



Age Group Organization

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AGE GROUP ORGANIZATION

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INTRODUCTION

Organization of player development by age and stage



Children do not learn in the same way as adults, especially when the learning process involves both intellectual *and* physical activity.

Age conditions the way a person perceives and interacts with the world and with others.

In any learning process, age is the key component in selecting appropriate content and methodology. Soccer is no different. For this reason we must not train 6 year old players the same way as 13 years old players. Training sessions must be adapted to the age of the players. Taking into consideration the characteristics of human and player development, we have structured the curriculum into four age groups. The first two age groups are:

1. INITIAL STAGE – 5 TO 8 YEARS OLD

At this age children do not have the same capacity as adults to analyze the environment. They explore and have an egocentric conception of the world. Children are still gathering the experience necessary to interact with their surroundings and with others. Also, empathy and the capacity to consider the thoughts and feelings of others is very low. In order to help children build their own experience, many exercises will be individual (e.g. each player will have a ball). The tactical component of the game will be reduced to small-sided games with basic explanations about space distribution. Training sessions will be treated more as physical education than specifically as soccer training.

2. BASIC STAGE – 9 TO 12 YEARS OLD

At this stage, the structure (but not the content) of the training sessions will be similar to that of older players. The main component of the training session will be technical. It is sensible at this age to develop technique and basic tactical understanding. Children's capacity to solve problems increases significantly. Therefore players will begin working on basic and dynamic tactical scenarios. At this stage, players are pre-pubescent and have important physical limitations in terms of strength and endurance.

3. INTERMEDIATE STAGE – 13 AND 14 YEARS OLD

Players at this age develop a good understanding of the game. However, these players are limited by their physical size and the significant changes, which arise with puberty. Safety should be the number one priority for the coach. The coach must be cautious to avoid overtraining should focus more on tactical and technical elements of the game and less on the physical aspects. Tactical training plays an important role at this age.

4. ADVANCED STAGE – 15 TO 18 YEARS OLD

Players at this age have completed most of their physical and mental development. All components of training can be combined and organized with the purpose of developing the highest potential of the player. The strength of the muscles helps to develop technique at high speed and this speed helps the player to react faster to tactical situations. This stage is crucial for combining all the components of soccer in order to increase the players' soccer knowledge.

These are some of the facts in terms of human development adapted to soccer. In this document these facts are used to develop the most appropriate training methodology for each age group.



PLAYER STAGES

Age groups organized by stage

PLAYER STAGES

1. INITIAL STAGE

- U6
 - U7
 - U8
-

2. BASIC STAGE

- U9
 - U10
 - U11
 - U12
-

3. INTERMEDIATE STAGE

- U13
 - U14
-

4. ADVANCED STAGE

- U15
 - U16
 - U17
 - U18
-

5. SPECIFIC STAGE

- U19
 - U20
-

6. PERFORMANCE

- Senior



PRINCIPLES OF AGE APPROPRIATE DEVELOPMENT

Training characteristics based on human development

STAGES	AGE GROUPS	CHARACTERISTICS
INITIAL	U6	Very young players from 5 to 8 years of age love to play. Therefore, all practices should be based on fun games.
	U7	Players must spend the maximum time possible in contact with the ball and experiment by themselves. For the first time the player has to build a relationship with other players. Give different responsibilities to the players in order to develop a sense of team.
	U8	Basic motor skills like walking, running or jumping have to be combined with ball handling and ball control.
BASIC	U9	Pre-pubescent players from age 9 to 12 years have a special ability to learn. Therefore, this is the right age to work on specific soccer techniques and skills. Developing good technique is essential at this age.
	U10	1v1 and 2v1 attacking and defending situations are important to develop individual skills as well as the passing techniques to develop the necessary team game.
	U11	Use small-sided games to develop basic attacking and defensive principles. Other important aspects of tactical training are possession, combination play, transition and finishing in the final third, as well as zonal defending. Players will rotate in two or three different positions to avoid early specialization.
	U12	Speed, coordination, balance and agility are the main physical aspects to improve at this stage.
INTERMEDIATE	U13	At this stage, training sessions are orientated more toward tactics and the player will practice in bigger spaces. Players must practice all different types of techniques at this stage. Strength and endurance should be part of the fitness training. Coaching methods have to consider and preserve players' health since they will be experiencing many changes due to puberty at this stage. Warm-ups and cool downs are essential as is dynamic flexibility.
	U14	Players must develop discipline at this stage by following the instructions of the coach both during and outside training sessions.



