



U9



SEASONAL TRAINING PLAN

OBJECTIVES	ORGANIZATION				CONTENT DISTRIBUTION														
<p>TECHNICAL: Improve Individual & Collective basic soccer techniques.</p> <p>TACTICAL: Improve Attacking Principles & playing out from back.</p> <p>PHYSICAL: Develop Speed, Coordination and Balance with & without the ball.</p> <p>MENTAL: Positive interaction with team-mates during games & training sessions.</p> <p>GAME: Efficiently occupy space on the field in relation to ball & team-mates.</p>	Sessions per week	2	Session Time	75'	<p>BASIC STAGE</p>	<table border="1"> <tr> <td>TECH</td> <td>TAC</td> <td>PHYS</td> <td>MEN</td> <td>GAME</td> </tr> <tr> <td>30%</td> <td>15%</td> <td>20%</td> <td>5%</td> <td>30%</td> </tr> </table>				TECH	TAC	PHYS	MEN	GAME	30%	15%	20%	5%	30%
	TECH	TAC	PHYS	MEN						GAME									
	30%	15%	20%	5%						30%									
	Players per team	12	Game Time	50'															
	STRUCTURE		CONSIDERATIONS																
	Warm-up	10'	<ul style="list-style-type: none"> - Time of the practice - Size of the practice - Intensity of the practice - Rules - # of players - Teammates - opposition 																
	Physical	10'																	
Technique	20'																		
Tactical	10'																		
Scrimmage/Game	20'																		
Cool Down	5'																		
End of Season Targets:	Comments:																		
<ol style="list-style-type: none"> Basic Skills in 1v1 situations. Balance in relation to ball (fwd/backwd/side to side). Basic coordinated movements with/without the ball. 	<ul style="list-style-type: none"> ✓ Maximum contact with ball in individual practices, less touches in group practices. ✓ Games: 6v6 (GK-1-3-1 formation) 																		

CONTENT

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

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