



Planning and Training

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PLANNING AND TRAINING

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INTRODUCTION

Training plan organization



The coach's work starts before arriving at the soccer field.

Planning the session correctly, for the week and the season, will help the coach identify the team's needs and deliver a more efficient training session. Properly preparing a training session gives the coach greater confidence with the players and a better understanding of how to adapt the exercises to the team's and players' needs on the field. A good coach is a good planner.

Using the age appropriate season-plan provided in the coaching guides, the coach will have the key tools to organize and plan the training session for the team. The numbers 1 to 5 will designate the importance of different technical, tactical, physical and psychosocial aspects of the game. For example, a number 5 in passing and receiving for the U14 age group means that this element is extremely important at that age.

Two teams of the same age group will have different ability levels and understanding of the game. In other words, even teams of the same age have different needs. For this reason, the exercises should be delivered according to a particular age group. This document contains the information necessary to create your own plan according to your team.

These are the steps to follow when preparing a plan:

SEASON PLAN

This section will help the coach to quickly organize the season into competitive periods, transition periods (in between competitive periods) and off-season periods in the case of the older age groups. For younger groups, it will be even more essential to have a broader vision of the objectives, content, distribution and means of use during the season.

MACROCYCLE OR 12-WEEK PROGRAM CYCLE

The coach can use this plan as it is presented in this document. This 12-week distribution of content ensures that all key elements in the curriculum are covered for each stage and age group. It is organized in two-week periods to give the player enough time to show significant improvement in the specific categories. Please note, this content distribution follows an appropriate order for developing the style and principles of play.

MICROCYCLE OR WEEK PROGRAM

This section helps the coach organize weekly training sessions. Each week has a main technical, tactical and physical objective specified in the macrocycle. However, each team is different and has its own learning dynamic. Therefore, the weekly plan is flexible. The team will evolve week after week and the coach must continually identify the team's needs.

SESSION

Sessions are the last step of the planning process. In this section the coach can see what sessions look-like for the different stages. Each session is structured the same way, including the following parts: warm-up, main part and scrimmage. The main part contains technical, tactical and physical exercises. The coach can use the exercises in the library to select appropriate drills for the team and create his/her own training sessions.

Some of the specific organization for the season applies only to the intermediate and advanced stages. The advanced and intermediate stages may change training organization throughout the season in order to be more efficient in competition. The initial and basic stages emphasize development consistency of session structure, in order to consolidate the basics of soccer.



PRINCIPLES OF SEASONAL PLANNING FOR DEVELOPMENT

Here is the organization for the season based on three **12-week cyclic periods**. Each one of these 12-week periods is called a **macrocycle**. This 12-week period will be similar in structure in all three stages of the season. *As coach, you can adapt and modify the length of the macrocycle depending on the needs of your team and season.*

Example structure for a season with three different periods for intermediate and advanced stages:

1. Competitive: Period when the team is training and playing games regularly.
2. Transition: Period when the team is training but not playing regularly.
3. Off-season: Period when the team is not training or playing regularly.

| PERIODS | OFF | COMPETITIVE I | | | TRANSITION | | | COMPETITIVE II | | | OFF SEASON | |
|---------|-----|---------------|-----|-----|------------|-----|-----|----------------|-------|-----|------------|------|
| | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | | |
| MONTHS | Aug | Sept | Oct | Nov | Dec | Jan | Feb | March | April | May | June | July |

WHY IS IT IMPORTANT TO STRUCTURE THE SEASON FOR THE DIFFERENT AGE GROUPS? (THE NEXT FOUR POINTS APPLY ONLY TO INTERMEDIATE AND ADVANCED STAGES)

1. Players follow a repetitive 12-week program. The 12-week structure is repeated three times in the season with common objectives but different content according to the moment of the season.
2. The season is organized in 12-weeks periods so that during this time the player will build his game-understanding as well as develop the soccer-specific fitness necessary to perform in competition.
3. Characteristics for the different periods (e.g. Competitive I, Transition and Competitive II) are explained later in this document.
4. This organization gives structure to the content and make sure coaches not only cover all key elements of the game, but do so according to the age of the players. We know that in human development, a 6 year old player does not perceive the game as a 12 year old or as a 17 year old does.

IMPORTANT NOTES FOR THE TABLE ON THE NEXT PAGE

1. The technical, tactical and physical objectives will focus coaches' and players' attention on that particular objective for a two-week period. However, it does not mean that only that particular objective is covered in all training sessions. Instead, the specific objective will be covered in **at least** one training session during the two-week period. This ensures that the essential content for that specific age-group will be covered.
2. The coach will also cover other aspects of the game that the team needs to improve.
3. The arrow indicates the main objective for the two-week period.
4. Please, check the arrows in the content sheet by age in order to cover other specific, age-appropriate content.



Main objectives for the **12-week program** in the different stages are indicated in the sample below. The arrow indicates the main objective in that stage:

| STAGE | TYPE | 2 WEEKS | 2 WEEKS | 2 WEEKS | 2 WEEKS | 2 WEEKS | 2 WEEKS |
|---------------------------|--|---|--|--|--|---|--|
| INITIAL U6 to U8 | Technical | → Dribbling | → Shooting & RWB | → Ball control & turning | → Passing & receiving | → 1v1 attacking | → 2v1 attacking |
| | Physical | Coordination & balance | Generic speed & agility | Basic motor skills | Perception & awareness | Speed (acceleration + acyclic) and agility. | Perception & Awareness + BMS |
| | Technical | → Passing & receiving | → Shooting & RWB | → Turning, Dribbling & 1v1 attacking | → Receiving to turn, shooting | → Ball control, turning & 1v1 defending | → RWB, shielding the ball, shooting |
| | Tactical | Possession | Playing out from the back | Transition | Combination play | Finishing in the final third | Defending principles |
| BASIC U9 to U12 | Attacking principles: 2v1, 3v1, 3v2, 4v3 | | | | | | |
| | Physical | Coordination & balance | Speed & agility | Perception & awareness | Speed & agility | Coordination & balance | Reaction & acceleration |
| | Tactical | → Possession | → Attacking principles | → Playing out from the back | → Transition & combination play | → Finishing in the final third | → Defending as a team – zonal defending |
| | Perception & awareness | | | | | | |
| INTERMEDIATE U13 & U14 | Technical | Passing & receiving, shooting | Shooting, running with the ball & ball control | Passing & receiving, dribbling and RWB | Turning & 1v1 defending | Aerial control & heading | Receiving to turn & shooting |
| | Physical | Aerobic capacity | Aerobic power | Glycolytic power | Speed & agility | General strength | Reaction & acceleration |
| | Tactical | → Possession Playing out from the back Pressing | → Attacking principles Transition Defending principles | → Combination play Transition | → Transition Switching play | → Finishing in the final third Zonal defending | → Counter attack Retreat & recovery |
| | Speed of play & defensive principles | | | | | | |
| ADVANCED U15 to U18 | Technical | Passing & receiving Shooting | Shooting Ball control | 1v1 defending Turning | Receiving to turn Passing & Receiving | Crossing & finishing Aerial control & heading | Passing & receiving, ball control & shooting |
| | Physical | Aerobic power | Glycolytic power | Anaerobic alactic | Specific speed | Explosive strength | Acyclic speed |
| | General strength | | | | | | |
| | | | | | | | |

WEEKLY PLAN

Below applies only to intermediate and advanced stages

The game is the most demanding practice of the player's week. The intensity will decrease at the beginning of the week, increase closer to the level of game intensity at the middle of the week and then decrease again at the end of the week to provide the body enough time to recover for the game. These principles apply mainly to intermediate and advanced stage players.

The weekly plan is organized as indicated in the graphic:

1. TACTICAL

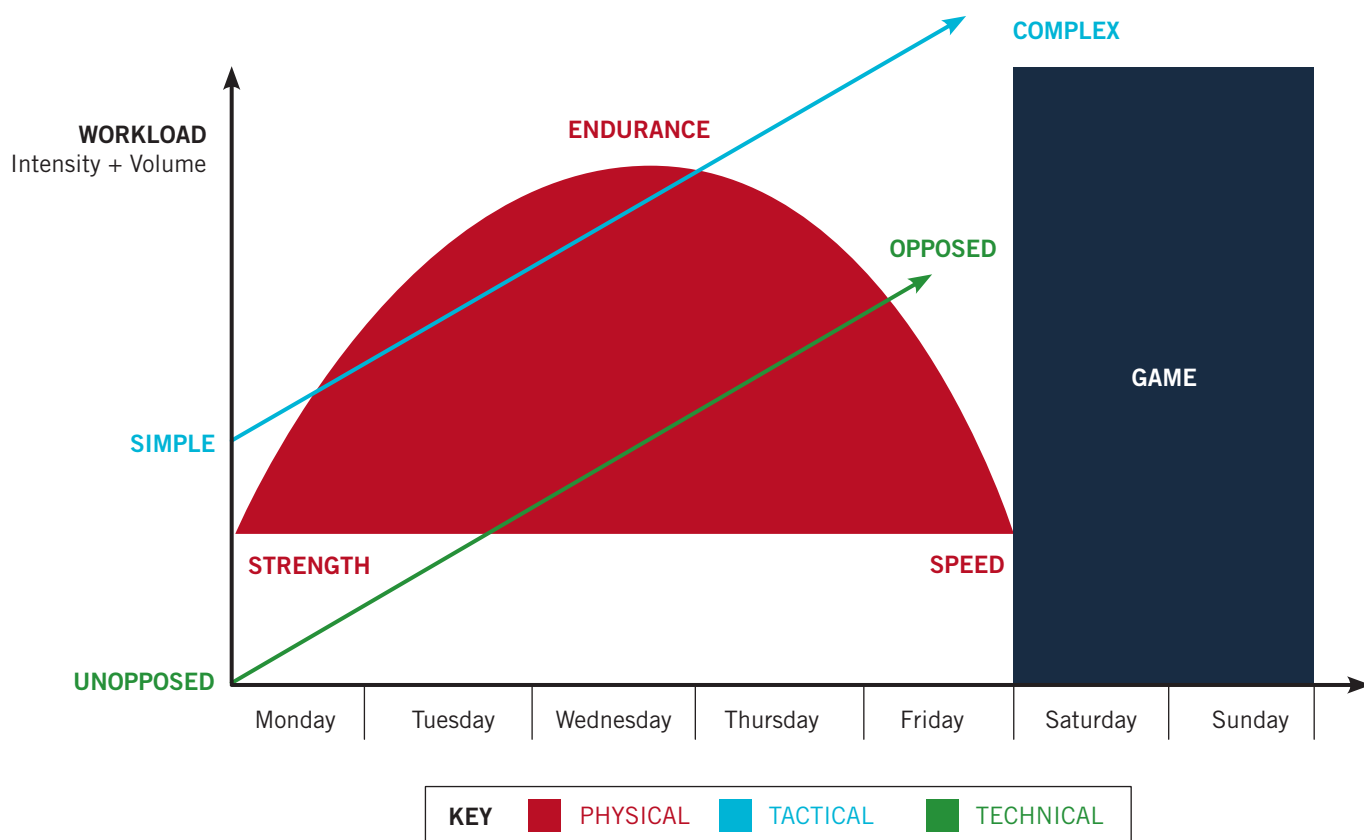
At the beginning of the week, the coach will use simple practices which increase in complexity throughout the week.

2. TECHNICAL

At the beginning of the week, the coach will use more unopposed practices focused on the quality of execution. By the end of the week, the coach will use opposed practices to increase speed, competitiveness and awareness.

3. PHYSICAL

At the beginning of the week, the physical work will focus on strength and injury prevention. By the middle of the week, the workload will increase using endurance training methods; and at the end of the week the training will focus on speed.



Examples of a weekly plan for the different stages

| STAGE | TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-----------------------------------|-----------------------|--|---|---|---|---|----------|--------|
| INITIAL U6 to U8 | 2 sessions 75 min | | Warm-up Agility & basic motor skills Dribbling Scrimmage | | Warm-up Agility & speed Passing & receiving Scrimmage | | Game | |
| BASIC U9 to U12 | 3 sessions 90 min | Warm-up Agility & coordination Ball control Attacking principles Scrimmage | | Warm-up Agility & speed Turning & shooting Possession Scrimmage | Warm-up Reaction & acceleration Passing & receiving Playing out from the back Scrimmage | | Game | |
| INTERMEDIATE U13 to U14 | 4 sessions 90 min | Warm-up Coordination & flexibility Ball control Attacking principles Scrimmage | Warm-up Receiving to turn Aerobic capacity Possession Scrimmage | | Warm-up Passing & receiving Aerobic power Transition Scrimmage | Warm-up Reaction & acceleration Shooting Finishing in the final third Scrimmage | | Game |
| ADVANCED U15 to U18 | 4 sessions 120 min | Warm-up Turning Strength endurance Possession Scrimmage | Warm-up Receiving to turn Aerobic power Transition Scrimmage | | Warm-up Passing & receiving Aerobic lactic Counter attacking Scrimmage | Warm-up Reaction & acceleration Shooting Zonal defending Scrimmage | | Game |

WORKLOAD KEY

1= VERY LOW

2= LOW

3= MID

4= HIGH

5= VERY HIGH

STRUCTURE OF THE TRAINING SESSION

For the initial, basic, intermediate and advanced stages

Sessions for all age groups cover tactical, technical, physical and psychosocial objectives. The exception to this are the sessions for players in the initial stage, which cover only technical, physical and psychosocial objectives because of the age and developmental characteristics of this group.

The session is organized into three blocks: Warm-up, main part (which includes technical, physical and tactical exercises) and scrimmage or free play. Training sessions follow the structure indicated below. However, the three parts of the session can be shorter or longer in duration and the sections within the main part can be interchanged depending on the type of exercise. Please note that any of the explanations below are recommendations and not prescriptions.

| INITIAL STAGE U6-U8 | | | |
|-------------------------------|------------------------|-------------------------------------|---|
| Sessions per week | 2 | Duration of the session | 60 to 75 min |
| Players per session | 12 | Duration of the match | 30 to 40 min |
| TRAINING SESSION STRUCTURE | WARM-UP (10 to 15 min) | | Ball familiarity practices to develop basic skills |
| | MAIN PART | Physical (15 min) | Exercises oriented mainly to develop speed, agility and basic motor skills |
| | | Technical simple (10 to 15 min) | Unopposed practices based on simplicity of the movements, repetition and high-tempo |
| | | Technical complex (10 to 15 min) | Unopposed or basic opposed practices with a small tactical component based on perception and/or decision-making |
| | SCRIMMAGE (20-25 min) | | Simple small-sided games to develop the team concept |

| BASIC STAGE U9-U12 | | | |
|-------------------------------|--------------------|-------------------------|---|
| Sessions per week | 3 | Duration of the session | 90 min |
| Players per session | 14 | Duration of the match | 50 to 60 min |
| TRAINING SESSION STRUCTURE | WARM-UP (10 min) | | Fun & dynamic games, passing & possession practices, stretching & dynamic movement |
| | MAIN PART | Physical (15 min) | Exercises based on agility, speed, coordination & balance |
| | | Technical (20 min) | Unopposed practices to develop quality and opposed practices to develop competitiveness. Opposed practices are more realistic and force players to make decisions as they would in the game |
| | | Tactical (15 min) | Practice games based on basic understanding of the game (attacking principles), possession, combination play, playing out from the back & finishing |
| | SCRIMMAGE (25 min) | | Games based on position specific, quick movement of the ball and distribution of space |

STRUCTURE OF THE TRAINING SESSION

For the initial, basic, intermediate and advanced stages

| INTERMEDIATE STAGE U13-U14 | | | | |
|-------------------------------|--------------------|-----------------------|---|--------|
| Sessions per week | 3 or 4 | | Duration of the session | 90 min |
| Players per session | 16 | | Duration of the match | 70 min |
| TRAINING SESSION STRUCTURE | WARM-UP (10 min) | | Passing, possession & transition practices, stretching & dynamic movement | |
| | MAIN PART | Technical (20 min) | Unopposed practices to develop speed of play and opposed practices to develop competitiveness. Opposed practices are more realistic and game oriented. Unopposed practices must have time restriction | |
| | | Physical (15 min) | Exercises based on agility, various types of speed (reaction, acceleration & acyclic speed), aerobic capacity & explosive strength | |
| | | Tactical (20 min) | Use the contrast of small spaces to develop speed of play and big spaces to develop the understanding of how to work in units | |
| | SCRIMMAGE (25 min) | | Free game based on speed of play, movement off the ball & quick defensive-offensive transition | |

| ADVANCED STAGE U15-U18 | | | | |
|-------------------------------|-----------------------|--------------------------|---|------------|
| Sessions per week | 4 or 5 | | Duration of the session | 90-120 min |
| Players per session | 18 | | Duration of the match | 80-90 min |
| TRAINING SESSION STRUCTURE | WARM-UP (10 min) | | Passing, possession & transition practices, stretching & dynamic movement | |
| | MAIN PART | Technical (20-25 min) | At this stage technique can be developed in small spaces through collective games & simple opposed practices | |
| | | Physical (10-20 min) | Exercises based on agility, various types of speed (reaction, acceleration & acyclic speed), glycolytic power, aerobic power & explosive strength | |
| | | Tactical (20-30 min) | Use the full size or specific areas of the field to develop tactical understanding of the game. Keep it realistic and related to the game. | |
| | SCRIMMAGE (25-30 min) | | Free game including the concepts worked in the session | |



STRUCTURE OF THE TRAINING SESSION

Flexible components

Aspects that are flexible and help organize the practice:

| | |
|--------------------------|--|
| SPACE | Keep the organization of the space simple. The initial set up, with small changes, should be maintained throughout the whole session. Resetting cones during a session can easily disturb the flow of training. Attention during the session should be focussed on making the coaching points. |
| TIME | Time is flexible. Let the practice flow and make the coaching points at the right time, using breaks to give feedback to the group. |
| INTENSITY | Use short periods of time at high-intensity and utilize resting periods to explain the practices or make coaching points. |
| RULES | Use different rules to adapt the practices to the characteristics of the players and make the exercises age-appropriate. |
| NUMBER OF PLAYERS | Practice should progress from smaller to bigger groups of players. Use support players to create superiority in numbers and to make the exercises easier for the attackers. |

