



U11

SEASONAL TRAINING PLAN



OBJECTIVES

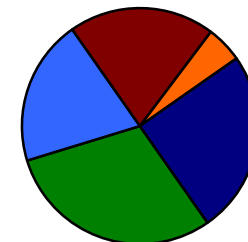
- TECHNICAL:** Accuracy and Speed of individual and team techniques.
- TACTICAL:** Improve attacking principles and basic defending.
- PHYSICAL:** Improve Speed, Agility, Coordination and Balance.
- MENTAL:** Cooperation with teammates in collective tasks.
- GAME:** Focus on individual & team possession and transition.

ORGANIZATION

Sessions per week	2	Session Time	60-75'
Players per team	12	Game Time	60'
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 	
Physical	5-10'		
Technique	20'		
Tactical	10-15'		
Scrimmage/Game	15-20'		
Cool Down	5'		

CONTENT DISTRIBUTION

BASIC STAGE



- End of Season Targets:**
1. Application of technique in game situations.
 2. Application of Attacking/Defending principles in slightly opposed collective practices.
 3. Agility & Speed with & without Ball.

Comments:

- ✓ Prepare collective practices with the ball to develop the technical and tactical intelligence of the player.
- ✓ Games: 8v8 (3-3-1 formation)

TECH 30%	TAC 20%	PHYS 20%	MEN 5%	GAME 25%
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CONTENT

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

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