive Strength	2		2. Self-Confidence	4	
3. Dribbling	2		3. Transition	4		Maximal Strength			3. Cooperation	3	
4. Turning	4		4. Combination Play	5			4. Decision/Determination		2		
5. Shooting	5		DEFENDING	5. Switch of Play	3	ENDURANCE	Aerobic Capacity	3	ADVANCED	5. Competitiveness	3
6. Ball Control	5			6. Counter Attack	1		Aerobic Power	2		6. Concentration	
7. Heading	4			7. Playing out from back	4		Anaerobic Lactic			7. Commitment	4
8. 1v1 Attacking	4			8. Finishing in Final Third	4	Anaerobic Alactic	2	8. Self-Control	2		
9. Shielding the Ball	3	DEFENDING		1. Defending Principles	4	SPEED	Reaction	4	SOCIAL	9. Communication	3
10. Receiving to Turn	3		2. Zonal Defending	4	Acceleration		5	10. Respect & Discipline		5	
11. Crossing & Finishing	3		3. Pressing	4	Maximal Speed		2				
12. 1v1 Defending	3		4. Retreat & Recover	4	Speed Endurance		2				
		5. Compactness	4	Acyclic Speed	5						
						4. Flexibility & Mobility	3				
						5. Coordination & Balance	4				
						6. Agility	4				
						7. Basic Motor Skills	1				
						8. Perception & Awareness	5				

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