Session Examples

INITIAL STAGE

INITIAL STAGE

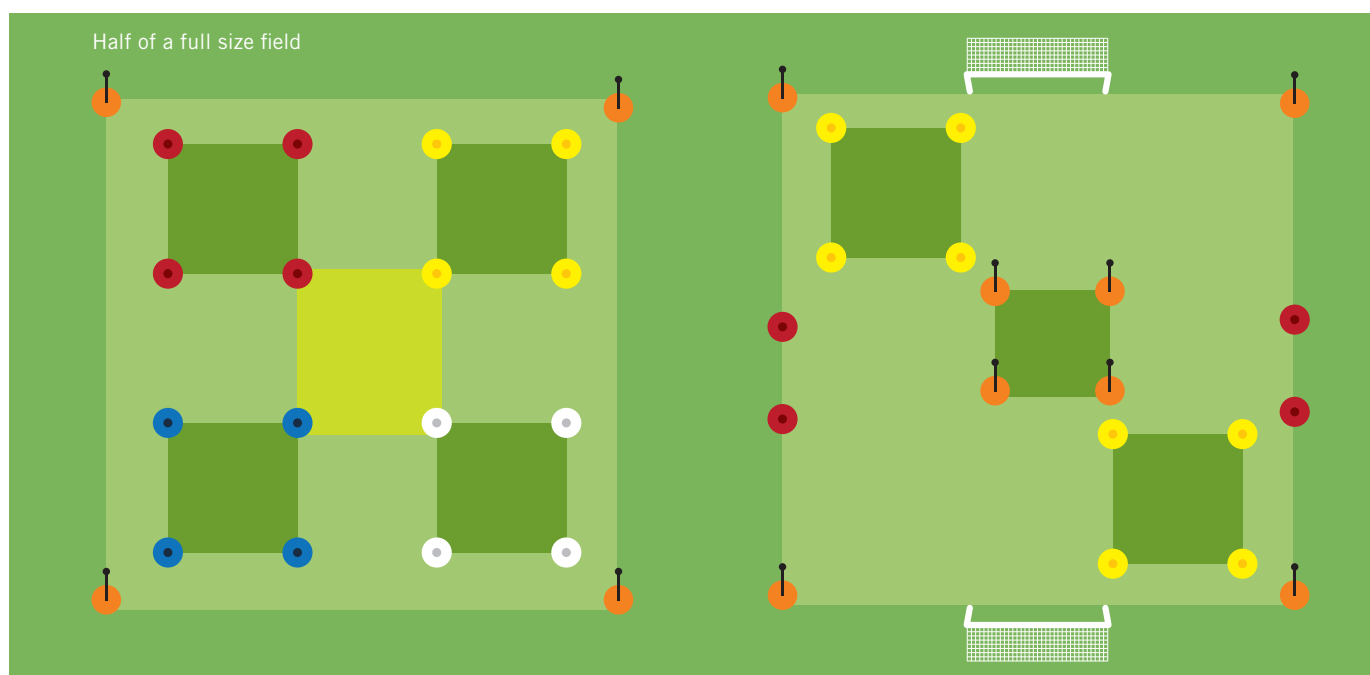
TRAINING SESSION EXAMPLE

| | | | |
|-------|---------------|------------------|----------------------|
| Date: | Age group: U8 | Duration: 75 min | Workload (1 to 5): 3 |
|-------|---------------|------------------|----------------------|

| OBJECTIVES | |
|--------------|-------------------------------------|
| Technical | Part 1 – Shooting; Part 2 – Passing |
| Physical | Agility and basic motor skills |
| Psychosocial | Self confidence |

| ORGANIZATION | TIME |
|--|------------------------------------|
| Arrival: One ball per player. Players can dribble, shoot and keep the ball in the air. | 5 min |
| WARM-UP: Dribbling in different spaces – Practice 4 – Dribbling Stretching: Mobility in a circle – Practice 1 – Flexibility and mobility Ball control: In the same big circle, with one ball per player and one pole in the middle. 1) Three consecutive aerial touches with left foot – three with right foot; 2) Ball in the air and control with sole of the foot; 3) Three touches forwards – three drags backwards; 4) One number per player. On coach's command, dribble at speed around the pole. | 5 min 5 min 5 min |
| MAIN: Physical: Agility, changing of squares – Practice 3 – Agility Technical simple 1: Agility and shooting – Practice 4 – Shooting – first individually then numbers game Technical simple 2: Passing in a square – Practice 3 – Passing and receiving Technical complex: 3v1 – Practice 10 – Passing and receiving | 15 min 15 min 5 min 5 min |
| SCRIMMAGE: 6v6 free game Cool down: Gather the players and debrief | 20 min 5 min |

SETUP



| WORKLOAD KEY | 1= VERY LOW | 2= LOW | 3= MID | 4= HIGH | 5= VERY HIGH |
|--------------|-------------|--------|--------|---------|--------------|
|--------------|-------------|--------|--------|---------|--------------|

INITIAL STAGE

DRIBBLING

Practice 4: Different size squares*

UNOPPOSED

TECHNICAL

OBJECTIVE: Improve dribbling and close control in spaces of different sizes.

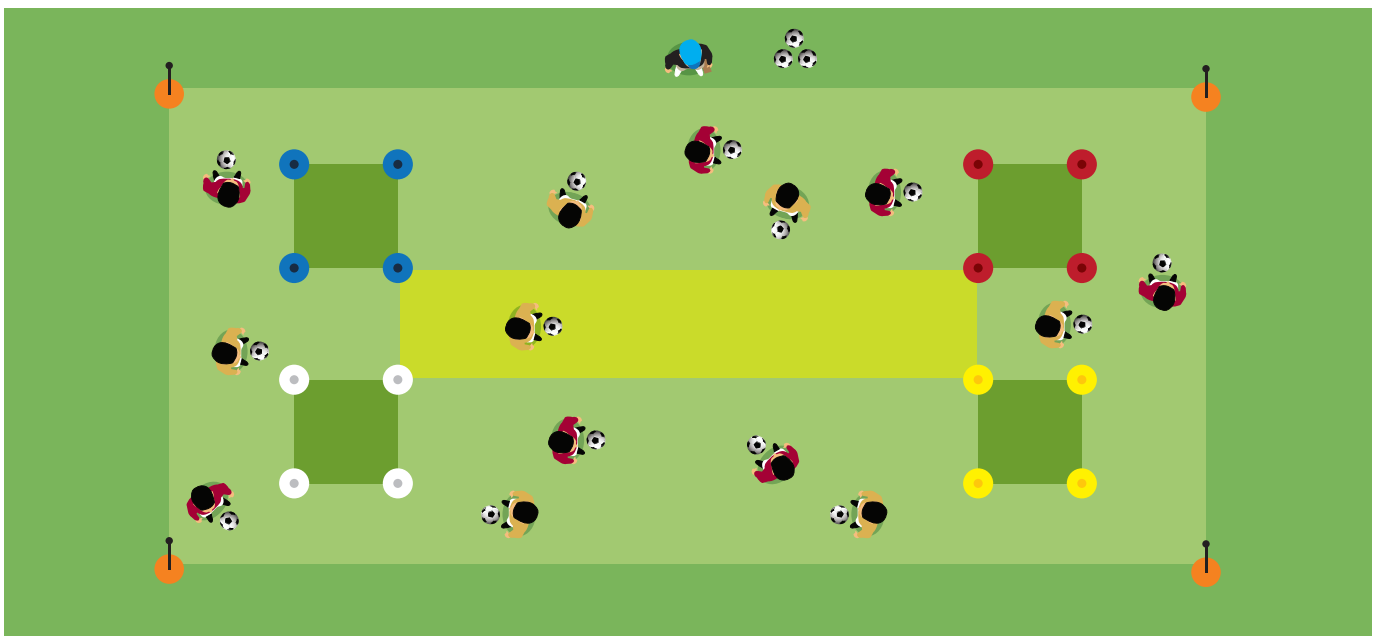
| AREAS | | STRUCTURE | |
|--------------|-----------------------------|---------------------|-------------|
| Technical | Dribbling | Space | 40x30 yards |
| Tactical | Transition | Time | 5 min |
| Physical | Perception and coordination | Age Recommended | U6+ |
| Psychosocial | Self-confidence | Difficulty (1 to 5) | 1 |

| ORGANIZATION | |
|--------------|--|
| Players | 12 players – 2 teams |
| Time | 3 min working periods – 30s rest for explanations |
| Equipment | 20 cones (4 colors), 4 high cones or poles, 2 sets of pinnies and 1 ball per player |
| Description | Dribbling in squares indicated by the coach (e.g. small red, long multicolor, small blue, outside squares). Variation 1: Assign spaces to teams Variation 2: Assign colors instead of shapes to improve perception |

KEY POINTS

1. Perception
2. Close control
3. Body shape
4. Coordination and agility

* Can be used during the warm-up



INITIAL STAGE

FLEXIBILITY AND MOBILITY

Practice 1: Mobility in a circle*

UNOPPOSED

PHYSICAL

PHYSICAL/PHYSIOLOGICAL EFFECT: Prepare the body for high-intensity exercise.

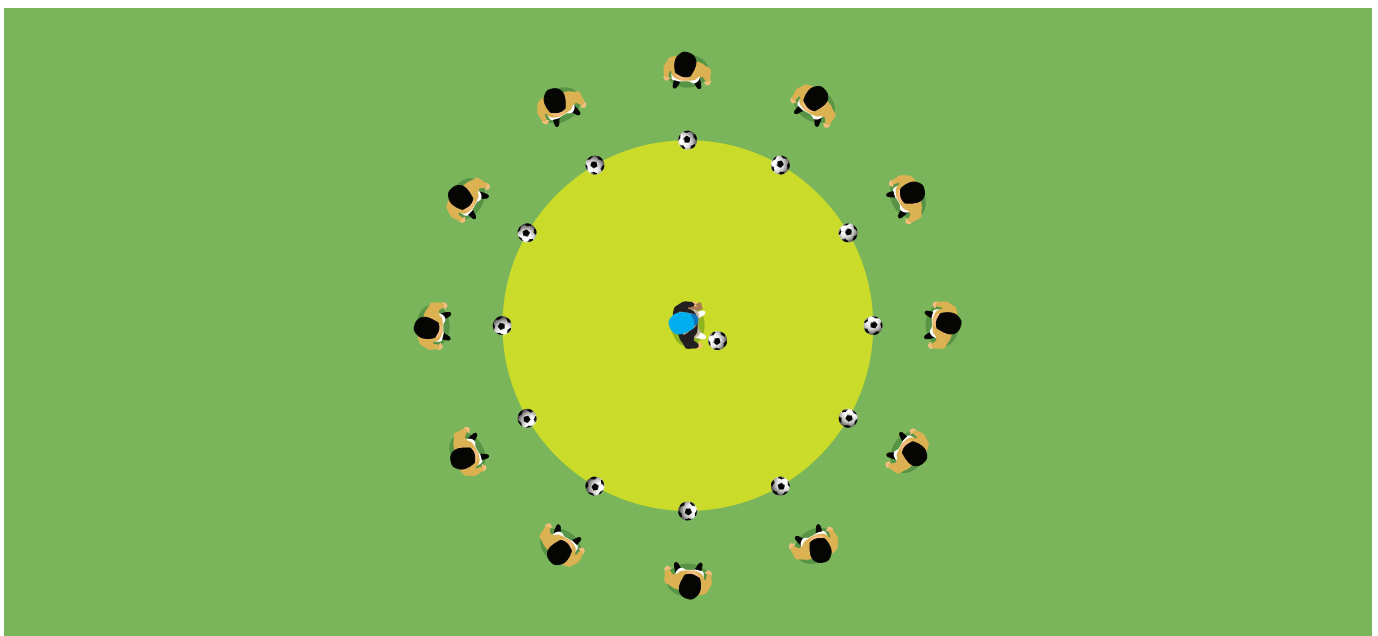
| AREAS | | STRUCTURE | |
|--------------|------------------------|---------------------|-------------|
| Technical | Flexibility & mobility | Space | 20x20 yards |
| Tactical | - | Time | 5 min |
| Physical | - | Age Recommended | U6+ |
| Psychosocial | - | Difficulty (1 to 5) | 1 |

| ORGANIZATION | |
|---------------|--|
| Players | 8+ |
| Equipment | 1 ball per player |
| Description | Make a circle around the coach, leave the ball and take two steps backward. Different types of exercises for flexibility and joint mobility: ankles, knees, hips, calf, hamstrings, abductors, adductors, hip flexor, wide dorsal muscles and neck. |
| Justification | A variety of exercises to prepare muscles and joints for game speed and constant change of direction. Young players do not need to stretch intensively before the activity. However, it is essential for players to be familiar with these types of exercises. |

WORKLOAD

1. 8 seconds per exercise and 1 or 2 repetitions

* Can be used during the warm-up



INITIAL STAGE

AGILITY

Practice 3: Reach the square*

OPPOSED

PHYSICAL

PHYSICAL/PHYSIOLOGICAL EFFECT: Improve agility and make quick and efficient decisions to avoid defenders and reach targets with and without the ball.

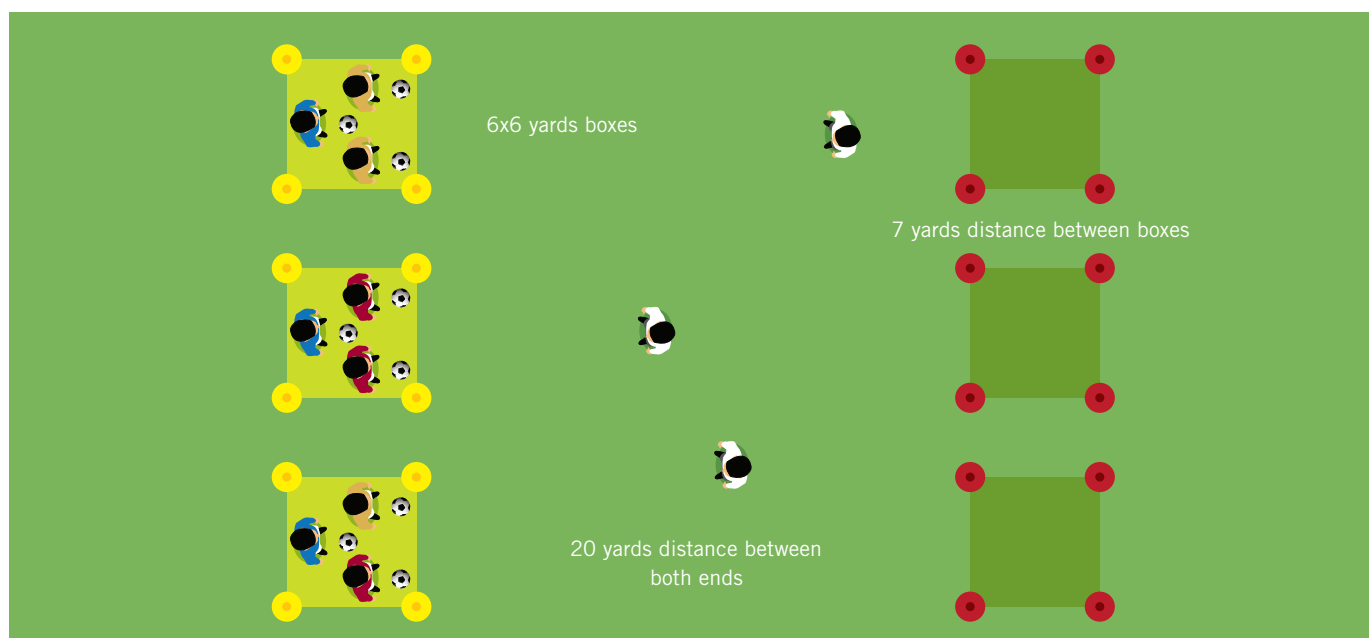
| AREAS | | STRUCTURE | |
|--------------|-----------------|---------------------|-------------|
| Physical | Agility | Space | 32x20 yards |
| Tactical | Transition | Time | 15 min |
| Technical | Dribbling | Age Recommended | U6+ |
| Psychosocial | Competitiveness | Difficulty (1 to 5) | 3 |

| ORGANIZATION | |
|--------------|---|
| Players | 12 players – 4 teams of 3 players |
| Equipment | 24 cones (2 sets of colors); 9 balls |
| Description | On the coach's command, every player must change to a square at the other end - first without the ball, then with the ball. The team in the middle tries to regain the ball in the process and dribble to one of the original squares. If this happens the player will be eliminated. The first team with no players in the game takes the defending position. Variation 1: No more than one player per team per square Variation 2: Three players maximum per square |

WORKLOAD

1. Keep the game active and at high-intensity for 3 to 4 min periods. Rest periods for 30 seconds to 1 minute

* Can be used during the warm-up



INITIAL STAGE

SHOOTING

Practice 4: Middle, back and forward

UNOPPOSED

TECHNICAL

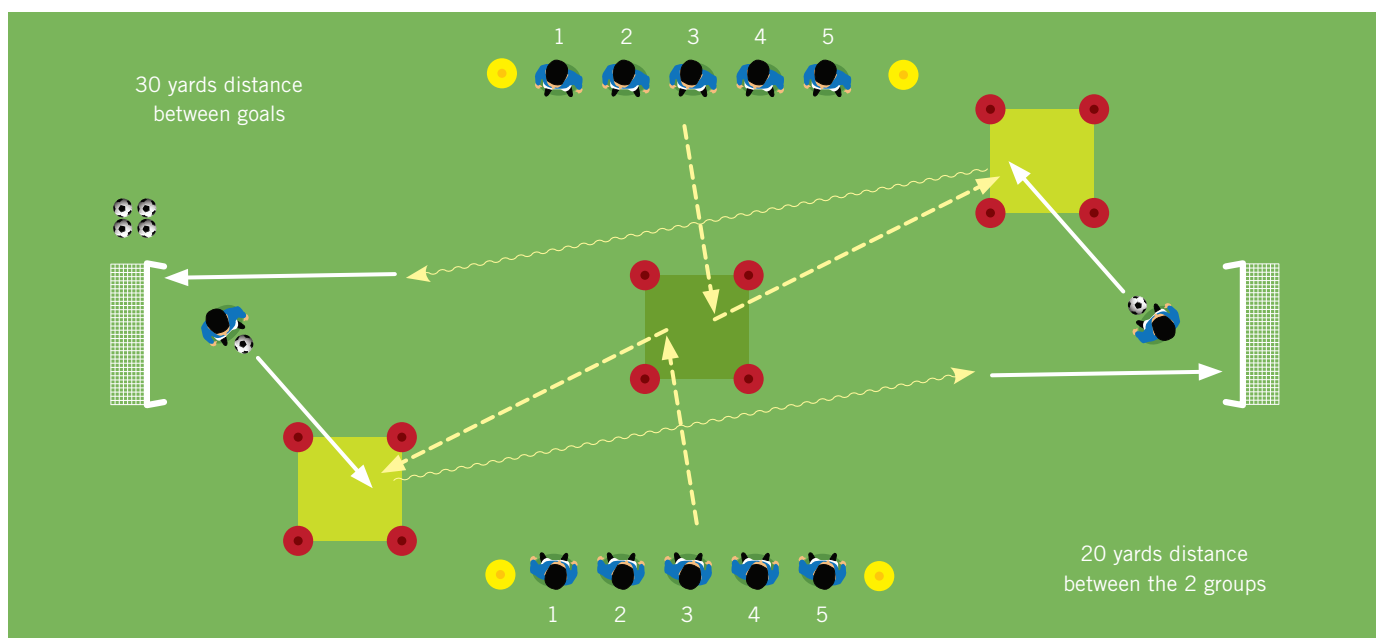
OBJECTIVE: Improve reaction, speed, change of direction, acceleration and running with the ball before shooting in a competitive environment.