PRINCIPLES OF AGE APPROPRIATE DEVELOPMENT

Training characteristics based on human development

STAGES	AGE GROUPS	CHARACTERISTICS
ADVANCED	U15	Tactical training and small-sided games are an essential part of the training at this stage. Attacking and defending principles must be part of all games. Important aspects of the tactical training are speed of play, quick transition, counter attacking and finishing in the final third, as well as pressing.
	U16	Technique will focus on speed and accuracy. Passing and finishing are two of the main techniques emphasized at this stage. Part of the technical training will be position-specific (e.g. defender: passing, center midfield players: receiving to turn and strikers: finishing).
	U17	The physical aspect of the game is key at this stage: endurance, strength and speed will be part of the weekly training routine.
	U18	Players should be expected to show commitment to the team, concentration in training sessions and competitiveness during the game.
SPECIFIC	U19	All tactical aspects of the game must be covered. Strategy and set pieces are now a major part of the training sessions.
	U20	The technical and physical work is based on explosive actions.
PERFORMANCE	SENIOR	Training methods will be adapted to the type of players and level of competition.



CONTENT DISTRIBUTION BY AGE: TACTICAL

TACTICAL		STAGE AND AGE GROUP																	
		INITIAL			BASIC			INTERMEDIATE			ADVANCED			SPECIFIC			Senior		
		U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18	U19	U20			
ATTACKING	1. Attacking Principles				3	3	4	4	5	5	5	5	5	5	4	4	3		
	2. Possession				2	3	4	5	→										
	3. Transition				1	2	3	4	5	→									
	4. Combination Play				2	3	4	5	→										
	5. Switching Play				1	1	2	3	3	4	→								
	6. Counter Attacking						1	1	2	3	4	4	5	→					
	7. Playing out from the back				3	3	4	4	5	→									
	8. Finishing- Final Third				1	2	3	4	5	→									
DEFENDING	1. Defending Principles				2	3	4	4	5	5	5	5	4	4	3	3	2		
	2. Zonal Defending				2	2	3	3	4	4	5	5	4	4	3	→			
	3. Pressing				1	1	2	2	3	3	4	4	5	→					
	4. Retreat & Recovery				2	2	3	3	4	4	5	5	5	5	4	→			
	5. Compactness				1	1	1	1	2	2	3	3	4	4	5	→			

WORKLOAD KEY



CONTENT DISTRIBUTION BY AGE: TECHNICAL

STAGE AND AGE GROUP																						
TECHNICAL	INITIAL						BASIC						INTERMEDIATE				ADVANCED				SPECIFIC	
	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18	U19	U20	Senior						
1. Passing and Receiving	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5						
2. Running with the Ball	2	3	3	4	5	4	3	2	1	→												
3. Dribbling	5	5	4	4	3	3	2	2	2	2	2	1	→									
4. Turning	1	2	3	4	5	5	4	→														
5. Shooting	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5						
6. Ball Control	2	3	4	5	5	5	5	4	3	→												
7. Heading			1	1	2	3	4	4	4	4	3	→										
8. 1v1 Attacking	2	3	4	5	5	4	4	4	4	3	3	2	→									
9. Shielding the Ball	1	1	2	2	2	3	3	2	→													
10. Receiving to Turn	1	1	1	2	2	3	3	4	5	5	4	→										
11. Crossing and Finishing			1	2	2	3	3	3	3	4	→											
12. 1v1 Defending				1	2	2	3	4	5	4	4	3	→									

WORKLOAD KEY

1= VERY LOW

2= LOW

3= MID

4= HIGH

5= VERY HIGH



CONTENT DISTRIBUTION BY AGE: PSYCHOSOCIAL

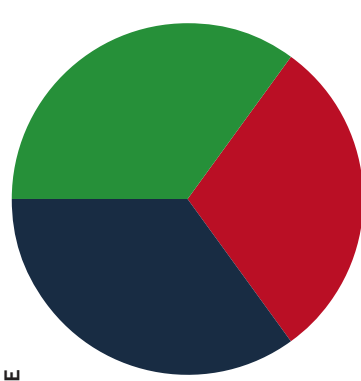
PSYCHOSOCIAL		STAGE AND AGE GROUP																		
		INITIAL			BASIC			INTERMEDIATE			ADVANCED			SPECIFIC						
		U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18	U19	U20	Senior			
BASIC	Motivation	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5
	Self Confidence	5	5	5	4	4	4	4	3	→	→	→	→	→	→	→	→	→	→	→
	Cooperation	1	1	1	2	2	3	3	4	4	4	5	→	→	→	→	→	→	→	→
	Decision/Determination	1	1	1	1	1	2	2	3	3	3	4	4	4	4	4	4	4	4	→
ADVANCED	Competitiveness		1	1	2	2	3	3	4	4	4	4	4	4	4	5	5	5	→	→
	Concentration								1	2	2	3	3	3	4	4	4	4	→	→
	Commitment				1	2	3	4	5	→	→	→	→	→	→	→	→	→	→	→
	Self Control				1	1	2	2	3	3	3	4	4	4	4	4	4	4	5	→
SOCIAL	Communication				1	2	3	3	4	4	4	4	5	5	5	→	→	→	→	→
	Respect & Discipline	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5



