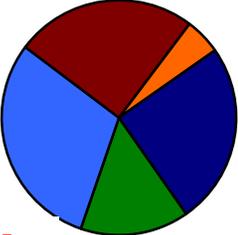




U17 & U18 SEASONAL TRAINING PLAN



OBJECTIVES	ORGANIZATION				CONTENT DISTRIBUTION				
<p>TECHNICAL: Focus on quality execution of ball control, passing, turning at speed and finishing</p> <p>TACTICAL: Improve transition speed, counter-attacking opportunity, attacking & defending positional awareness (high & low pressure)</p> <p>PHYSICAL: Attain high level of aerobic capacities, enhance explosive power/strength and speed</p> <p>MENTAL: Increase concentration & self-discipline</p> <p>GAME: Enhance speed of play, counter-attacking & pressing</p>	Sessions per week	2	Session Time	90'-120'	 <p>ADVANCED STAGE</p>				
	Players per team	18	Game Time	90'					
	STRUCTURE		CONSIDERATIONS						
	Warm-up	10-15'	- Time of the practice						
	Physical	20-25'	- Size of the practice						
	Technique	10'	- Intensity of the practice						
	Tactical	20-30'	- Rules						
	Scrimmage/Game	20-30'	- # of players						
Cool Down/Debrief	10'	- Opposition/support players							
<p>End of Season Targets:</p> <ol style="list-style-type: none"> Making passes, receiving to turn and finishing at speed/under pressure. Coordinate the counter-attack and pressing in SSG Produce effective technique under pressure/fatigue 	<p>Comments:</p> <ul style="list-style-type: none"> ✓ Reduce space for technical work and utilize specific thirds of field for tactical work. ✓ Game: 9v9-11v11 ✓ Formations: 4-4-2 & 4-2-3-1 				TECH 15%	TAC 30%	PHYS 25%	MEN 5%	GAME 25%

CONTENT

TECHNICAL		TACTICAL		PHYSICAL		MENTAL				
1. Passing & Receiving	5	ATTACKING	1. Attacking Principles	5	STRENGTH	Strength Endurance	3	1. Motivation	5	
2. Running with the Ball	2		2. Possession	5		Explosive Strength	5		2. Self-Confidence	3
3. Dribbling	3		3. Transition	5		Maximal Strength	2		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	5. Competitiveness	5	
6. Ball Control	5		6. Counter Attack	5		Aerobic Power	5	6. Concentration	4	
7. Heading	3		7. Playing out from back	5		Anaerobic Lactic	3	7. Commitment	5	
8. 1v1 Attacking	3		8. Finishing in Final Third	5		Anaerobic Alactic	2	8. Self-Control	4	
9. Shielding the Ball	3	DEFENDING	1. Defending Principles	4	SPEED	Reaction	3	9. Communication	3	
10. Receiving to Turn	4		2. Zonal Defending	4		Acceleration	4	10. Respect & Discipline	5	
11. Crossing & Finishing	4		3. Pressing	5		Maximal Speed	1			
12. 1v1 Defending	4		4. Retreat & Recover	5		Speed Endurance	3			
			5. Compactness	4		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.	2.	3.	4.	5.
	Very Low	Low	Mid	High	Very High