| AREAS | | STRUCTURE | |
|--------------|------------------------------|---------------------|-------------|
| Technical | Shooting | Space | 25x15 yards |
| Tactical | Finishing in the final third | Time | 15 min |
| Physical | Speed and reaction | Age Recommended | U6+ |
| Psychosocial | Competitiveness | Difficulty (1 to 5) | 3 |

| ORGANIZATION | |
|--------------|---|
| Players | 12 players – 2 teams of 5 outfield players and 1 goalkeeper per team |
| Time | 4 min working periods – 30s rest for explanations |
| Equipment | 16 cones (2 sets of colors); 10 balls |
| Description | <p>The coach will call a number from 1 to 5. On coach's command, one player from each team runs to the middle square then changes direction toward the square close to goalkeeper to receive the ball. When receiving the ball, the player runs at speed toward the other goal to score.</p> <p>Variation 1: The player runs with the ball to the middle square, then turns to shoot on goal</p> <p>Variation 2: Pass the ball to the goalkeeper from the middle square before running to the second square</p> |

KEY POINTS

1. Reaction speed
2. Change of pace
3. Body position to receive
4. First touch on the ball
5. Shooting with laces for power



INITIAL STAGE

PASSING & RECEIVING

Practice 3: Passing in a square

UNOPPOSED

TECHNICAL

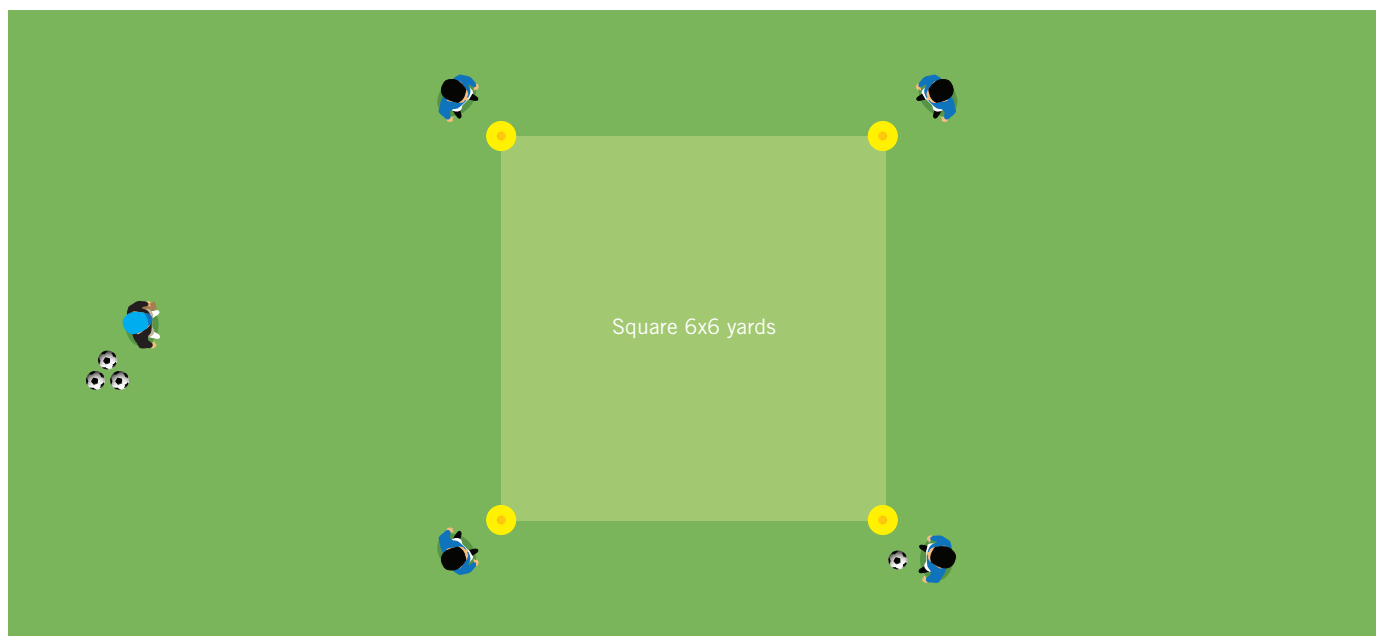
OBJECTIVE: Develop receiving and passing technique by changing the angles.

| AREAS | | STRUCTURE | |
|--------------|-----------------------|---------------------|-----------|
| Technical | Passing and receiving | Space | 6x6 yards |
| Tactical | Possession | Time | 10 min |
| Physical | Perception | Age Recommended | U6+ |
| Psychosocial | Self-confidence | Difficulty (1 to 5) | 2 |

| ORGANIZATION | |
|--------------|--|
| Players | 4+ |
| Time | 2 min working periods – 30s rest for explanations |
| Equipment | 4 cones, 1 ball |
| Description | <p>One player behind each cone. The player receives the ball and passes to teammate behind the cone.</p> <p>Variation 1: Change direction using right or left foot</p> <p>Variation 2: Bigger distances between cones receiving the ball with the inside of the foot and keeping the ball in movement</p> <p>Variation 3: Receiving the ball with the outside of the foot and moving to the side</p> <p>Variation 4: Five players per group. One extra player behind the player with the ball. Player passing the ball follows his/her pass.</p> |

KEY POINTS

1. Creating space behind the cone
2. Control with different parts of the foot; sole of the foot, inside/outside
3. Keeping the head up and perception of distance with the ball
4. Angles: non-kicking foot pointing to the target
5. Receiving with the inside of the furthest foot and passing with opposite foot



INITIAL STAGE

PASSING & RECEIVING

Practice 10: 3v1**

OPPOSED

TECHNICAL

OBJECTIVE: Develop perception, support play and passing in short periods of time.

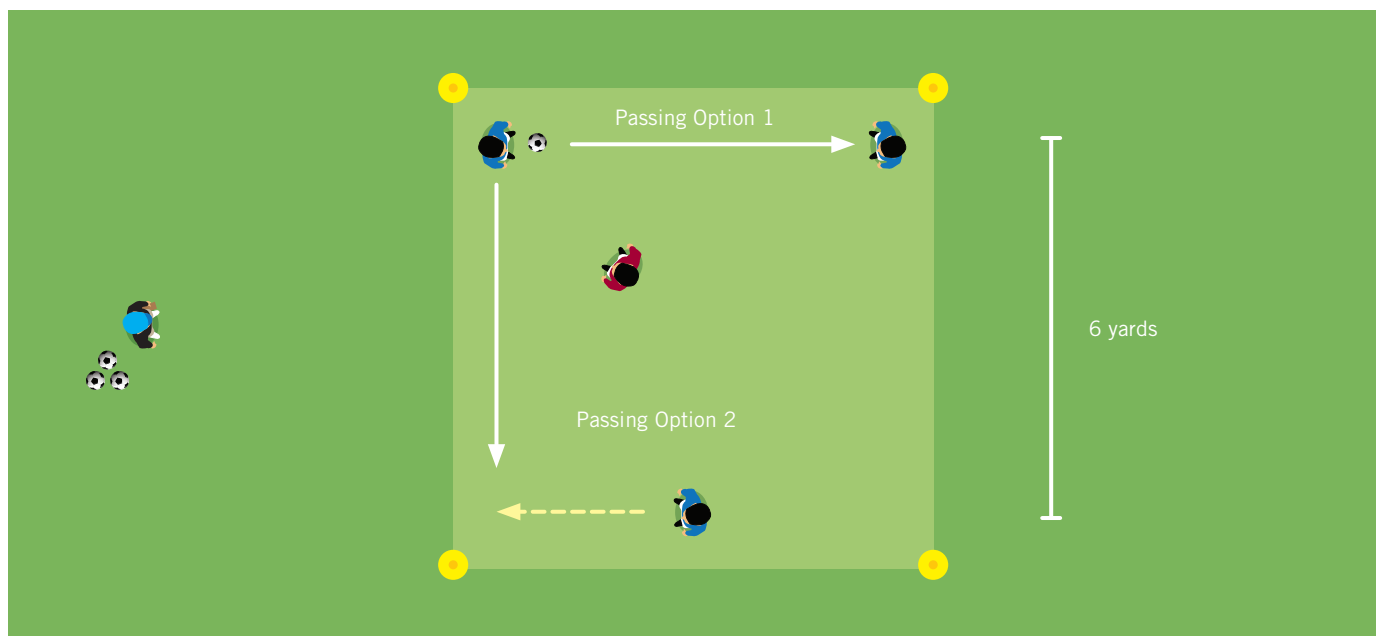
| AREAS | | STRUCTURE | |
|--------------|-----------------------|---------------------|------------------|
| Technical | Passing and receiving | Space | 6x6 yards square |
| Tactical | Possession | Time | 12 min |
| Physical | Perception | Age Recommended | U7+ |
| Psychosocial | Decision | Difficulty (1 to 5) | 5 |

| ORGANIZATION | |
|--------------|--|
| Players | 4 players - 3v1 |
| Time | 4 reps, 2 min – 30s rest |
| Equipment | 4 cones, 1 ball |
| Description | <p>Keep possession of the ball away from the defender. The players keeping possession can move to support the player in possession of the ball. Develop the basic concept of triangle passing and movement to create two passing options in a game.</p> <p>Variation 1: Limit the number of touches to two or three</p> <p>Variation 2: One-touch play</p> |

KEY POINTS

1. Receiving the ball with the inside of the foot for better control
2. Keeping the head up - perception
3. Quick decision-making
4. Passing with inside of the foot
5. Moving to free space - support

** Can be used for the technical complex part of the training session



Session Examples

BASIC STAGE

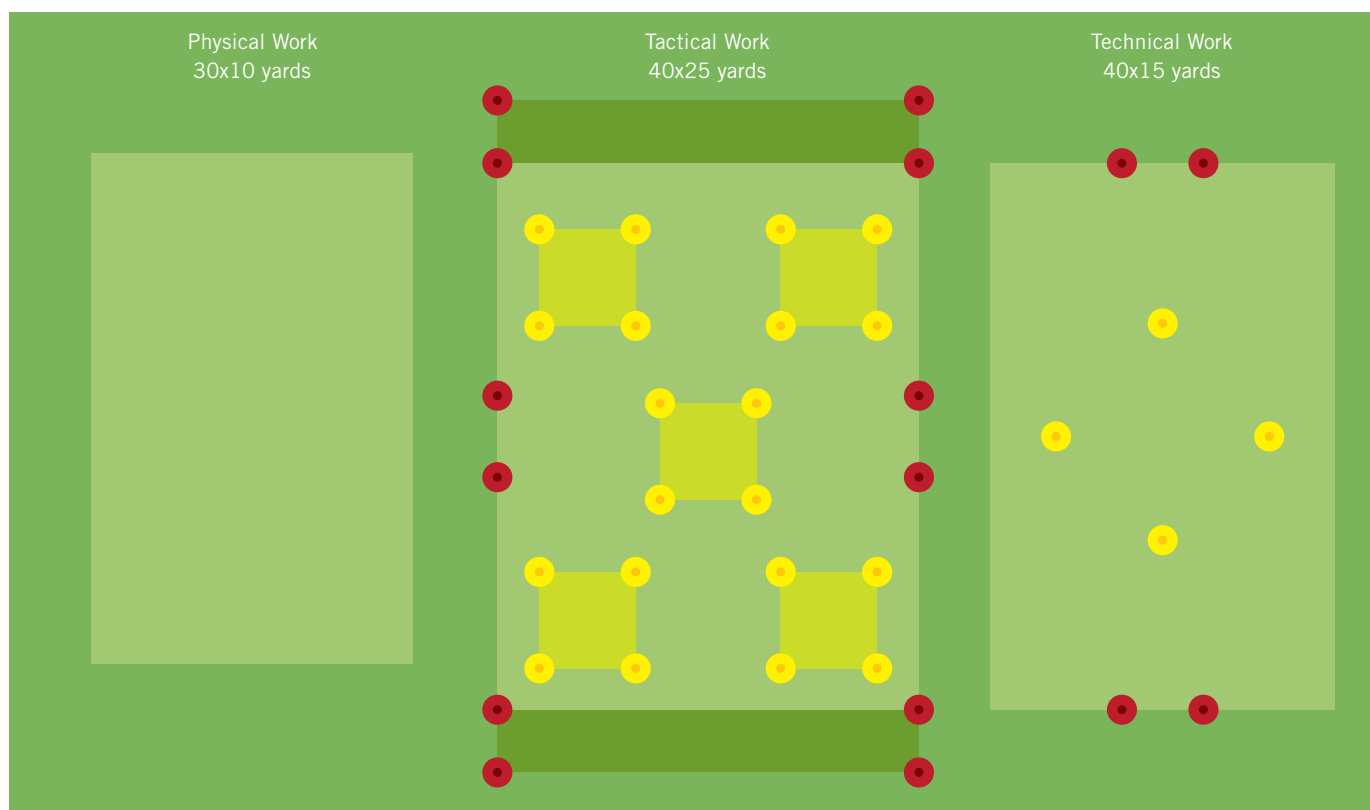
BASIC STAGE TRAINING SESSION EXAMPLE

| | | | |
|-------|----------------|------------------|----------------------|
| Date: | Age group: U12 | Duration: 90 min | Workload (1 to 5): 4 |
|-------|----------------|------------------|----------------------|

| OBJECTIVES | |
|--------------|----------------------|
| Technical | Receiving to turn |
| Tactical | Attacking principles |
| Physical | Agility |
| Psychosocial | Self confidence |

| ORGANIZATION | TIME |
|--|--------|
| Arrival: Players in pairs – 5 yards distance and passing first two touches inside of the foot, then one touch | 5 min |
| WARM-UP: 3v1s – Practice 16 – Passing and receiving / 2v2+1 transition – Practice 2 – Transition | 20 min |
| Stretching: Mobility in a circle – Practice 1 – Flexibility and mobility | 5 min |
| MAIN: | |
| Physical: Acceleration-deceleration circuit – Practice 1 – Acceleration | 10 min |
| Technical: Receiving to turn – Practice 3 – Receiving to turn – goalkeepers with goalkeeping coach (if any) | 15 min |
| Tactical: Attacking principles – 5 squares game – Practice 14 – Attacking principles | 15 min |
| SCRIMMAGE: 7v7 free game | 25 min |

SETUP



| WORKLOAD KEY | 1= VERY LOW | 2= LOW | 3= MID | 4= HIGH | 5= VERY HIGH |
|--------------|-------------|--------|--------|---------|--------------|
|--------------|-------------|--------|--------|---------|--------------|



BASIC STAGE

PASSING & RECEIVING

Practice 16: 3v1*

OPPOSED

TECHNICAL

OBJECTIVE: Develop perception, support play and passing in short periods of time.

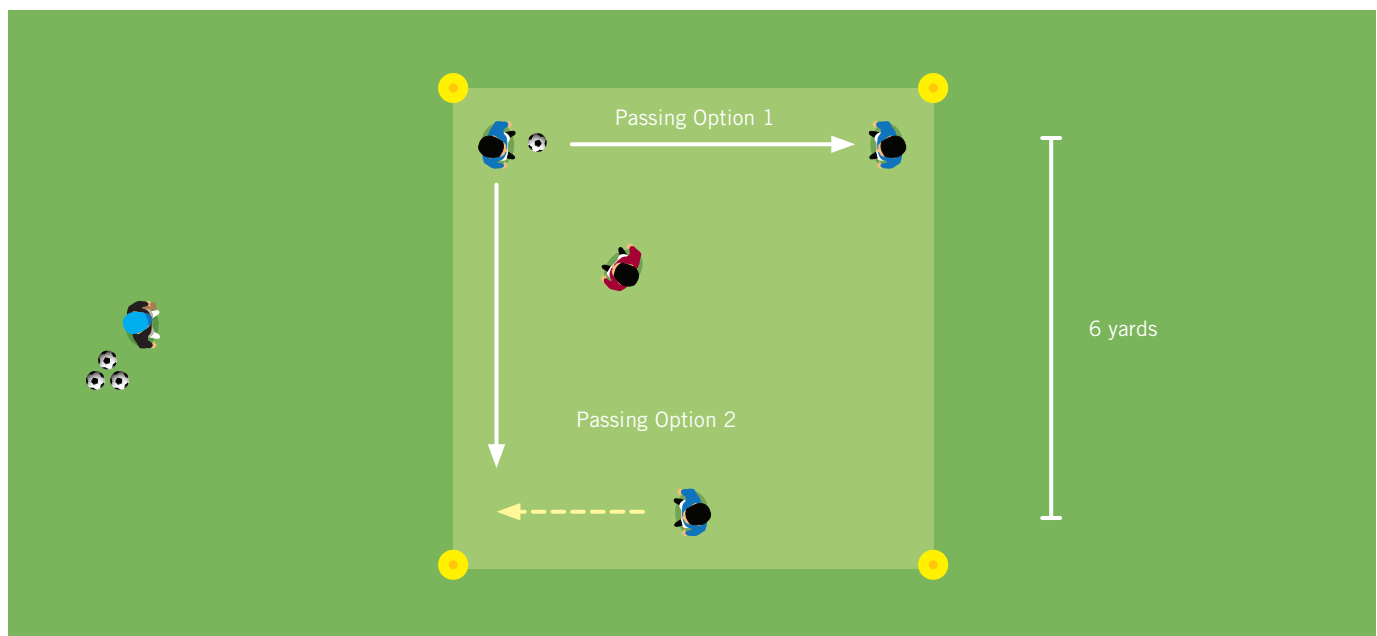
| AREAS | | STRUCTURE | |
|--------------|-----------------------|---------------------|------------------|
| Technical | Passing and receiving | Space | 6x6 yards square |
| Tactical | Possession | Time | 5 min |
| Physical | Perception | Age Recommended | U9+ |
| Psychosocial | Decision | Difficulty (1 to 5) | 5 |

| ORGANIZATION | |
|--------------|--|
| Players | 4 players - 3v1 |
| Time | 4 reps, 2 min – 30s rest |
| Equipment | 4 cones, 1 ball |
| Description | <p>Keep possession of the ball away from the defender. The players keeping possession can move to support the player in possession of the ball. Develop the basic concept of triangle passing and movement to create two passing options in a game.</p> <p>Variation 1: Limit the number of touches to two or three</p> <p>Variation 2: One-touch play</p> |

KEY POINTS

1. Receiving the ball with the inside of the foot for better control
2. Keeping the head up - perception
3. Quick decision-making
4. Passing with inside of the foot
5. Moving to free space - support

* Can be used during the warm-up



BASIC STAGE

TRANSITION

Practice 2: 2v2+1 transition*

OPPOSED

TACTICAL

OBJECTIVE: Improve assessment and decision-making in the game to play fast and forward.

| AREAS | | STRUCTURE | |
|--------------|--------------------------|---------------------|-------------|
| Technical | Combination play | Space | 30x20 yards |
| Tactical | Passing and receiving | Time | 15 min |
| Physical | Perception and awareness | Age Recommended | U9+ |
| Psychosocial | Cooperation | Difficulty (1 to 5) | 3 |

| ORGANIZATION | |
|--------------|---|
| Players | 7+ |
| Time | Work continuously at high-intensity for 3 min. Use rest periods to make brief coaching points. |
| Equipment | 10 cones, 5 balls and 4 sets of pinnies |
| Description | <p>2v2+1 situation in the middle and two target players at both ends. Players combine and score by playing a pass a player inside the end zone.</p> <p>Variation 1: Limit number of touches on the ball</p> <p>Variation 2: Limit to five then to three the number of passes before reaching a target player</p> <p>Variation 3: Score after a give and go with target player and control the ball inside the end zone</p> |

KEY POINTS

1. Perception
2. Creating space
- 3) Support
3. Passing options
4. Determination

* Can be used during the warm-up



BASIC STAGE

FLEXIBILITY AND MOBILITY

Practice 1: Mobility in a circle*

UNOPPOSED

PHYSICAL

PHYSICAL/PHYSIOLOGICAL EFFECT: Prepare the body for high-intensity exercise.