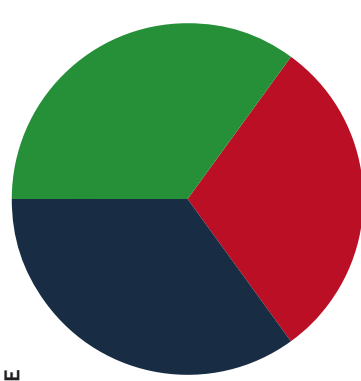
Season Plan by Age

INITIAL STAGE (U6-U8)

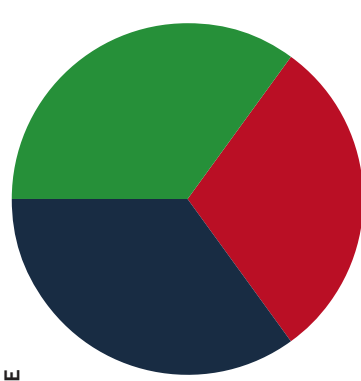
CURRICULUM – U6 – SEASON PLAN

OBJECTIVES		ORGANIZATION				CONTENT DISTRIBUTION					
<p>SCRIMMAGE: Take up good positions during the game</p> <p>TECHNICAL: Improve basic individual technique</p> <p>PHYSICAL: Develop coordination and basic motor skills with and without the ball</p> <p>PSYCHOSOCIAL: Feel comfortable and confident with the ball</p>		Sessions per week	2	Session time	60'	<p style="text-align: center;">INITIAL STAGE</p> 					
		Players per team	12	Game time	30'						
<p>By the end of the season the player must be capable of:</p> <ol style="list-style-type: none"> 1. Handling the ball with at least one foot and both hands 2. Occupying the original position during the game once an action is finished 3. Running, jumping and stopping with and without the ball 		SESSION STRUCTURE		ASPECTS TO CONSIDER		SCRIMMAGE	TACTICS	TECHNIQUE	PHYSICAL		
		Warm-up	10'	- Size of the practice	- Time of the practice	- Intensity of the practice	- Rules	- Number of players	- Time of contact with the ball	35%	0%
		Comments									
		<ul style="list-style-type: none"> ▶ Individual games are essential for the player at this age to experiment with the ball. ▶ Match: We strongly recommend 3v3 or 4v4 games. 									
CONTENT											
TACTICAL		TECHNICAL				PHYSICAL					
ATTACKING		1. Passing and Receiving	5	STRENGTH		Strength Endurance	BASIC		1. Motivation	5	
		2. Running With the Ball	2			Explosive Strength			2. Self confidence	5	
		3. Dribbling	5			Maximal Strength			3. Cooperation	1	
		4. Turning	1	ENDURANCE		Aerobic Capacity	ADVANCED		4. Decision/Determination	1	
		5. Shooting	5			Aerobic Power			5. Competitiveness		
		6. Ball Control	2			Anaerobic Lactic			6. Concentration		
		7. Heading				Anaerobic Alactic			7. Commitment		
		DEFENDING		8. 1V1 Attacking	2			Reaction	1	8. Self Control	
9. Shielding the Ball	1			SPEED		Acceleration	1	9. Communication			
10. Receiving to Turn	1					Maximal Speed	SOCIAL		10. Respect & Discipline	5	
11. Crossing and Finishing						Speed Endurance					
12. 1V1 Defending						Acyclic Speed			1		
						4. Flexibility & Mobility	1				
						5. Coordination & Balance	2				
						6. Agility	3				
						7. Basic Motor Skills	5				
						8. Perception & Awareness	5				

