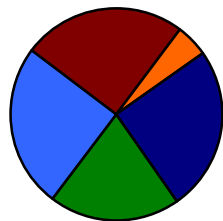




U15 & U16 SEASONAL TRAINING PLAN



OBJECTIVES	ORGANIZATION	CONTENT DISTRIBUTION								
<p>TECHNICAL: Focus on speed of passing and receiving technique. Ball control in small spaces.</p> <p>TACTICAL: Application of attacking & defending principles in SSG.</p> <p>PHYSICAL: Basic development of aerobic power, acyclic speed and explosive strength.</p> <p>MENTAL: Commitment to the team.</p> <p>GAME: Development of possession at speed and quick organization of zonal defending.</p>	Sessions per week	2	Session Time	75-90'	 <p style="color: red; font-weight: bold; margin-top: 10px;">ADVANCED STAGE</p>					
	Players per team	18	Game Time	80'						
	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	5-10'								
	Tactical	20-25'								
	Scrimmage/Game	25'								
Cool Down/Debrief	5'									
<p>End of Season Targets:</p> <ol style="list-style-type: none"> 1. Playing short passes at speed in small spaces. 2. Coordination of tactical principles with teammates. 3. Show good fitness in mid/high demanding aerobic power practices. 	Comments:			TECH 20%	TAC 25%	PHYS 25%	MEN 5%	GAME 25%		
	<ul style="list-style-type: none"> ✓ Use small spaces to enhance technique & big spaces to develop tactical concepts. ✓ Games: 11v11 (4-4-2 formation) 									

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