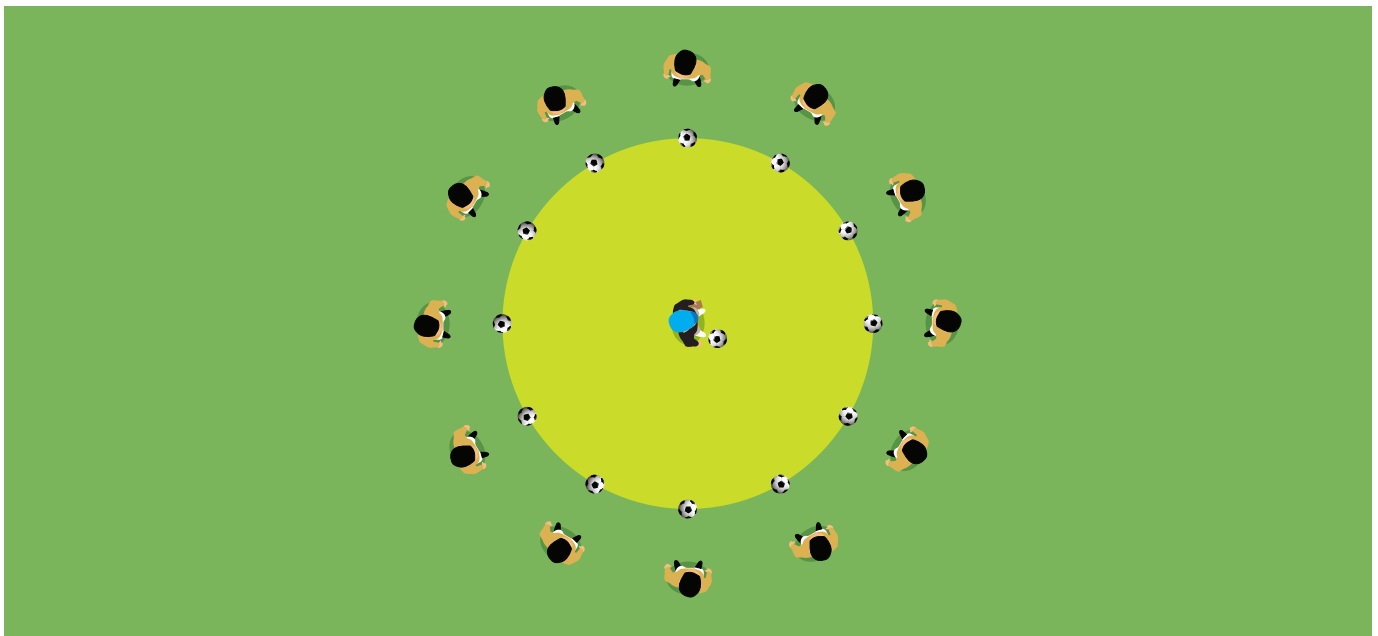
| AREAS | | STRUCTURE | |
|--------------|------------------------|---------------------|-------------|
| Technical | Flexibility & mobility | Space | 20x20 yards |
| Tactical | - | Time | 5 min |
| Physical | - | Age Recommended | U6+ |
| Psychosocial | - | Difficulty (1 to 5) | 1 |

| ORGANIZATION | |
|---------------|--|
| Players | 8+ |
| Equipment | 1 ball per player |
| Description | Make a circle around the coach, leave the ball and take two steps backward. Different types of exercises for flexibility and joint mobility: ankles, knees, hips, calf, hamstrings, abductors, adductors, hip flexor, wide dorsal muscles and neck. |
| Justification | A variety of exercises to prepare muscles and joints for game speed and constant change of direction. Young players do not need to stretch intensively before the activity. However, it is essential for players to be familiar with these types of exercises. |

WORKLOAD

1. 8 seconds per exercise and 1 or 2 repetitions

* Can be used during the warm-up



BASIC STAGE

ACCELERATION

Practice 1: Acceleration-Deceleration

UNOPPOSED

PHYSICAL

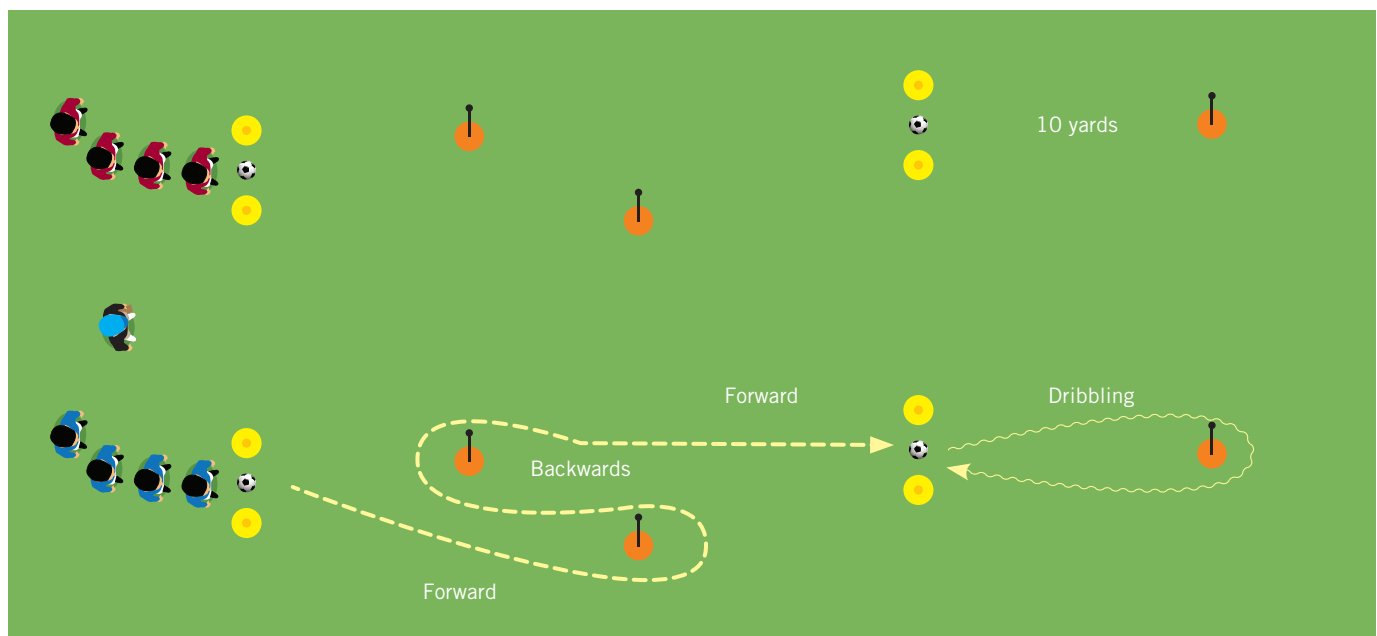
PHYSICAL/PHYSIOLOGICAL EFFECT: Reduce acceleration and deceleration time within short distances.

| AREAS | | STRUCTURE | |
|--------------|-----------------|---------------------|-------------|
| Technical | Acceleration | Space | 30x10 yards |
| Tactical | Transition | Time | 10 min |
| Physical | Dribbling | Age Recommended | U9+ |
| Psychosocial | Self confidence | Difficulty (1 to 5) | 2 |

| ORGANIZATION | |
|---------------|--|
| Players | 6+ |
| Equipment | 4 cones, 3 poles and 2 balls per group |
| Description | Six players per group; 1) Accelerate forward and backward between the poles; 2) Dribble 10 yards around the last pole and leave the ball in the same place. Variation 1: One team competes against the other. |
| Justification | The tone and activation of the different muscles in the lower body is key for accelerating, decelerating and change of direction. This exercise improves immediate response of fundamental muscle-groups like quadriceps and hamstrings. |

WORKLOAD

1. Distance: 10 yards x 3
2. Reps: 7
3. Rest between reps: 1 min
4. Ratio: 1:6



BASIC STAGE

RECEIVING TO TURN

Practice 3: Double 'Y' receive and turn

UNOPPOSED

TECHNICAL

OBJECTIVE: Improve the two main receiving to turn techniques: 1) with back to goal and 2) side-on.

| AREAS | | STRUCTURE | |
|--------------|--------------------------|---------------------|-------------|
| Technical | Receiving to turn | Space | 30x15 yards |
| Tactical | Transition | Time | 15 min |
| Physical | Perception and awareness | Age Recommended | U11+ |
| Psychosocial | Cooperation | Difficulty (1 to 5) | 4 |

| ORGANIZATION | |
|--------------|--|
| Players | 8+ |
| Time | Work continuously at high-intensity for 3 min. Use rest periods to make brief coaching points. |
| Equipment | 8 cones and 2 balls per group |
| Description | <p>First player receives and turns to pass to the player on the side. The player on the side creates a space to receive, turn and pass.</p> <p>Variation 1: Place a goal in both ends and finish with a shot on goal</p> <p>Variation 2: One-touch passing during combination play at both ends</p> <p>Variation 3: One-touch back before opening to receive and turn</p> |

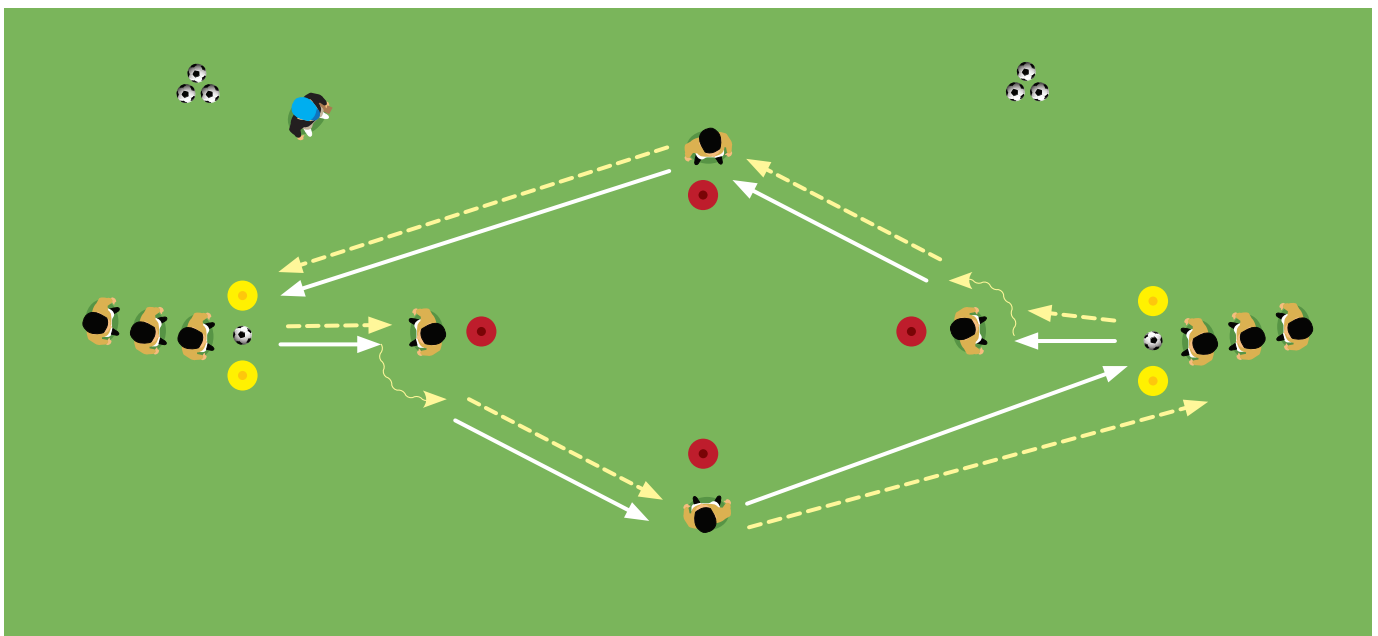
KEY POINTS

First Player to Receive

1. Awareness
2. Touching to the side with the inside or outside of the foot
3. Keeping the ball in movement – One touch
4. to receive and one to pass
5. Pass with inside of the foot

Player on the Side

1. Create space to receive the ball
2. Body position: side-on
3. First touch: receive with inside of the foot
4. Keep the ball in movement – 1 touch to receive and 1 to pass
5. Pass with inside of the foot



BASIC STAGE

ATTACKING PRINCIPLES

Practice 14: 5 squares game**

GAME

TACTICAL

OBJECTIVE: Improve basic distribution of the players on the field as well as support play to move the ball quickly in different parts of the field.

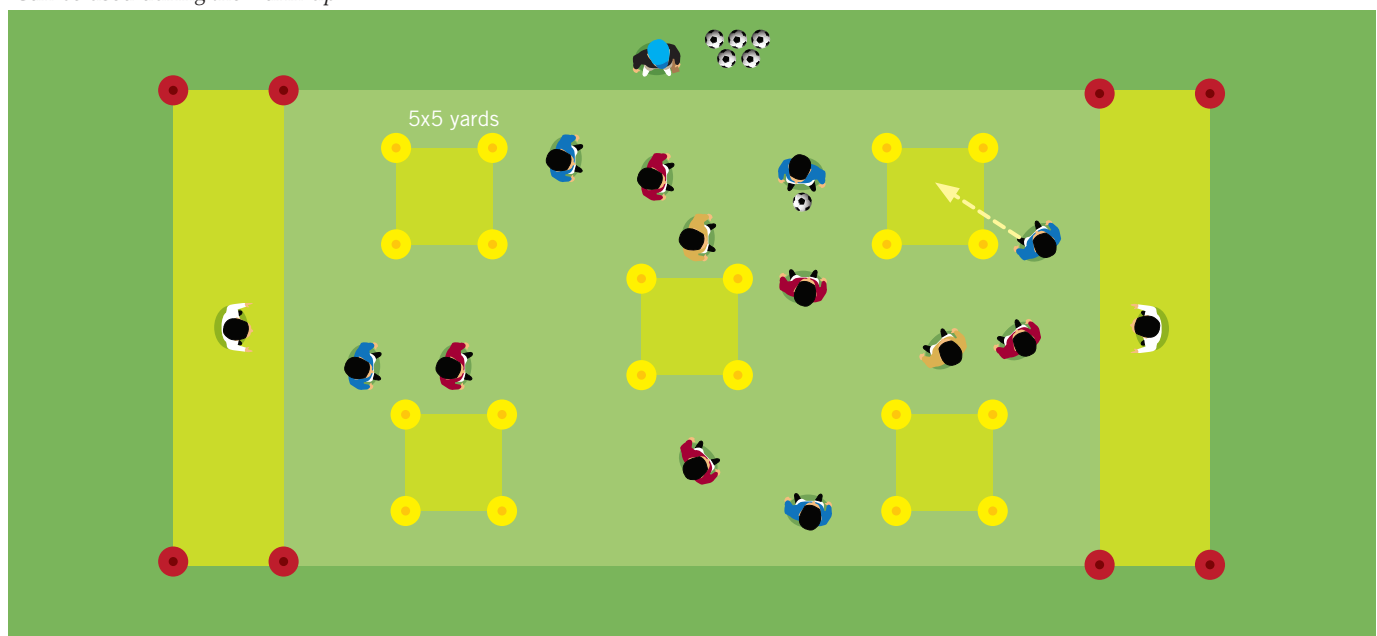
| AREAS | | STRUCTURE | |
|--------------|--------------------------|---------------------|-------------|
| Technical | Attacking principles | Space | 40x30 yards |
| Tactical | Passing and receiving | Time | 15 min |
| Physical | Perception and awareness | Age Recommended | U9+ |
| Psychosocial | Cooperation | Difficulty (1 to 5) | 5 |

| ORGANIZATION | |
|--------------|---|
| Players | 14+ (5v5+2+2) |
| Time | Work continuously at high-intensity for 4 min. Use rest periods to make brief coaching points. |
| Equipment | 28 cones and 6 balls |
| Description | 5v5+2 and one goalkeeper at each end. Score by receiving the ball inside one of the squares and successfully passing to a teammate. Middle square counts double. Variation 1: Support players out wide instead of on the ends (width) Variation 2: 6v6 on the field Variation 3: Limit number of touches or passes before scoring |

KEY POINTS

1. Creating space
2. Support play
3. Movement to space
4. Passing options – movement off the ball
5. Overlaps and switching positions
6. Creating 2v1 situations – speed of play

* Can be used during the warm-up



Session Examples

INTERMEDIATE STAGE

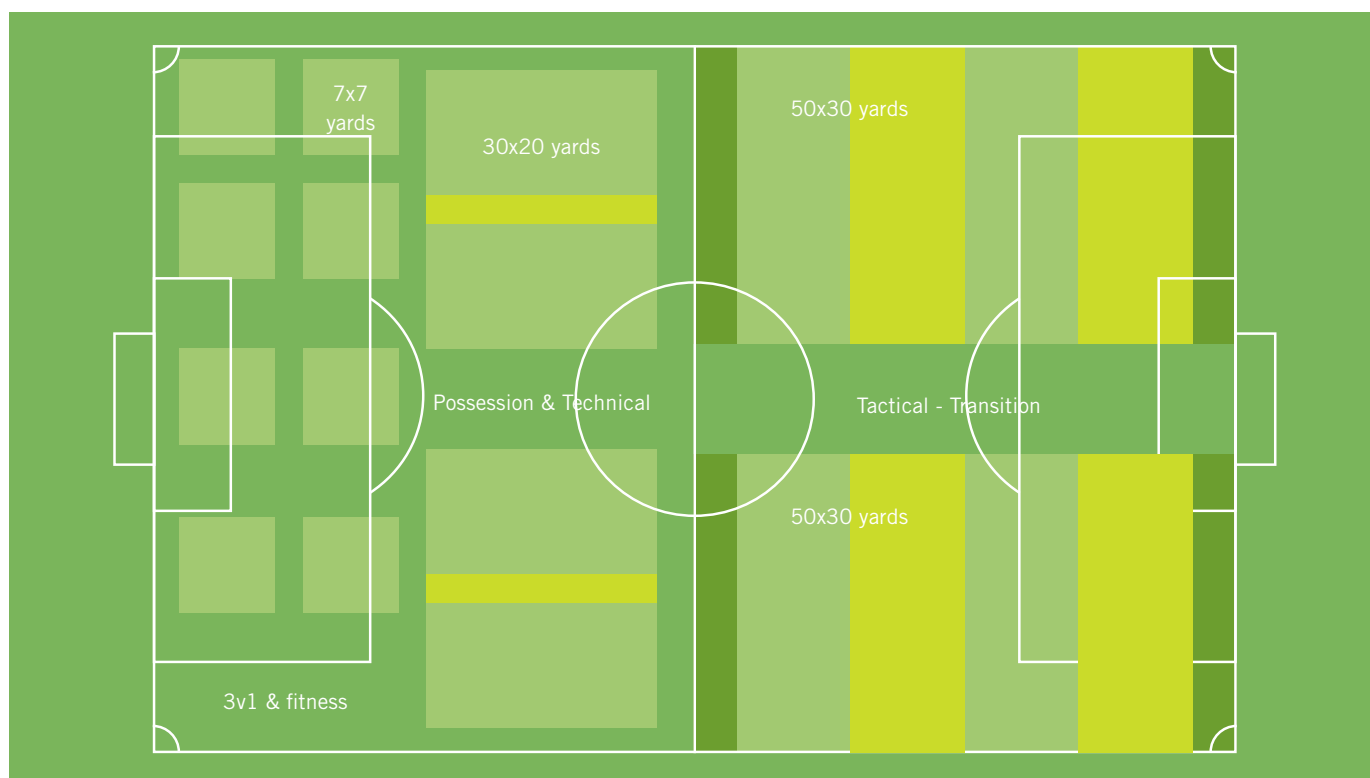
INTERMEDIATE STAGE TRAINING SESSION EXAMPLE

| | | | |
|-------|----------------|------------------|----------------------|
| Date: | Age group: U14 | Duration: 90 min | Workload (1 to 5): 4 |
|-------|----------------|------------------|----------------------|

| OBJECTIVES | |
|--------------|-----------------------|
| Technical | Transition |
| Tactical | Passing and receiving |
| Physical | Strength endurance |
| Psychosocial | Self confidence |

| ORGANIZATION | TIME |
|---|--------|
| Arrival: Players in pairs – 5 yards distance and passing first two touches with inside of the foot then one-touch | 5 min |
| WARM-UP: 3v1s – Practice 11 – Passing and receiving / 2v2+2 – Practice 13 – Passing and receiving' | 20 min |
| Stretching: Mobility in a circle – Practice 1 – Flexibility and mobility | 5 min |
| Dynamic movement: Mobility – Practice 2 – Flexibility and mobility | 5 min |
| MAIN: | |
| Technical: double 'Y' passing – Practice 3 – Passing and receiving – goalkeepers with goalkeeping coach | 10 min |
| Physical: Speed reaction and agility – Practice 1 – Strength endurance – goalkeepers with goalkeeping coach | 10 min |
| Tactical: 4 channels transition – Practice 5 – Transition – bring goalkeepers to practice | 20 min |
| SCRIMMAGE: 9v9 or 11v11 free game | 20 min |

SETUP



| WORKLOAD KEY | 1= VERY LOW | 2= LOW | 3= MID | 4= HIGH | 5= VERY HIGH |
|--------------|-------------|--------|--------|---------|--------------|
|--------------|-------------|--------|--------|---------|--------------|



INTERMEDIATE STAGE

PASSING & RECEIVING

Practice 11: 3v1*

OPPOSED

TECHNICAL

OBJECTIVE: Improve short passing and reaction under pressure.