CURRICULUM – U7 – SEASON PLAN

OBJECTIVES		ORGANIZATION				CONTENT DISTRIBUTION												
<p>SCRIMMAGE: Take up good positions during the game</p> <p>TECHNICAL: Improve basic individual technique</p> <p>PHYSICAL: Develop coordination and basic motor skills with and without the ball</p> <p>PSYCHOSOCIAL: Increase confidence with the ball</p>		2	75'	<p style="text-align: center;">INITIAL STAGE</p> 														
		12	40'															
<p>By the end of the season the player must be capable of:</p> <ol style="list-style-type: none"> Handling the ball with both feet and both hands Occupying the original position during the game once an action is finished Basic coordinated movements with and without the ball 		<p style="text-align: center;">SESSION STRUCTURE</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center;">Warm-up</td> <td style="text-align: center;">15'</td> <td rowspan="5" style="text-align: center; vertical-align: middle;"> <p style="text-align: center;">ASPECTS TO CONSIDER</p> <ul style="list-style-type: none"> - Size of the practice - Time of the practice - Intensity of the practice - Rules - Number of players - Time of contact with the ball </td> </tr> <tr> <td style="text-align: center;">Physical</td> <td style="text-align: center;">15'</td> </tr> <tr> <td style="text-align: center;">Technique</td> <td style="text-align: center;">25'</td> </tr> <tr> <td style="text-align: center;">Scrimmage</td> <td style="text-align: center;">25'</td> </tr> <tr> <td style="text-align: center;">Cool Down & Debrief</td> <td style="text-align: center;">5'</td> </tr> </table>		Warm-up	15'	<p style="text-align: center;">ASPECTS TO CONSIDER</p> <ul style="list-style-type: none"> - Size of the practice - Time of the practice - Intensity of the practice - Rules - Number of players - Time of contact with the ball 	Physical	15'	Technique	25'	Scrimmage	25'	Cool Down & Debrief	5'	<p style="text-align: center;">Comments</p> <ul style="list-style-type: none"> ▶ Individual and collective games are essential for the player at this age to experiment with the ball. ▶ Match: We strongly recommend 4v4 games. 			
		Warm-up	15'	<p style="text-align: center;">ASPECTS TO CONSIDER</p> <ul style="list-style-type: none"> - Size of the practice - Time of the practice - Intensity of the practice - Rules - Number of players - Time of contact with the ball 														
Physical	15'																	
Technique	25'																	
Scrimmage	25'																	
Cool Down & Debrief	5'																	
<p style="text-align: center;">SCRIMMAGE</p> <p style="text-align: center;">35%</p>		<p style="text-align: center;">TACTICS</p> <p style="text-align: center;">0%</p>		<p style="text-align: center;">TECHNIQUE</p> <p style="text-align: center;">35%</p>		<p style="text-align: center;">PHYSICAL</p> <p style="text-align: center;">30%</p>												
CONTENT																		
TACTICAL		TECHNICAL				PHYSICAL												
<p style="text-align: center;">ATTACKING</p>		1. Passing and Receiving		5		Strength Endurance		1. Motivation		5								
		2. Running With the Ball		3		Explosive Strength		2. Self confidence		5								
		3. Dribbling		5		Maximal Strength		3. Cooperation		1								
		4. Turning		2		Aerobic Capacity		4. Decision/Determination		1								
		5. Shooting		5		Aerobic Power		5. Competitiveness		1								
		6. Ball Control		3		Anaerobic Lactic		6. Concentration										
		7. Heading				Anaerobic Alactic		7. Commitment										
		8. 1V1 Attacking		3		Reaction		8. Self Control										
<p style="text-align: center;">DEFENDING</p>		9. Shielding the Ball		1		Acceleration		9. Communication										
		10. Receiving to Turn		1		Maximal Speed		10. Respect & Discipline		5								
		11. Crossing and Finishing				Speed Endurance												
		12. 1V1 Defending				Acyclic Speed												
		5. Compactness				4. Flexibility & Mobility												
						5. Coordination & Balance												
						6. Agility												
						7. Basic Motor Skills												
				8. Perception & Awareness														


