



# U9

## SEASONAL TRAINING PLAN



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

### CONTENT

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