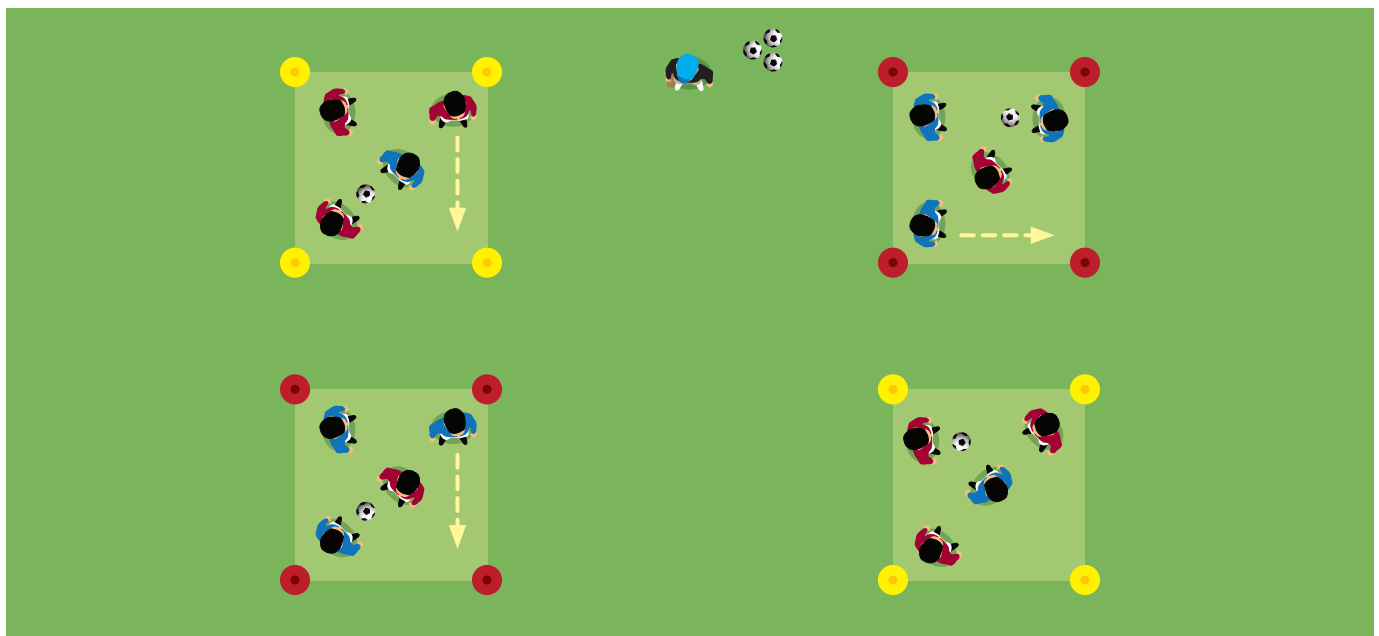
| AREAS | | STRUCTURE | |
|--------------|-----------------------|---------------------|-----------|
| Technical | Passing and receiving | Space | 8x8 yards |
| Tactical | Possession | Time | 5 min |
| Physical | Reaction | Age Recommended | U13+ |
| Psychosocial | Concentration | Difficulty (1 to 5) | 3 |

| ORGANIZATION | |
|--------------|--|
| Players | Groups of 4 players – 3 attackers and 1 defender |
| Time | Work continuously at high-intensity for 2-3 min. Use rest periods to make brief coaching points. |
| Equipment | 4 cones and 1 ball per group |
| Description | Three players keep possession of the ball and one in the middle tries to regain possession. The player with the ball must always have two passing options and players without the ball must work on the movement and support to create passing options. Variation 1: Two-touch passing restriction Variation 2: One-touch passing restriction Variation 3: Join squares to increase space and difficulty |

KEY POINTS

1. Ball on the ground for short pass using inside of the foot
2. Timing of the pass
3. Movement to support - triangle
4. Accuracy and weight of the pass – speed of play

* Can be used during the warm-up



INTERMEDIATE STAGE

PASSING & RECEIVING

Practice 13: 2v2+2 progressing to 4v4+4*

OPPOSED

TECHNICAL

OBJECTIVE: Improve short passing and reaction under pressure in a game context.

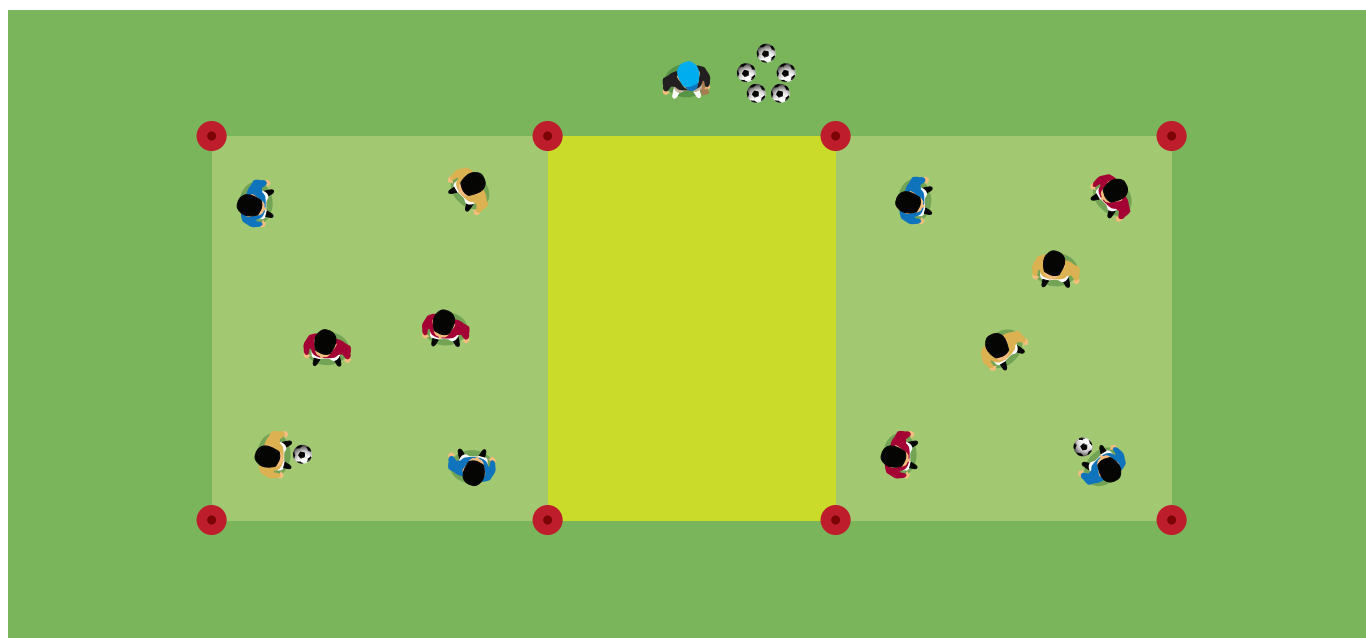
| AREAS | | STRUCTURE | |
|--------------|------------------------|---------------------|-------------|
| Technical | Passing and receiving | Space | 40x20 yards |
| Tactical | Attacking principles | Time | 15 min |
| Physical | Perception & awareness | Age Recommended | U13+ |
| Psychosocial | Concentration | Difficulty (1 to 5) | 5 |

| ORGANIZATION | |
|--------------|---|
| Players | Groups of 6 players – 3 pairs in each group |
| Time | Work continuously at high-intensity for 2-3 min. Use rest periods to make brief coaching points. |
| Equipment | For 12 players - 8 cones, 12 pinnies of 3 different colors and 2 balls |
| Description | Two teams of pairs keep possession away from a third pair. When the third pair regains possession, they attack and the pair that lost possession defends. Always keep a 4v2. Variation 1: Two-touch passing restriction Variation 2: One-touch passing restriction Variation 3: Join squares to increase space and difficulty |

KEY POINTS

1. Ball on the ground for short pass – using inside of the foot
2. Attacking principles: creating space and support
3. Movement to middle then to outside positions – avoid standing in the four corners
4. Accuracy and weight of the pass – speed of play
5. Communication

* Can be used during the warm-up



FLEXIBILITY AND MOBILITY

Practice 1: Mobility in a circle*

UNOPPOSED

PHYSICAL

PHYSICAL/PHYSIOLOGICAL EFFECT: Prepare the body for high-intensity exercise.

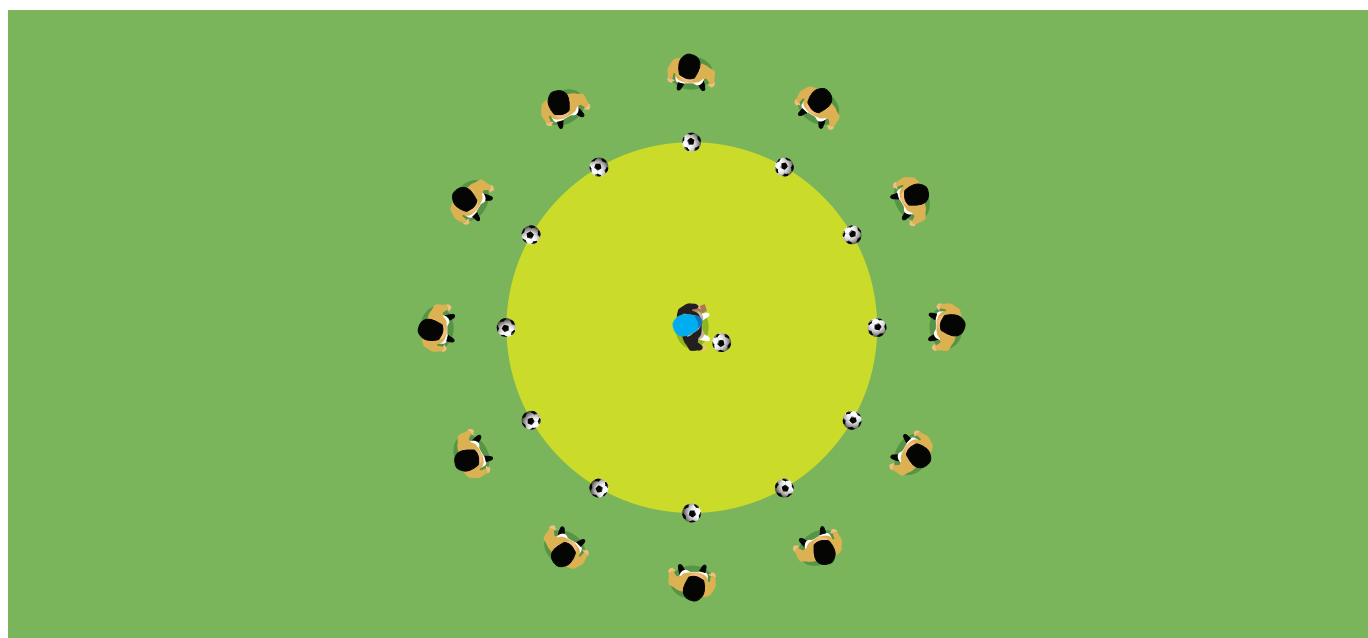
| AREAS | | STRUCTURE | |
|--------------|------------------------|---------------------|-------------|
| Technical | Flexibility & mobility | Space | 20x20 yards |
| Tactical | - | Time | 5 min |
| Physical | - | Age Recommended | U13+ |
| Psychosocial | - | Difficulty (1 to 5) | 1 |

| ORGANIZATION | |
|---------------|--|
| Players | 8+ |
| Equipment | 1 ball per player |
| Description | Make a circle around the coach. Different types of exercises for flexibility and joint mobility: ankles, knees, hips, calf, hamstrings, abductors, adductors, hip flexor, wide dorsal muscles and neck. |
| Justification | A variety of exercises to prepare muscles and joints for game speed and constant change of direction. Young players do not need to stretch intensively before activity. However, it is essential for players to be familiar with these types of exercises. |

WORKLOAD

1. 8 seconds per exercise and 1 or 2 repetitions

* Can be used during the warm-up



INTERMEDIATE STAGE

FLEXIBILITY AND MOBILITY

Practice 2: Mobility*

UNOPPOSED

PHYSICAL

PHYSICAL/PHYSIOLOGICAL EFFECT: Prepare the body for high-intensity exercise.

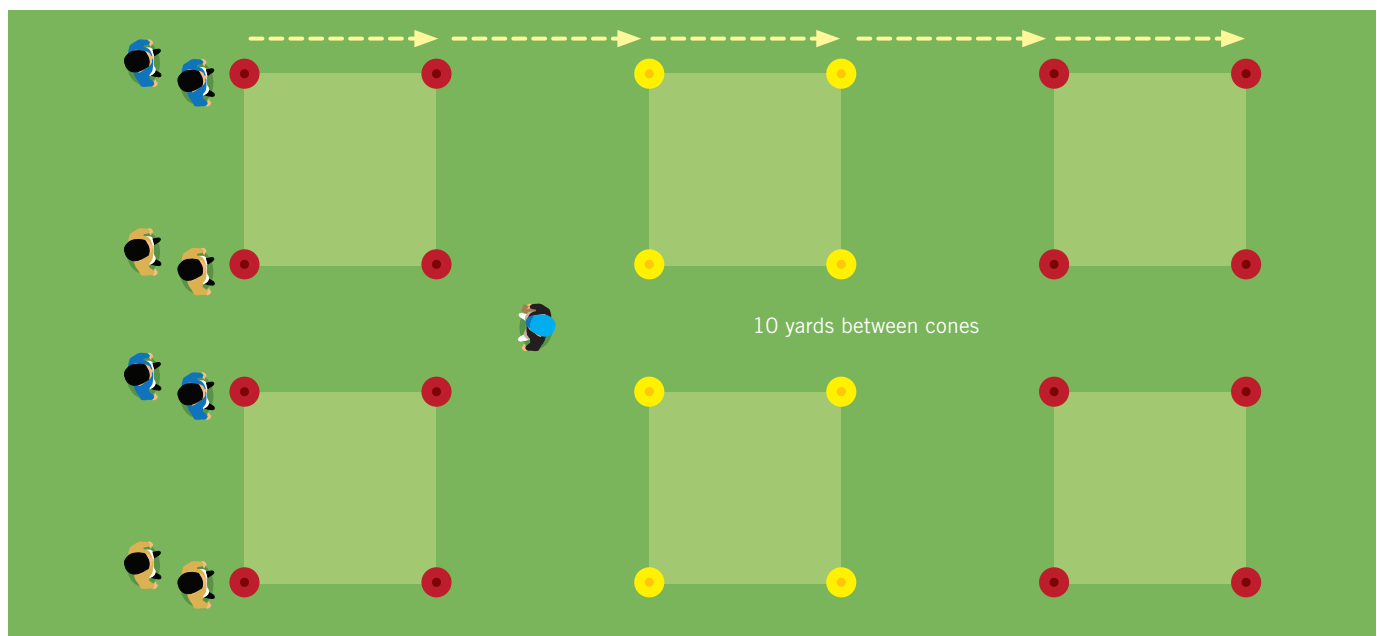
| AREAS | | STRUCTURE | |
|--------------|------------------------|---------------------|-------------|
| Technical | Flexibility & mobility | Space | 40x30 yards |
| Tactical | - | Time | 5 min |
| Physical | - | Age Recommended | U13+ |
| Psychosocial | - | Difficulty (1 to 5) | 1 |

| ORGANIZATION | |
|---------------|---|
| Players | 8+ |
| Equipment | 24 cones |
| Description | The first player in each group makes an action then jogs: 1) High knees; 2) High heels; 3) Side to side forward; 4) Side to side backwards; 5) Acceleration – deceleration; 6) Speed forward and backward to change direction |
| Justification | A variety of exercises to prepare muscles and joints for the speed of the game and for constant changes of direction. |