CURRICULUM – U8 – SEASON PLAN

OBJECTIVES		ORGANIZATION				CONTENT DISTRIBUTION			
<p>SCRIMMAGE: Balance in relation to the ball and teammates during the game</p> <p>TECHNICAL: Individual and collective basic soccer techniques</p> <p>PHYSICAL: Develop speed, coordination and basic motor skills with and without the ball</p> <p>PSYCHOSOCIAL: Interact with teammates during the training session</p>		Sessions per week	2	Session time	75'	<p style="text-align: center;">INITIAL STAGE</p> 			
		Players per team	12	Game time	40'				
<p>By the end of the season the player must be capable of:</p> <ol style="list-style-type: none"> Stopping and running with the ball at speed Moving forward when attacking and retreating when defending Basic quick movements with and without the ball 		SESSION STRUCTURE		ASPECTS TO CONSIDER		SCRIMMAGE	TACTICS	TECHNIQUE	PHYSICAL
		Warm-up	15'	<ul style="list-style-type: none"> - Size of the practice - Time of the practice - Intensity of the practice - Rules - Number of players - Time of contact with the ball 		35%	0%	35%	30%
Physical	15'								
Technique	25'								
Scrimmage	25'								
Cool Down & Debrief	5'								
		Comments							
				<ul style="list-style-type: none"> ▶ Collective games are essential for the player to start interacting with teammates. ▶ Match: We strongly recommend 7/7 games. 					
CONTENT									
TACTICAL		TECHNICAL				PHYSICAL			
ATTACKING		1. Attacking Principles	5	Strength Endurance		PSYCHOSOCIAL			
		2. Possession	3	Explosive Strength					
		3. Transition	4	Maximal Strength					
		4. Combination Play	3	Aerobic Capacity					
		5. Switching Play	5	Aerobic Power					
		6. Counter Attacking	4	Anaerobic Lactic					
		7. Playing Out From the Back	1	Anaerobic Alactic					
		8. Finishing in the Final Third	4	Reaction					
DEFENDING		1. Defending Principles	2	Acceleration		SOCIAL			
		2. Zonal Defending	1	Maximal Speed					
		3. Pressing	1	Speed Endurance					
		4. Retreat & Recovery	1	Acyclic Speed					
		5. Compactness		4. Flexibility & Mobility					
				5. Coordination & Balance					
				6. Agility					
				7. Basic Motor Skills					
				8. Perception & Awareness					

Season Plan by Age

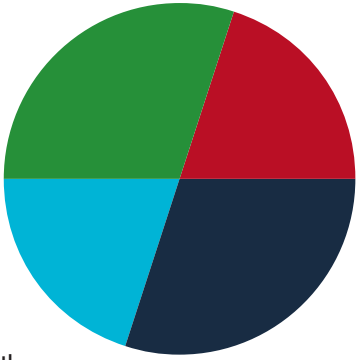
BASIC STAGE (U9-U12)

CURRICULUM – U9 – SEASON PLAN


OBJECTIVES	ORGANIZATION	CONTENT DISTRIBUTION
<p>SCRIMMAGE: Efficiently occupy the spaces on the field.</p> <p>TACTICAL: Creating space to receive the ball and keep possession.</p> <p>TECHNICAL: Improve individual and collective basic soccer techniques</p> <p>PHYSICAL: Develop speed, coordination and balance with and without the ball</p> <p>PSYCHOSOCIAL: Positive interaction with teammates during the game</p>	<p>Sessions per week 3</p> <p>Game time 90'</p> <p>Players per team 14</p>	<p>BASIC STAGE</p>  <p>PHYSICAL 50%</p> <p>TECHNIQUE 30%</p> <p>TACTICS 20%</p> <p>SCRIMMAGE 30%</p>
	<p>SESSION STRUCTURE</p> <p>Warm-up 10'</p> <p>Physical 15'</p> <p>Technique 20'</p> <p>Tactics 15'</p> <p>Scrimmage 25'</p> <p>Cool Down & Debrief 5'</p>	
	<p>ASPECTS TO CONSIDER</p> <ul style="list-style-type: none"> - Size of the practice - Time of the practice - Intensity of the practice - Rules - Number of players - Teammates – opposition 	
	<p>Comments</p> <ul style="list-style-type: none"> ▶ The player will keep maximum contact with the ball in individual practices and less touches in collective practices. ▶ Match: We strongly recommend 8v8 and 9v9 games. ▶ Formations: 3-2-3 in 9-a-side. 	

CONTENT		PHYSICAL		TECHNICAL		TACTICAL		PSYCHOSOCIAL	
ATTACKING	1. Attacking Principles	3	1. Passing and Receiving	5	Strength Endurance		1. Motivation		5
	2. Possession	2	2. Running With the Ball	4	Explosive Strength	1	2. Self confidence		4
	3. Transition	1	3. Dribbling	4	Maximal Strength		3. Cooperation		2
	4. Combination Play	2	4. Turning	4	Aerobic Capacity	1	4. Decision/Determination		1
	5. Switching Play	1	5. Shooting	5	Aerobic Power		5. Competitiveness		2
	6. Counter Attacking		6. Ball Control	5	Anaerobic Lactic		6. Concentration		
	7. Playing Out From the Back	3	7. Heading	1	Anaerobic Alactic	1	7. Commitment		1
	8. Finishing in the Final Third	1	8. 1V1 Attacking	5	Reaction	4	8. Self Control		1
	1. Defending Principles	2	9. Shielding the Ball	2	Acceleration	4	9. Communication		1
	2. Zonal Defending	2	10. Receiving to Turn	2	Maximal Speed	1	10. Respect & Discipline		5
	3. Pressing	1	11. Crossing and Finishing	2	Speed Endurance	1			
	4. Retreat & Recovery	2	12. 1V1 Defending	1	Acyclic Speed	4			
5. Compactness	1			4. Flexibility & Mobility	2				
				5. Coordination & Balance	4				
				6. Agility	4				
				7. Basic Motor Skills	4				
				8. Perception & Awareness	5				

