

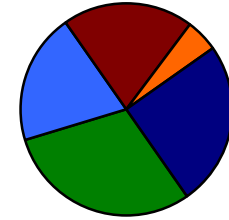


U14

SEASONAL TRAINING PLAN



OBJECTIVES	ORGANIZATION	CONTENT DISTRIBUTION						
<p>TECHNICAL: Focus on quality of passing and receiving technique. Ball control & finishing in small/big spaces.</p> <p>TACTICAL: Application of attacking principles to create combination play.</p> <p>PHYSICAL: General development of speed, endurance and strength.</p> <p>MENTAL: Competition within individual & team situations.</p> <p>GAME: Coordinate playing out from the back, possession, transition, combination play & finishing.</p>	Sessions per week	2	Session Time	60-75'				
	Players per team	16	Game Time	70'				
	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	10-15'						
	Technique	10-15'						
	Tactical	15-20'						
	Scrimmage/Game	15'						
Cool Down/Debrief	5'							
<p>End of Season Targets:</p> <ol style="list-style-type: none"> 1. Playing short/long accurate passes in collective practices. 2. Combination play and communication with teammates. 3. Combine endurance and speed during the game. 	<p>Comments:</p> <ul style="list-style-type: none"> ✓ Use the contrast of small spaces for possession and larger space for transition practices. ✓ Games: 11v11 (4-4-2 formation) 			TECH 30%	TAC 20%	PHYS 20%	MEN 5%	GAME 25%



INTERMEDIATE STAGE

CONTENT

TECHNICAL		TACTICAL		PHYSICAL		MENTAL				
1. Passing & Receiving	5	ATTACKING	1. Attacking Principles	5	STRENGTH	Strength Endurance	2	BASIC	1. Motivation	5
2. Running with the Ball	1		2. Possession	5		Explosive Strength	3		2. Self-Confidence	3
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	4	ENDURANCE	Aerobic Capacity	4	ADVANCED	5. Competitiveness	4
6. Ball Control	5		6. Counter Attack	3		Aerobic Power	4		6. Concentration	2
7. Heading	5		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	2	DEFENDING	1. Defending Principles	5	SPEED	Reaction	5	SOCIAL	9. Communication	4
10. Receiving to Turn	5		2. Zonal Defending	4		Acceleration	5		10. Respect & Discipline	5
11. Crossing & Finishing	5		3. Pressing	3		Maximal Speed	2			
12. 1v1 Defending	5		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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