WORKLOAD

- 1 or 2 repetitions

* Can be used during the warm-up



INTERMEDIATE STAGE

PASSING & RECEIVING

Practice 3: Double 'Y' passing

UNOPPOSED

TECHNICAL

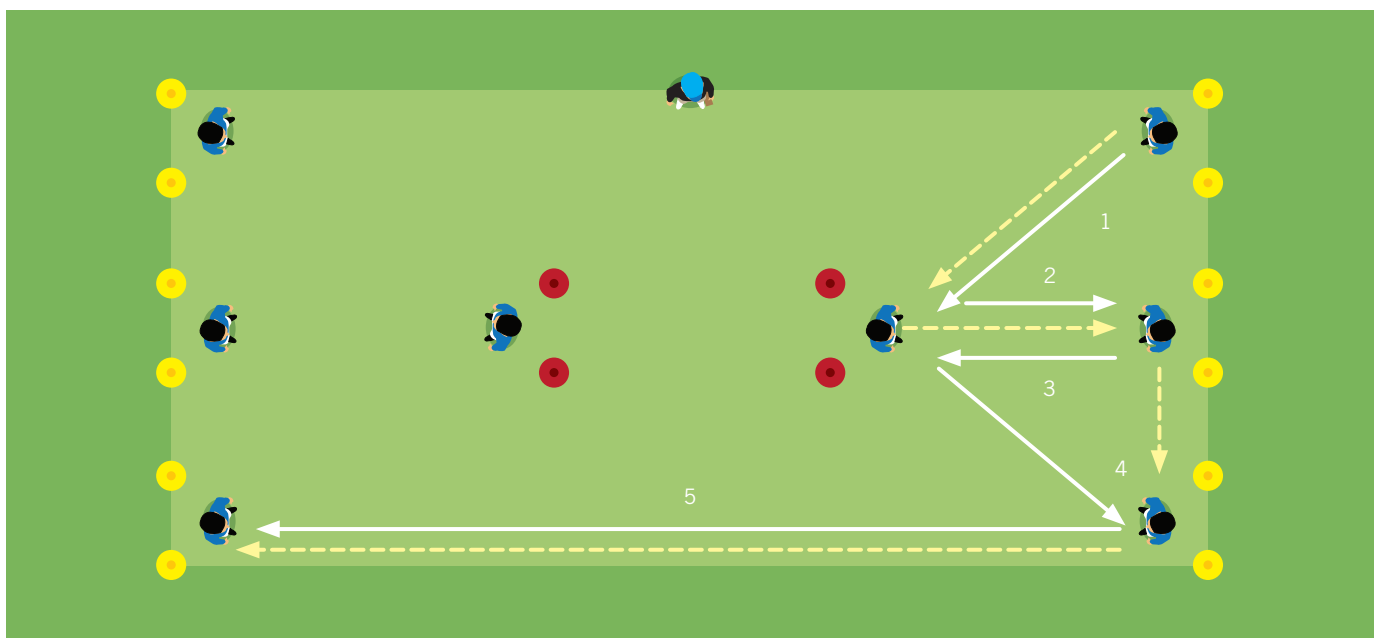
OBJECTIVE: Improve the quality and speed of passing and receiving on the ground in short and long distances by changing angles.

| AREAS | | STRUCTURE | |
|--------------|-----------------------|---------------------|-------------|
| Technical | Passing and receiving | Space | 30x20 yards |
| Tactical | Combination play | Time | 10 min |
| Physical | Reaction | Age Recommended | U13+ |
| Psychosocial | Cooperation | Difficulty (1 to 5) | 2 |

| ORGANIZATION | |
|--------------|--|
| Players | 9+ |
| Time | Work continuously at high-intensity for 3 min. Use rest periods to make brief coaching points. |
| Equipment | 16 cones, 2 balls |
| Description | <p>Passing from one teammate to another and follow the pass. Change direction.</p> <p>Variation 1: Change direction of the ball</p> <p>Variation 2: Two-touch play, one to receive and the second to pass</p> <p>Variation 3: Short passes only – one-touch play</p> <p>Variation 4: Players at both ends play aerial passes without touching the ground</p> |

KEY POINTS

1. Ball on the ground
2. Body position – facing the ball
3. Inside foot to control and inside foot or inside/instep foot to pass the ball
4. Quick execution – speed of play
5. Communication



INTERMEDIATE STAGE

STRENGTH ENDURANCE

Practice 1: 1v1 in a square

OPPOSED

PHYSICAL

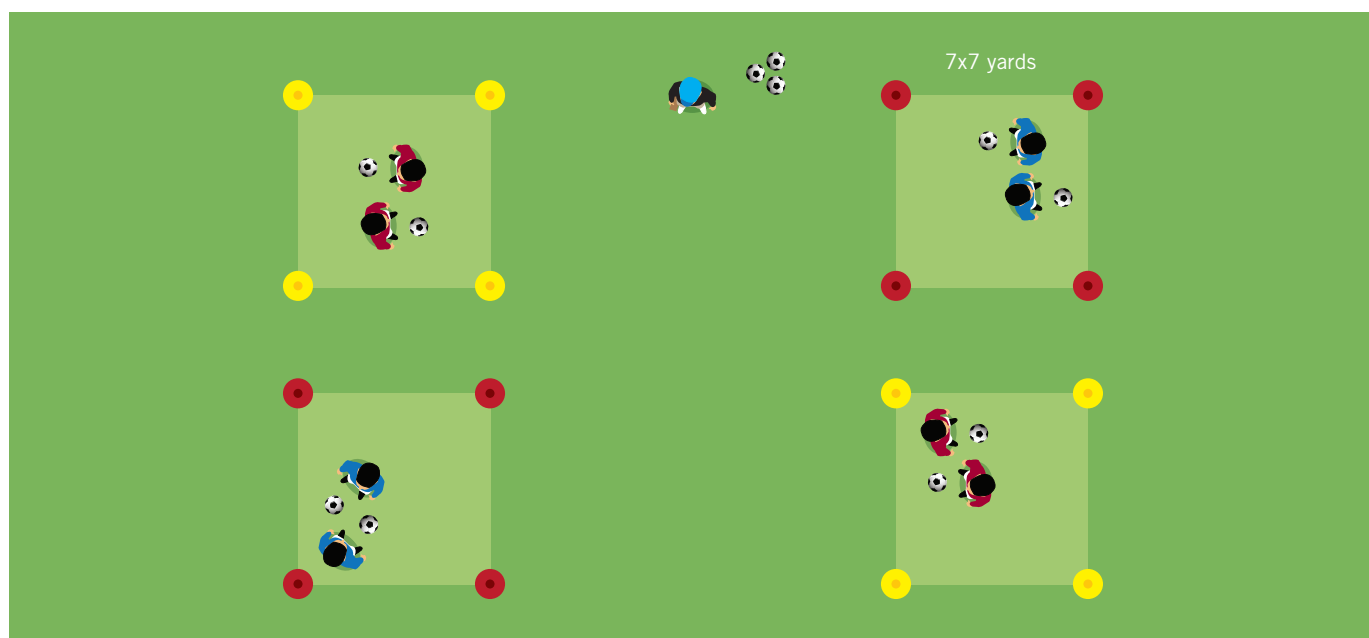
PHYSICAL/PHYSIOLOGICAL EFFECT: Improve reaction in fatigued situations and increase muscular mass.

| AREAS | | STRUCTURE | |
|--------------|--------------------|---------------------|-----------|
| Technical | Strength endurance | Space | 7x7 yards |
| Tactical | Possession | Time | 10 min |
| Physical | Shielding the ball | Age Recommended | U13+ |
| Psychosocial | Competitiveness | Difficulty (1 to 5) | 3 |

| ORGANIZATION | |
|---------------|---|
| Players | 3+ |
| Equipment | 4 cones and 2 balls per group |
| Description | <p>Groups of two. Two players inside the square, one ball per player. For 30 seconds, try to push each other outside of the square with control of the ball. Rotate positions after 30 seconds. Players can only use their body but no arms. A player will earn 1 point by pushing the opponent out of the square.</p> <p>Variation 1: Try to play the opponent's ball out</p> <p>Variation 2: One ball in the middle square, one player protects it and the other tries to regain possession</p> |
| Justification | Players will be forced to bend the knees to lower the center of gravity and stay in balance. Using the ball forces the player to use only one foot and thus remain balanced while increasing the load. |

WORKLOAD

1. 30 seconds x2= 1min
2. Sets: 6
3. Rest: 30 seconds
4. Ratio: 2:1



INTERMEDIATE STAGE

TRANSITION

Practice 5: 4 channels transition**

GAME

TACTICAL

OBJECTIVE: Improve quick transfer of the ball from one side of the field to the other when playing forward.

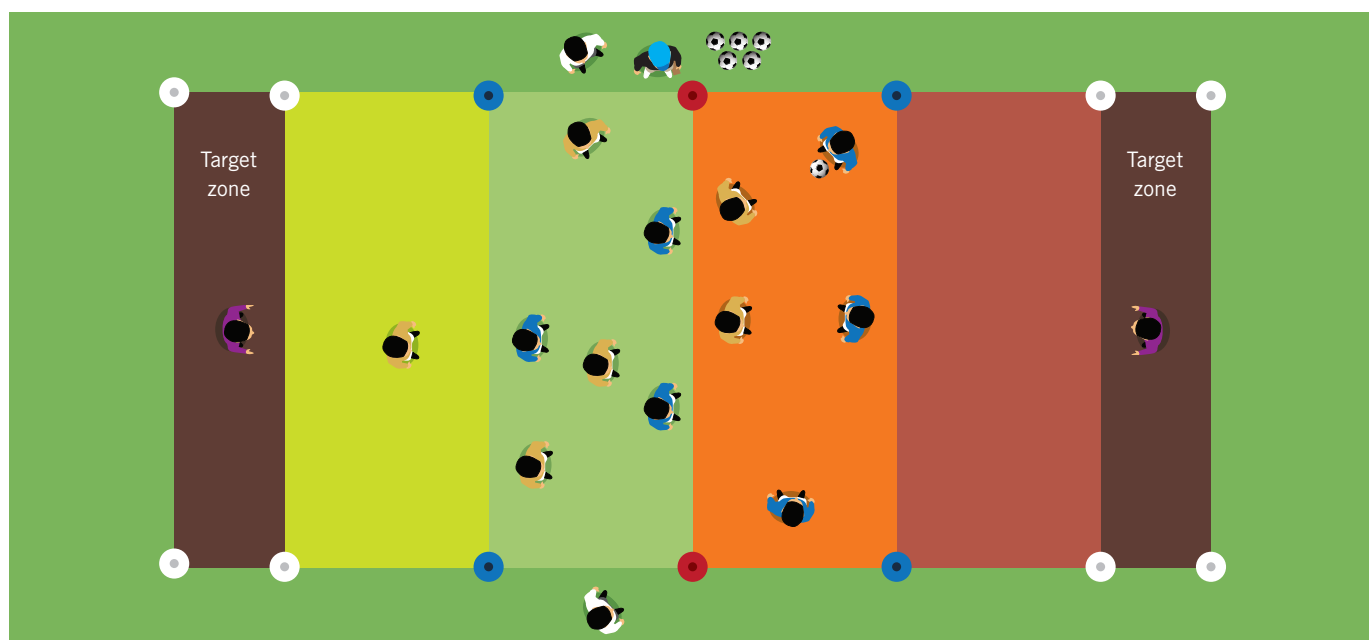
| AREAS | | STRUCTURE | |
|--------------|--------------------------|---------------------|-------------|
| Technical | Transition | Space | 50x30 yards |
| Tactical | Passing and receiving | Time | 20 min |
| Physical | Perception and awareness | Age Recommended | U13+ |
| Psychosocial | Competitiveness | Difficulty (1 to 5) | 4 |

| ORGANIZATION | |
|--------------|---|
| Players | 16+ |
| Time | Work continuously at high-intensity for 4 min. Use rest periods to make brief coaching points. |
| Equipment | 15 cones, 2 goals and 6 balls |
| Description | <p>7v7+2 game. The ball must progress from one zone to the next. Score by playing to any target zone from any part of the field. In order to score consecutive goals in the same target zone, a team must cross the midfield line.</p> <p>Variation 1: Score only from the final quarter</p> <p>Variation 2: Score only in one target zone</p> <p>Variation 3: Limit the number of defenders in each channel</p> <p>Variation 4: Limit number of touches or passes before scoring</p> |

KEY POINTS

1. Creating space
2. Support play
3. Movement off the ball – diagonal runs, overlaps
4. Passing options – playing forward

** Can include goalkeepers



Session Examples

ADVANCED STAGE

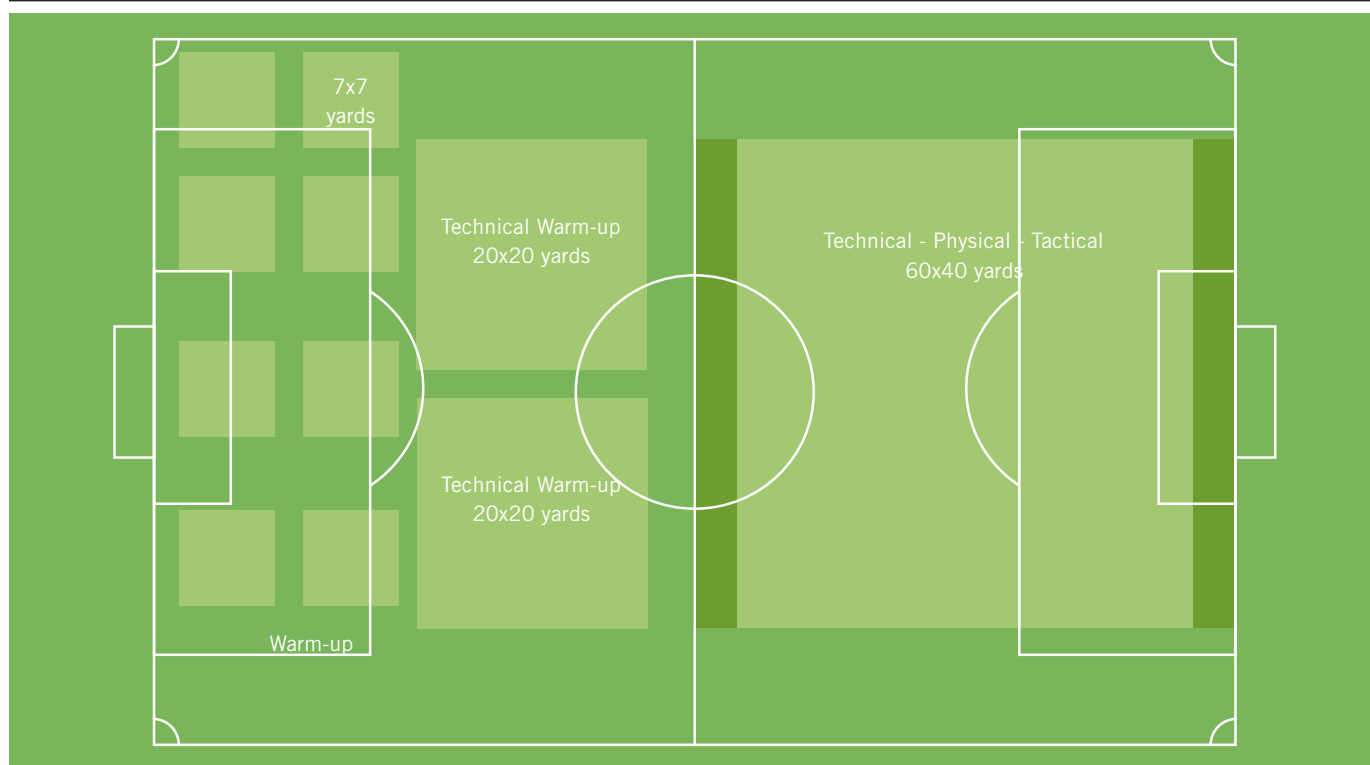
ADVANCED STAGE TRAINING SESSION EXAMPLE

| | | | |
|-------|----------------|-------------------|----------------------|
| Date: | Age group: U18 | Duration: 120 min | Workload (1 to 5): 4 |
|-------|----------------|-------------------|----------------------|

| OBJECTIVES | |
|--------------|-----------------------|
| Technical | Attacking principles |
| Tactical | Passing and receiving |
| Physical | Aerobic power |
| Psychosocial | Competitiveness |

| ORGANIZATION | TIME |
|--|--------|
| Arrival: As players are arriving 3v1 in a 7x7 yards square. | 5 min |
| WARM-UP: Increasing pressure – Practice 1 – Possession / 2v2 with target players – Practice 7 – Attacking principles | 20 min |
| Stretching: Mobility in a circle – Practice 1 – Flexibility and mobility | 5 min |
| Dynamic movement: Mobility – Practice 2 – Flexibility and mobility | 5 min |
| MAIN: | |
| Technical: Pass and switching play – Practice 3 – Passing and receiving – goalkeepers with goalkeeping coach | 15 min |
| Physical: End zone with support players – Practice 1 – Aerobic power – goalkeepers with goalkeeping coach | 20 min |
| Tactical: Attacking +1 game – Practice 11 – Attacking principles – bring goalkeepers to practice | 25 min |
| SCRIMMAGE: 9v9 or 11v11 free game | 30 min |

SETUP



| WORKLOAD KEY | 1= VERY LOW | 2= LOW | 3= MID | 4= HIGH | 5= VERY HIGH |
|--------------|-------------|--------|--------|---------|--------------|
|--------------|-------------|--------|--------|---------|--------------|



ADVANCED STAGE

POSSESSION

Practice 1: Increasing pressure*

OPPOSED

TACTICAL

OBJECTIVE: Improve reaction and quality of passing under pressure.

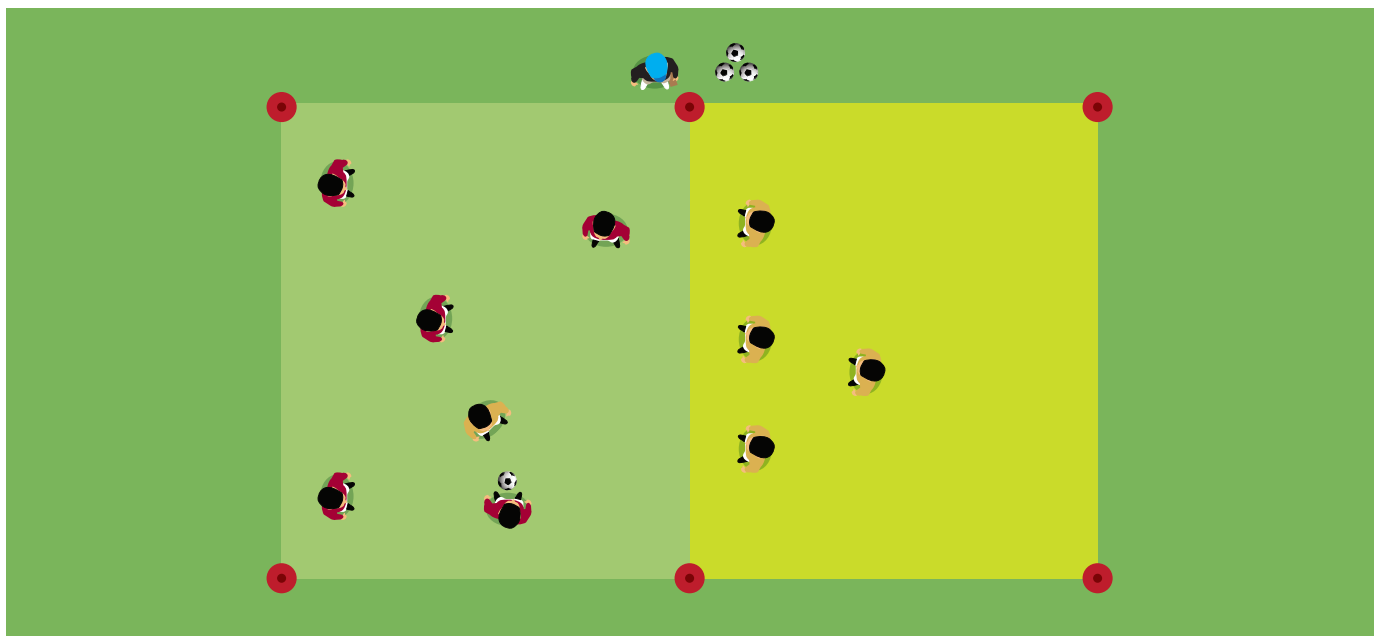
| AREAS | | STRUCTURE | |
|--------------|--------------------------|---------------------|-------------|
| Technical | Possession | Space | 20x20 yards |
| Tactical | Passing and receiving | Time | 15 min |
| Physical | Perception and awareness | Age Recommended | U15+ |
| Psychosocial | Cooperation | Difficulty (1 to 5) | 4 |

| ORGANIZATION | |
|--------------|--|
| Players | 10+ |
| Time | Work continuously at high-intensity for 3 min. Use rest periods to make brief coaching points. |
| Equipment | 6 cones and 6 balls |
| Description | One team keeps possession of the ball inside one of the two squares. After five consecutive passes, one defender enters the square and attempts to regain possession of the ball. After five more passes, another defender joins the teammate, and so on. When defenders regain possession of the ball, transfer the ball to the other square and keep possession. Variation 1: Reduce number of passes to three before a defender enters into the square Variation 2: Limit number of touches on the ball |

KEY POINTS

1. Creating space
2. Support play
3. Passing options and movement off the ball
4. Speed of play
5. Accuracy of the pass

* Can be used during the warm-up



ADVANCED STAGE

ATTACKING PRINCIPLES

Practice 7: 2v2 with target players*

OPPOSED

TACTICAL

OBJECTIVE: Improve perception and awareness while looking for passing options in a 2v2 situation.