CURRICULUM – U11 – SEASON PLAN

OBJECTIVES		ORGANIZATION				CONTENT DISTRIBUTION															
<p>SCRIMMAGE: Match focus is on possession and transition.</p> <p>TACTICAL: Improve attacking principles and basic defending</p> <p>TECHNICAL: Accuracy and speed in individual and collective techniques</p> <p>PHYSICAL: Improve speed, agility, coordination and balance</p> <p>PSYCHOSOCIAL: Cooperate with teammates in collective tasks</p>		3	90'	<p>BASIC STAGE</p> 																	
<p>By the end of the season the player must be capable of:</p> <ol style="list-style-type: none"> Application of technique in game situations Application of attacking and defending principles in slightly opposed collective practices Agility and speed movements with and without the ball 		14	60'			30%	20%	30%	20%												
<p>Comments</p> <ul style="list-style-type: none"> Prepare collective practices with the ball to develop the technical and tactical intelligence of the player. Match: We strongly recommend 9v9 games. Formations: 3-2-3 in 9-a-side and 4-3-3 in 11-a-side. 		<p>ASPECTS TO CONSIDER</p> <ul style="list-style-type: none"> Size of the practice Time of the practice Intensity of the practice Rules Number of players Teammates – opposition 																			
CONTENT																					
TACTICAL		TECHNICAL				PHYSICAL				PSYCHOSOCIAL											
ATTACKING		4	4	3	4	5	4	3	5	2	2	2	1	2	2	3	3	2	2	3	5
1. Attacking Principles		1. Passing and Receiving				Strength Endurance				1. Motivation											
2. Possession		2. Running With the Ball				Explosive Strength				2. Self confidence											
3. Transition		3. Dribbling				Maximal Strength				3. Cooperation											
4. Combination Play		4. Turning				Aerobic Capacity				4. Decision/Determination											
5. Switching Play		5. Shooting				Aerobic Power				5. Competitiveness											
6. Counter Attacking		6. Ball Control				Anaerobic Lactic				6. Concentration											
7. Playing Out From the Back		7. Heading				Anaerobic Alactic				7. Commitment											
8. Finishing in the Final Third		8. 1V1 Attacking				Reaction				8. Self Control											
1. Defending Principles		9. Shielding the Ball				Acceleration				9. Communication											
2. Zonal Defending		10. Receiving to Turn				Maximal Speed				10. Respect & Discipline											
3. Pressing		11. Crossing and Finishing				Speed Endurance															
4. Retreat & Recovery		12. 1V1 Defending				Acyclic Speed															
5. Compactness		1				4. Flexibility & Mobility															
						5. Coordination & Balance															
						6. Agility															
						7. Basic Motor Skills															
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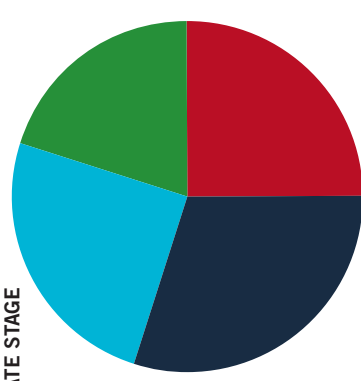
CURRICULUM – U12 – SEASON PLAN

