



U13

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: Improve attacking coordinated movements and zonal defending.</p> <p>PHYSICAL: Basic development of speed, endurance and strength.</p> <p>MENTAL: Increase collective self-confidence.</p> <p>GAME: Coordinate possession, transition & finishing.</p>	Sessions per week	2	Session Time	60-75'	<p>INTERMEDIATE STAGE</p>				
	Players per team	16	Game Time	70'					
	STRUCTURE		CONSIDERATIONS						
	Warm-up	5'	- Time of the practice						
	Physical	10-15'	- Size of the practice						
	Technique	10-15'	- Intensity of the practice						
	Tactical	15-20'	- Rules						
	Scrimmage/Game	15'	- # of players						
Cool Down/Debrief	5'	- Teammates - Opposition & support players							
<p>End of Season Targets:</p> <ol style="list-style-type: none"> 1. Passing the ball at speed in reduced spaces/time. 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%

CONTENT

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