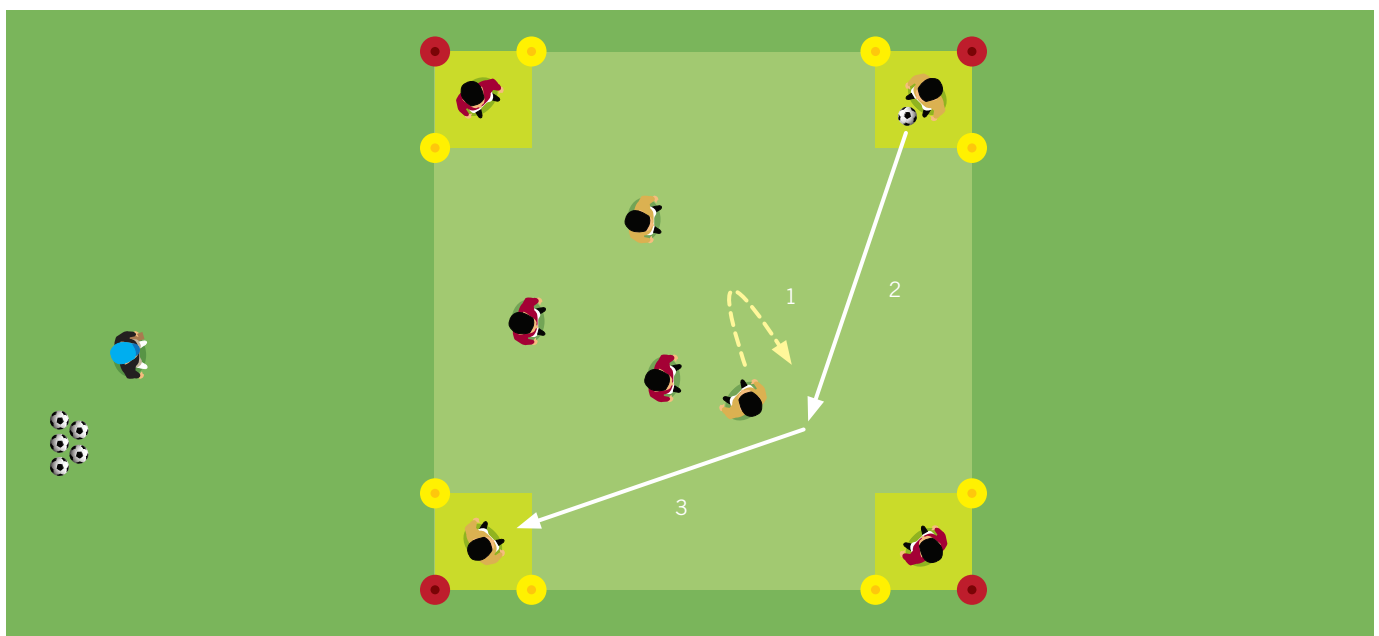
| AREAS | | STRUCTURE | |
|--------------|--------------------------|---------------------|-------------|
| Technical | Attacking principles | Space | 20x20 yards |
| Tactical | Passing and receiving | Time | 10 min |
| Physical | Perception and awareness | Age Recommended | +U15 |
| Psychosocial | Competitiveness | Difficulty (1 to 5) | 5 |

| ORGANIZATION | |
|--------------|--|
| Players | 8+ |
| Time | Work continuously at high-intensity. Change positions every 2.5 min. |
| Equipment | 12 cones and 1 ball per group |
| Description | 2v2 in the middle playing to any of the two target players. Every time a target is reached the team earns 1 point Variation 1: Target players join the pair to play a 4v2. After possession of the ball is regained the other two join the two teammates inside the square |

KEY POINTS

1. Movement away from defender
2. Receiving to turn
3. Distance with the defender – if given space, pass to the other target player; if defender is close, play one-touch back
4. Speed of play and quick decisions

* Can be used during the warm-up



** Can be used for the technical complex part of the training session



FLEXIBILITY AND MOBILITY

Practice 1: Mobility in a circle*

UNOPPOSED

PHYSICAL

PHYSICAL/PHYSIOLOGICAL EFFECT: Prepare the body for high-intensity exercise.

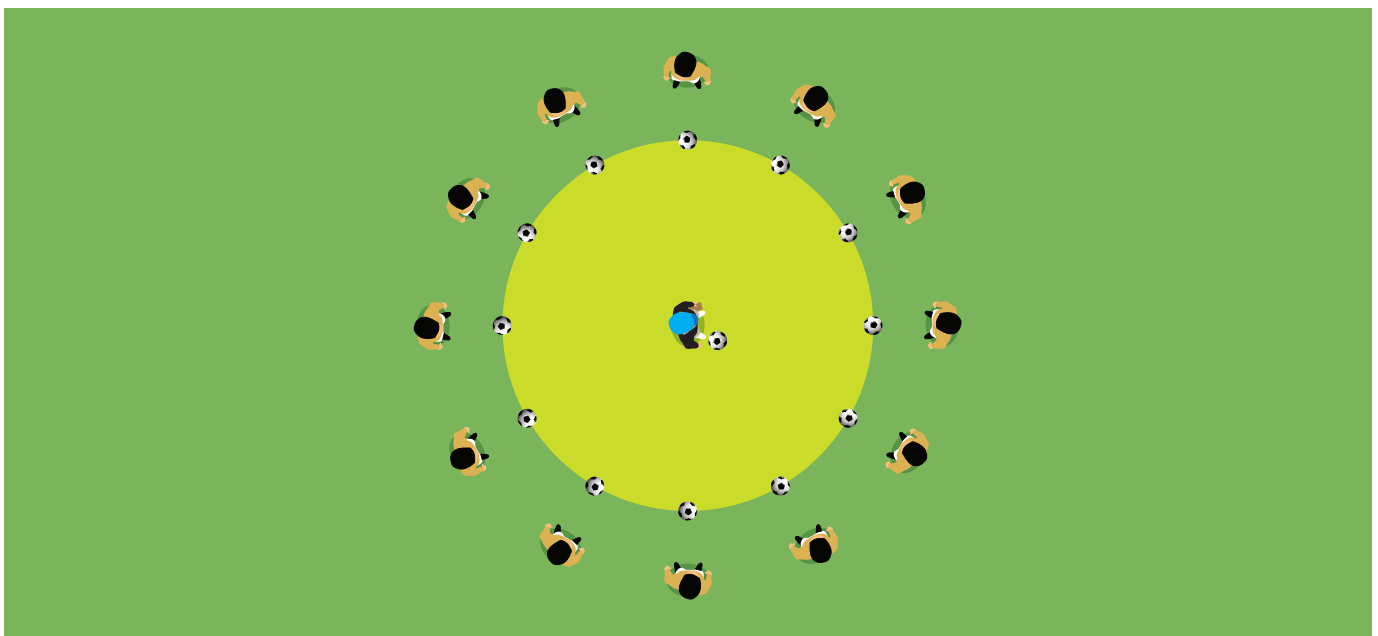
| AREAS | | STRUCTURE | |
|--------------|------------------------|---------------------|-------------|
| Technical | Flexibility & mobility | Space | 20x20 yards |
| Tactical | - | Time | 10 min |
| Physical | - | Age Recommended | U15+ |
| Psychosocial | - | Difficulty (1 to 5) | 1 |

| ORGANIZATION | |
|---------------|--|
| Players | 8+ |
| Equipment | 1 ball per player |
| Description | Make a circle around the coach. Different types of exercises for flexibility and joint mobility: ankles, knees, hips, calf, hamstrings, abductors, adductors, hip flexor, wide dorsal muscles and neck. |
| Justification | A variety of exercises to prepare muscles and joints for game speed and constant change of direction. Young players do not need to stretch intensively before activity. However, it is essential for players to be familiar with these types of exercises. |

WORKLOAD

1. 8 seconds per exercise and 1 or 2 repetitions

* Can be used during the warm-up



ADVANCED STAGE

FLEXIBILITY AND MOBILITY

Practice 2: Mobility*

UNOPPOSED

PHYSICAL

PHYSICAL/PHYSIOLOGICAL EFFECT: Prepare the body for high-intensity exercise.

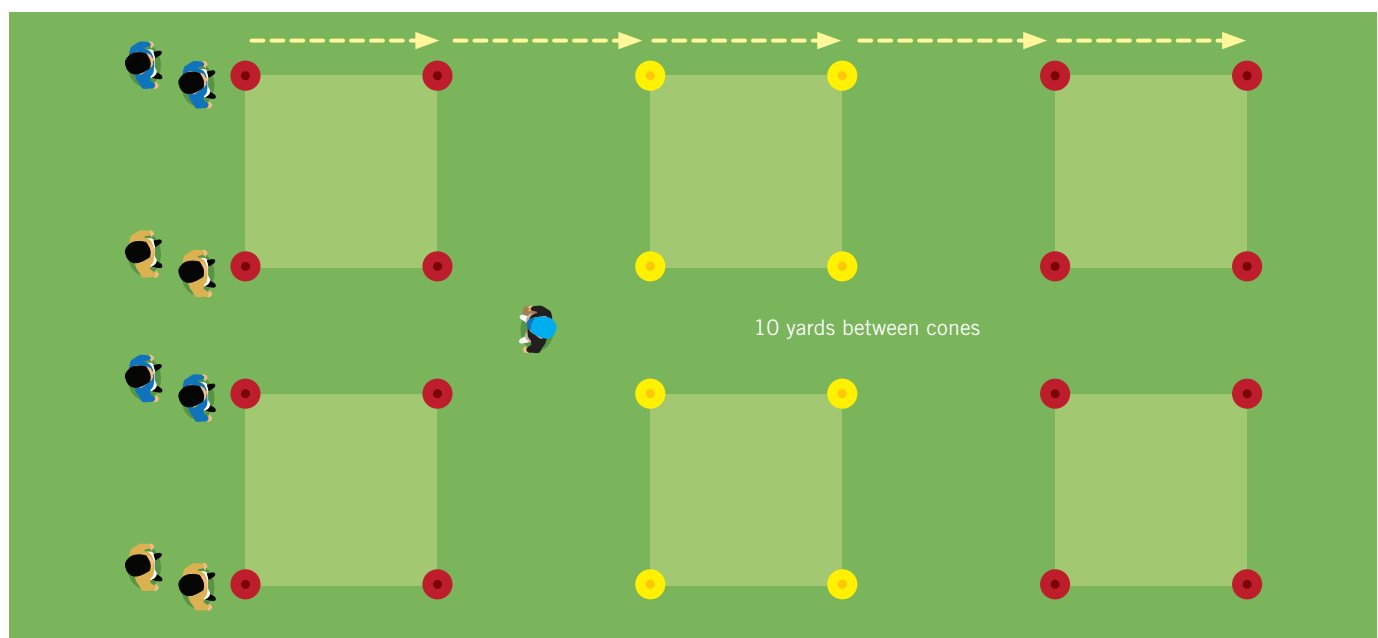
| AREAS | | STRUCTURE | |
|--------------|------------------------|---------------------|-------------|
| Technical | Flexibility & mobility | Space | 40x30 yards |
| Tactical | - | Time | 10 min |
| Physical | - | Age Recommended | U15+ |
| Psychosocial | - | Difficulty (1 to 5) | 1 |

| ORGANIZATION | |
|---------------|---|
| Players | 8+. |
| Equipment | 24 cones |
| Description | The first player in each group makes an action then jogs: 1) High knees; 2) High heels; 3) Side to side forward; 4) Side to side backwards; 5) Acceleration – deceleration; 6) Speed forward and backward to change direction |
| Justification | A variety of exercises to prepare muscles and joints for the speed of the game and for constant changes of direction. |

WORKLOAD

- 1 or 2 repetitions

* Can be used during the warm-up



ADVANCED STAGE

PASSING & RECEIVING

Practice 3: Pass and switching play

UNOPPOSED

TECHNICAL

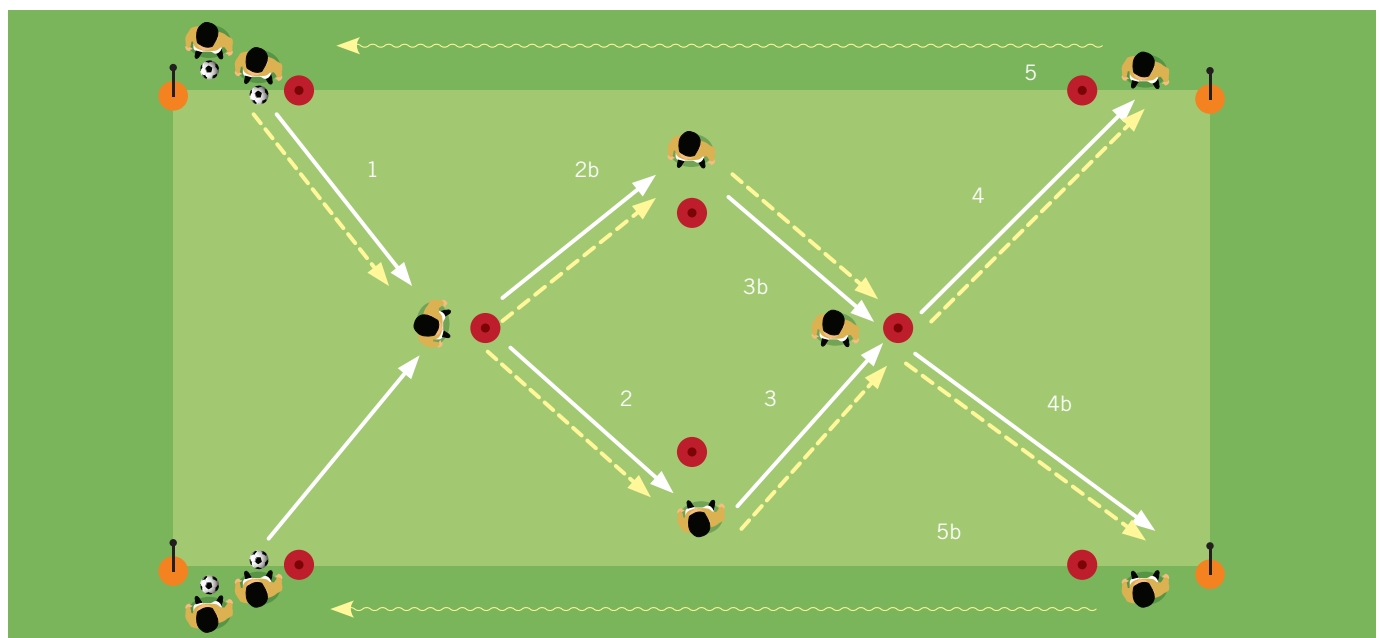
OBJECTIVE: Improve the quality and speed of passing, receiving and turning in short and mid-range distances using different angles.

| AREAS | | STRUCTURE | |
|--------------|--------------------------|---------------------|-------------|
| Technical | Passing and receiving | Space | 60x40 yards |
| Tactical | Switching play | Time | 15 min |
| Physical | Perception and awareness | Age Recommended | U15+ |
| Psychosocial | Cooperation | Difficulty (1 to 5) | 4 |

| ORGANIZATION | |
|--------------|---|
| Players | 10+ |
| Time | Work continuously at high-intensity for 4 min. Use rest periods to make brief coaching points. |
| Equipment | 4 poles, 8 cones and 6 balls |
| Description | <p>Player from outside passes to player in the middle and vice-versa. Player in the middle switches the ball to one of the players on the sides. Last player runs with the ball back to the start.</p> <p>Variation 1: Player in the middle passes back to same player who is coming in from the side to play a longer pass to the next player</p> <p>Variation 2: Finish in one of the goals instead of making the final pass</p> <p>Variation 3: Receive the final pass with back to goal and finish</p> |

KEY POINTS

1. Opening up to receive the ball
2. Ball control when receiving
3. Inside foot to control and inside foot or inside/instep foot to pass the ball
4. Quick execution – speed of play
5. Communication



ADVANCED STAGE

AEROBIC POWER

Practice 1: End zone with support players

GAME

PHYSICAL

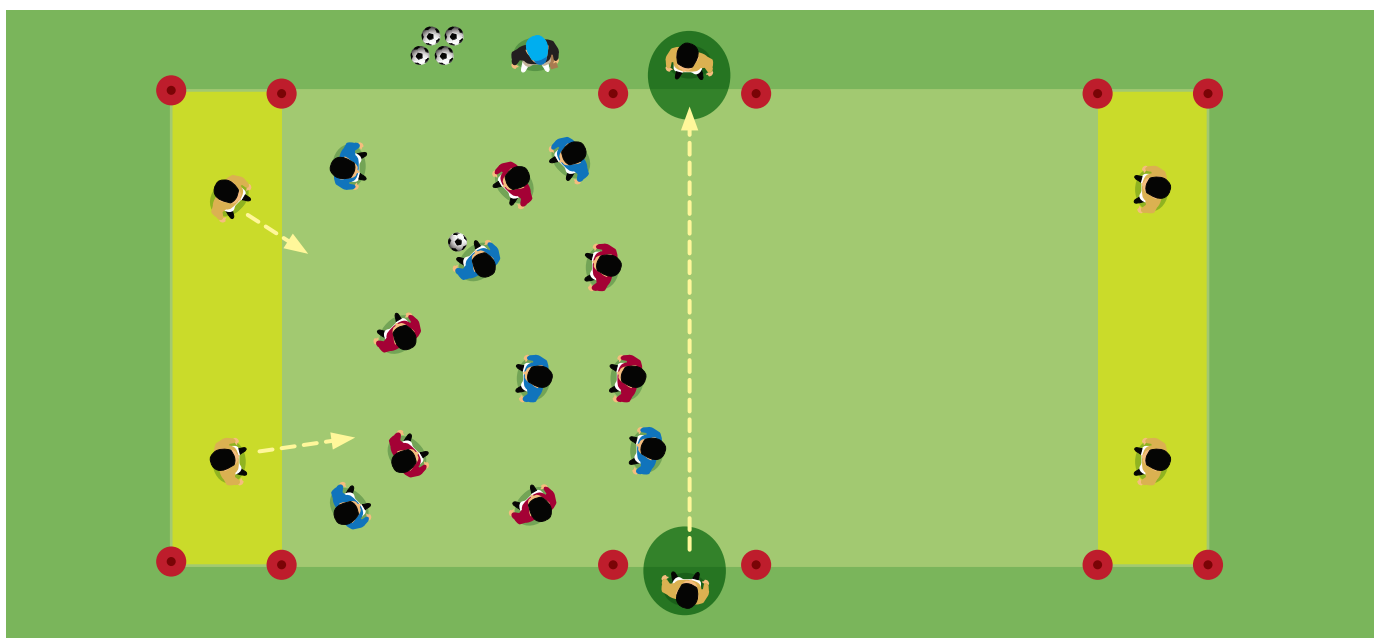
PHYSICAL/PHYSIOLOGICAL EFFECT: Increase efficiency by combining aerobic and anaerobic systems to perform at very high-intensity.

| AREAS | | STRUCTURE | |
|--------------|---------------|---------------------|-------------|
| Technical | Aerobic power | Space | 60x40 yards |
| Tactical | Transition | Time | 20 min |
| Physical | Passing | Age Recommended | U15+ |
| Psychosocial | Cooperation | Difficulty (1 to 5) | 4 |

| ORGANIZATION | |
|---------------|---|
| Players | 18+ |
| Equipment | 12 cones and 8 balls |
| Description | 6v6+6 game. Score by completing five consecutive passes in one half. Once a team completes five passes, transfer the ball to the other half. The two players in the end zone join the attacking team. Variation 1: Limit the number of touches for the team in possession Variation 2: Teams must complete a pass to support player on the side before transferring the ball to the other half. |
| Justification | Due to the intensity of the exercise (around 90% HRmax), this type of exercise is designed to reach VO2max as fast as possible. Once the VO2max is reached the body will combine aerobic and anaerobic systems to tolerate high-intensity exercise. The player will be focused on the game and will not notice the physical work. |

WORKLOAD

1. 3 min
2. Sets: 4
3. Rest between sets: 1 min



ATTACKING PRINCIPLES

Practice 11: Attacking +1 game**

GAME

TACTICAL

OBJECTIVE: Improve basic game understanding to create superiority in numbers in attack.