OBJECTIVES		ORGANIZATION				CONTENT DISTRIBUTION						
<p>SCRIMMAGE: Improve possession and transition as well as collective defending during the match</p> <p>TACTICAL: Develop attacking/defending principles and combination play</p> <p>TECHNICAL: Focus on quality of passing and receiving technique as well as ball control in game situations</p> <p>PHYSICAL: Compete to increase speed, agility, coordination and balance in competitive games</p> <p>PSYCHOSOCIAL: Increase collective self-confidence</p>		Sessions per week	3	Session time	90'	<p style="text-align: center;">BASIC STAGE</p> 						
		Players per team	14	Game time	60'							
<p>By the end of the season the player must be capable of:</p> <ol style="list-style-type: none"> Application of technique at speed in game situations Application of attacking and defending principles in games Agility, coordination and speed movements in simple practices 		SESSION STRUCTURE				ASPECTS TO CONSIDER						
		Warm-up	10'			- Size of the practice						
<p>Comments</p> <ul style="list-style-type: none"> Prepare collective practices with the ball to develop the technical and tactical intelligence of the player. Match: We strongly recommend 9v9 games. Formations: 3-2-3 in 9-a-side and 4-3-3 in 11-a-side. 		Physical	15'			- Time of the practice						
		Technique	20'			- Intensity of the practice						
<p>Comments</p> <ul style="list-style-type: none"> Prepare collective practices with the ball to develop the technical and tactical intelligence of the player. Match: We strongly recommend 9v9 games. Formations: 3-2-3 in 9-a-side and 4-3-3 in 11-a-side. 		Tactics	15'			- Rules						
		Scrimmage	25'			- Number of players						
<p>Comments</p> <ul style="list-style-type: none"> Prepare collective practices with the ball to develop the technical and tactical intelligence of the player. Match: We strongly recommend 9v9 games. Formations: 3-2-3 in 9-a-side and 4-3-3 in 11-a-side. 		Cool Down & Debrief	5'			- Teammates, opposition and support players						
CONTENT												
TACTICAL		TECHNICAL				PHYSICAL						
ATTACKING		1. Attacking Principles	4	1. Passing and Receiving		5	Strength Endurance		PSYCHOSOCIAL			
		2. Possession	5	2. Running With the Ball		3	Explosive Strength				2	
		3. Transition	4	3. Dribbling		2	Maximal Strength					
		4. Combination Play	5	4. Turning		4	Aerobic Capacity				3	
		5. Switching Play	3	5. Shooting		5	Aerobic Power				2	
		6. Counter Attacking	1	6. Ball Control		5	Anaerobic Lactic					
		7. Playing Out From the Back	4	7. Heading		4	Anaerobic Alactic				2	
		8. Finishing in the Final Third	4	8. 1V1 Attacking		4	Reaction				4	
DEFENDING		1. Defending Principles	4	9. Shielding the Ball		3	Acceleration		5			
		2. Zonal Defending	3	10. Receiving to Turn		3	Maximal Speed		2			
		3. Pressing	2	11. Crossing and Finishing		3	Speed Endurance		2			
		4. Retreat & Recovery	3	12. 1V1 Defending		3	Acyclic Speed		5			
		5. Compactness	1					4. Flexibility & Mobility		3		
								5. Coordination & Balance		4		
								6. Agility		4		
								7. Basic Motor Skills		1		
						8. Perception & Awareness		5				

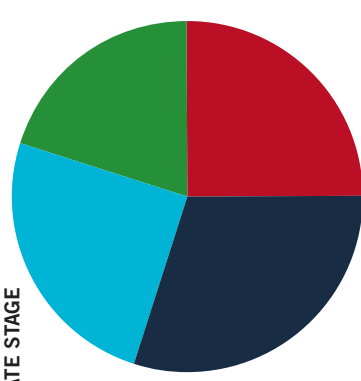
Season Plan by Age

INTERMEDIATE STAGE (U13-U14)

CURRICULUM – U13 – SEASON PLAN

OBJECTIVES	ORGANIZATION	CONTENT DISTRIBUTION																																																												
<p>SCRIMMAGE: Coordinate possession, transition and finishing and zonal defending</p> <p>TACTICAL: Improve attacking coordinated movements and zonal defending</p> <p>TECHNICAL: Focus on quality of passing and receiving technique and ball control in small spaces</p> <p>PHYSICAL: Basic development of speed, endurance and strength</p> <p>PSYCHOSOCIAL: Commitment to the team and focus in training</p>	<p>Sessions per week: 3 Session time: 90'</p> <p>Players per team: 16 Game time: 70'</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 50%;">SESSION STRUCTURE</th> <th style="width: 50%;">ASPECTS TO CONSIDER</th> </tr> </thead> <tbody> <tr> <td>Warm-up</td> <td>- Size of the practice</td> </tr> <tr> <td>Physical</td> <td>- Time of the practice</td> </tr> <tr> <td>Technique</td> <td>- Intensity of the practice</td> </tr> <tr> <td>Tactics</td> <td>- Rules</td> </tr> <tr> <td>Scrimmage</td> <td>- Number of players</td> </tr> <tr> <td>Cool Down & Debrief</td> <td>- Teammates, opposition and support players</td> </tr> </tbody> </table> <p>Comments</p> <ul style="list-style-type: none"> ▶ Use the contrast of small spaces for possession practices and bigger spaces for transition practices ▶ Match: 11v11 games. ▶ Formations: 4-3-3 	SESSION STRUCTURE	ASPECTS TO CONSIDER	Warm-up	- Size of the practice	Physical	- Time of the practice	Technique	- Intensity of the practice	Tactics	- Rules	Scrimmage	- Number of players	Cool Down & Debrief	- Teammates, opposition and support players	<p>INTERMEDIATE STAGE</p>  <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 10px;"> <thead> <tr style="background-color: #0070C0; color: white;"> <th style="width: 25%;">SCRIMMAGE</th> <th style="width: 25%;">TACTICS</th> <th style="width: 25%;">TECHNIQUE</th> <th style="width: 25%;">PSYCHOSOCIAL</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">30%</td> <td style="text-align: center;">25%</td> <td style="text-align: center;">20%</td> <td style="text-align: center;">25%</td> </tr> </tbody> </table>	SCRIMMAGE	TACTICS	TECHNIQUE	PSYCHOSOCIAL	30%	25%	20%	25%																																						
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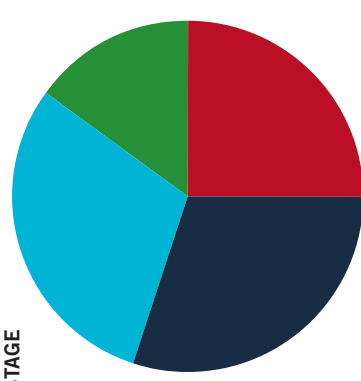
CURRICULUM – U14 – SEASON PLAN