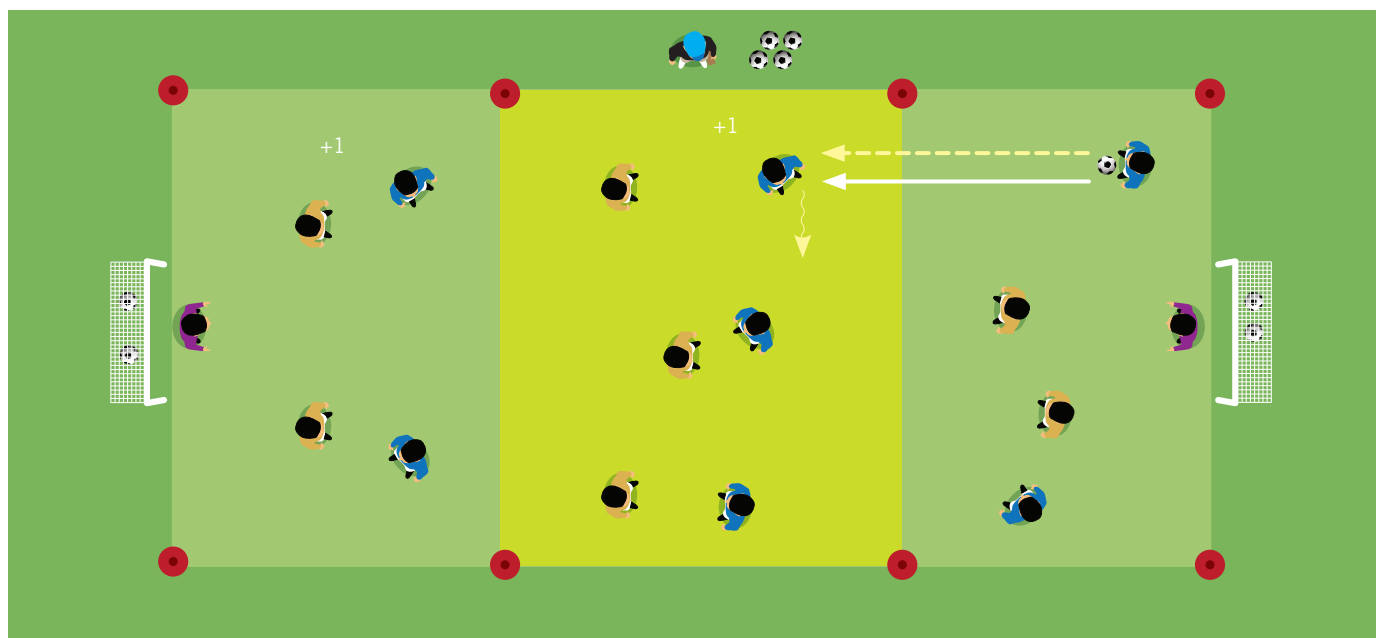
| AREAS | | STRUCTURE | |
|--------------|--------------------------|---------------------|-------------|
| Technical | Attacking principles | Space | 60x40 yards |
| Tactical | Passing and receiving | Time | 25 min |
| Physical | Perception and awareness | Age Recommended | U15+ |
| Psychosocial | Cooperation | Difficulty (1 to 5) | 5 |

| ORGANIZATION | |
|--------------|---|
| Players | 16+ |
| Time | Work continuously at high-intensity for 4 min. Use rest periods to make brief coaching points. |
| Equipment | 8 cones, 2 goals and 6 ball |
| Description | Each third is occupied by two attackers and two defenders at each end and three attackers and three defenders in the middle. The player making the pass can join the next third to create a +1 situation. Variation 1: Reduce number of touches or number of passes in each third Variation 2: Two attacking players in the defensive end join the next third Variation 3: The player with the ball can dribble or pass to the next third |

KEY POINTS

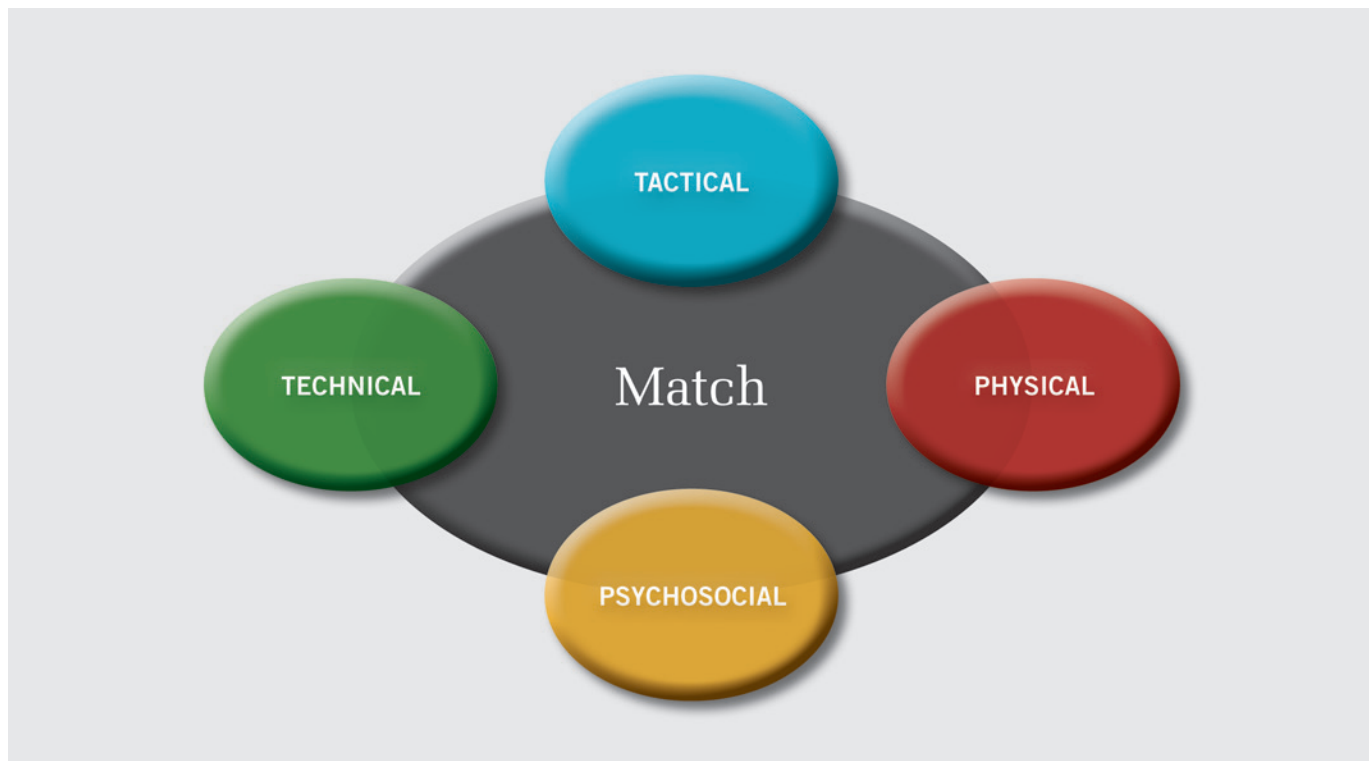
1. Creating space
2. Support play
3. Passing options – decision-making
4. Width and depth
5. Creating 2v1 situations

** Can include goalkeepers



QUANTIFICATION

Identifying the needs of the team is essential in order to quantify the work during the training sessions and make a proper analysis of the game.



In this section there are samples presented to quantify the number of times that one topic or subject is covered in the training sessions during a month and during the season. As coaches, we can compare that number with the number specified in the season plan for that particular age group.

For example, a 5 in the season plan for a U14 team in the passing and receiving category means that the team must have a high amount of passing and receiving practices during the month.

4 SPREADSHEETS ARE PRESENTED IN THIS SECTION

1. Technical
2. Tactical
3. Physical
4. Psychosocial

Each one of the spreadsheets records the number of times one topic or subject has been covered in the training sessions.

Also in this section, a spreadsheet is presented to identify the team's strengths and weaknesses during the game. This information provides the coach with a better understanding of which categories or areas the team needs to improve.

Also included in this section is the team and player evaluation.

Sample spreadsheet for U15 team

| TACTICAL | PLAN | Aug | Sept | Oct | Nov | Dec | Jan | Feb | Mar | Apr | May | June | July | TOTAL | TACTICAL |
|------------------------------|------|-----|------|-----|-----|-----|-----|-----|-----|-----|-----|------|------|-------|------------------------------|
| PERIOD → | | OS | C1 | C1 | C1 | T | T | T | C2 | C2 | C2 | OS | OS | | ← PERIOD |
| Attacking principles | 5 | | | | | | | | | | | | | | Attacking principles |
| Possession | 5 | | | | | | | | | | | | | | Possession |
| Transition | 5 | | | | | | | | | | | | | | Transition |
| Combination play | 5 | | | | | | | | | | | | | | Combination play |
| Switching play | 4 | | | | | | | | | | | | | | Switching play |
| Counter attacking | 4 | | | | | | | | | | | | | | Counter attacking |
| Playing out from the back | 4 | | | | | | | | | | | | | | Playing out from the back |
| Finishing in the final third | 5 | | | | | | | | | | | | | | Finishing in the final third |
| Defending principles | 5 | | | | | | | | | | | | | | Defending principles |
| Zonal defending | 5 | | | | | | | | | | | | | | Zonal defending |
| Pressing | 4 | | | | | | | | | | | | | | Pressing |
| Retreat & recovery | 5 | | | | | | | | | | | | | | Retreat & recovery |
| Compactness | 3 | | | | | | | | | | | | | | Compactness |

PERIODS KEY

OS= OFF SEASON

C1=COMPETITIVE 1

T= TRANSITION

C2=COMPETITIVE 2

Sample spreadsheet for U15 team

| TECHNICAL → | PLAN | Aug | Sept | Oct | Nov | Dec | Jan | Feb | Mar | Apr | May | June | July | TOTAL | TECHNICAL ← PERIOD |
|-----------------------|------|-----|------|-----|-----|-----|-----|-----|-----|-----|-----|------|------|-------|-----------------------|
| PERIOD → | | OS | C1 | C1 | C1 | T | T | T | C2 | C2 | C2 | OS | OS | | |
| Passing & receiving | 5 | | | | | | | | | | | | | | Passing & receiving |
| Running with the ball | 1 | | | | | | | | | | | | | | Running with the ball |
| Dribbling | 2 | | | | | | | | | | | | | | Dribbling |
| Turning | 4 | | | | | | | | | | | | | | Turning |
| Shooting | 5 | | | | | | | | | | | | | | Shooting |
| Ball control | 3 | | | | | | | | | | | | | | Ball control |
| Heading | 4 | | | | | | | | | | | | | | Heading |
| 1v1 attacking | 3 | | | | | | | | | | | | | | 1v1 attacking |
| Shielding the ball | 2 | | | | | | | | | | | | | | Shielding the ball |
| Receiving to turn | 5 | | | | | | | | | | | | | | Receiving to turn |
| Crossing & finishing | 4 | | | | | | | | | | | | | | Crossing & finishing |
| 1v1 defending | 4 | | | | | | | | | | | | | | 1v1 defending |

PERIODS KEY

OS= OFF SEASON

C1=COMPETITIVE 1

T= TRANSITION

C2=COMPETITIVE 2

Sample spreadsheet for U15 team

| PHYSICAL | PLAN | Aug | Sept | Oct | Nov | Dec | Jan | Feb | Mar | Apr | May | June | July | TOTAL | PHYSICAL |
|------------------------|--------------------|-----|------|-----|-----|-----|-----|-----|-----|-----|-----|------|------|-------|------------------------|
| PERIOD → | | OS | C1 | C1 | C1 | T | T | T | C2 | C2 | C2 | OS | OS | | ← PERIOD |
| STRENGTH | Str. endurance | 3 | | | | | | | | | | | | | Str. endurance |
| | Explosive strength | 4 | | | | | | | | | | | | | Explosive strength |
| | Maximal strength | 1 | | | | | | | | | | | | | Maximal strength |
| ENDURANCE | Aerobic capacity | 4 | | | | | | | | | | | | | Aerobic capacity |
| | Aerobic power | 5 | | | | | | | | | | | | | Aerobic power |
| | Anaerobic lactic | 2 | | | | | | | | | | | | | Anaerobic lactic |
| | Anaerobic alactic | 2 | | | | | | | | | | | | | Anaerobic alactic |
| SPEED | Reaction | 4 | | | | | | | | | | | | | Reaction |
| | Acceleration | 4 | | | | | | | | | | | | | Acceleration |
| | Maximal speed | 3 | | | | | | | | | | | | | Maximal speed |
| | Speed endurance | 2 | | | | | | | | | | | | | Speed endurance |
| | Acyclic speed | 5 | | | | | | | | | | | | | Acyclic speed |
| Flexibility & mobility | 3 | | | | | | | | | | | | | | Flexibility & mobility |
| Coordination & balance | 2 | | | | | | | | | | | | | | Coordination & balance |
| Agility | 4 | | | | | | | | | | | | | | Agility |
| Basic motor skills | | | | | | | | | | | | | | | Basic motor skills |
| Perception & awareness | 5 | | | | | | | | | | | | | | Perception & awareness |

PERIODS KEY

OS= OFF SEASON

C1=COMPETITIVE 1

T= TRANSITION

C2=COMPETITIVE 2



Sample spreadsheet for U15 team

| PSYCHOSOCIAL | | PLAN | Aug | Sept | Oct | Nov | Dec | Jan | Feb | Mar | Apr | May | June | July | TOTAL | PSYCHOSOCIAL |
|--------------|--------------------------|------|-----|------|-----|-----|-----|-----|-----|-----|-----|-----|------|------|-------|--------------------------|
| PERIOD → | | | OS | C1 | C1 | C1 | T | T | T | C2 | C2 | C2 | OS | OS | | ← PERIOD |
| SOCIAL | RESPECT | 5 | | | | | | | | | | | | | | RESPECT |
| | Communication | 5 | | | | | | | | | | | | | | Communication |
| BASIC | MOTIVATION | 5 | | | | | | | | | | | | | | MOTIVATION |
| | Self confidence | 3 | | | | | | | | | | | | | | Self confidence |
| | Cooperation | 5 | | | | | | | | | | | | | | Cooperation |
| | Decision - determination | 4 | | | | | | | | | | | | | | Decision - determination |
| ADVANCED | COMPETITIVENESS | 4 | | | | | | | | | | | | | | COMPETITIVENESS |
| | Concentration | 3 | | | | | | | | | | | | | | Concentration |
| | Commitment | 5 | | | | | | | | | | | | | | Commitment |
| | Self control | 4 | | | | | | | | | | | | | | Self control |
| | Acyclic speed | 5 | | | | | | | | | | | | | | Acyclic speed |

PERIODS KEY

OS= OFF SEASON

C1=COMPETITIVE 1

T= TRANSITION

C2=COMPETITIVE 2



GAME ANALYSIS - TEAM

Evaluation of team performance

| | | | |
|--|---|----------------------------|------------------|
| Age group: | <input type="checkbox"/> League <input type="checkbox"/> Tournament <input type="checkbox"/> Friendly | | |
| Date & time: | Opponents: | Location: | |
| Final score: | First half: | Second half: | |
| INDICATE & DESCRIBE BRIEFLY: Goals scored (O): Goals received (X): | | | |
| STRENGTHS & WEAKNESSES | | | |
| Note: Use the template below and the following symbols to identify some of the key points in the game: Poor: 1 Below average: 2 Average: 3 Good: 4 Great: 5 | | | |
| TACTICAL | | TECHNICAL | |
| ATTACKING | 1. Attacking Principles | 1. Passing and Receiving | STRENGTH |
| | 2. Possession | 2. Running With the Ball | |
| | 3. Transition | 3. Dribbling | |
| | 4. Combination Play | 4. Turning | ENDURANCE |
| | 5. Switching Play | 5. Shooting | |
| | 6. Counter Attacking | 6. Ball Control | |
| | 7. Playing Out From the Back | 7. Heading | |
| | 8. Finishing in the Final Third | 8. 1V1 Attacking | SPEED |
| DEFENDING | 1. Defending Principles | 9. Shielding the Ball | |
| | 2. Zonal Defending | 10. Receiving to Turn | |
| | 3. Pressing | 11. Crossing and Finishing | |
| | 4. Retreat & Recovery | 12. 1V1 Defending | |
| | 5. Compactness | | |
| | | 4. Flexibility & Mobility | |
| | | 5. Coordination & Balance | |
| | | 6. Agility | |
| | | 7. Basic Motor Skills | |
| | | 8. Perception & Awareness | |
| Overall rate (1 to 5): | | | |