OBJECTIVES		ORGANIZATION				CONTENT DISTRIBUTION									
<p>SCRIMMAGE: Coordinate playing out from the back, possession, transition, combination play and finishing during the game</p> <p>TACTICAL: Application of attacking principles to create combination play</p> <p>TECHNICAL: Focus on quality of passing and receiving technique, ball control and finishing in small and big spaces</p> <p>PHYSICAL: General development of endurance, speed and strength</p> <p>PSYCHOSOCIAL: Competition in individual and team situations</p>	<p>Sessions per week 4</p> <p>Players per team 16</p> <p>Session time 90'</p> <p>Game time 70'</p>	<p style="margin: 0;">INTERMEDIATE STAGE</p> 													
<p>By the end of the season the player must be capable of:</p> <ol style="list-style-type: none"> 1. Playing short and long accurate passes in collective practices. 2. Combination play and communication with teammates 3. Combine endurance and speed during the game 	<p>SESSION STRUCTURE</p> <p>Warm-up 10'</p> <p>Physical 15'</p> <p>Technique 15'</p> <p>Tactics 20'</p> <p>Scrimmage 25'</p> <p>Cool Down & Debrief 5'</p>	<p>ASPECTS TO CONSIDER</p> <ul style="list-style-type: none"> - Size of the practice - Time of the practice - Intensity of the practice - Rules - Number of players - Teammates, opposition and support players 													
<p>Comments</p> <ul style="list-style-type: none"> ▶ Use the contrast of small spaces for possession practices and bigger spaces for transition practices ▶ Match: 11v11 games. ▶ Formations: 4-3-3 															
CONTENT															
TACTICAL		TECHNICAL				PHYSICAL				PSYCHOSOCIAL					
ATTACKING		5	5	5	5	5	5	2	2	2	2	5	5	5	5
		1. Attacking Principles	1. Passing and Receiving	Strength Endurance	1. Motivation	2. Possession	2. Running With the Ball	Explosive Strength	2. Self confidence	3. Transition	3. Dribbling	Maximal Strength	3. Cooperation	3.3	3.3
		4. Combination Play	4. Turning	Aerobic Capacity	4. Decision/Determination	5. Switching Play	5. Shooting	Aerobic Power	5. Competitiveness	6. Counter Attacking	6. Ball Control	Anaerobic Lactic	6. Concentration	6.6	6.6
		7. Playing Out From the Back	7. Heading	Anaerobic Alactic	7. Commitment	8. Finishing in the Final Third	8. 1V1 Attacking	Reaction	8. Self Control	9. Finishing in the Final Third	9. Shielding the Ball	Acceleration	9. Communication	9.9	9.9
		1. Defending Principles	1. Shielding the Ball	Maximal Speed	10. Respect & Discipline	2. Zonal Defending	2. Receiving to Turn	Speed Endurance	10.1	2.3	3. Pressing	Speed Endurance	10.2	10.2	10.2
		4. Retreat & Recovery	4. 12. 1V1 Defending	Acyclic Speed	4. Flexibility & Mobility	5. Compactness	5. 11. Crossing and Finishing	4. Flexibility & Mobility	5. Coordination & Balance	6. Retreating	6. Retreating	6. Agility	6. Agility	6.6	6.6
					7. Basic Motor Skills										
					8. Perception & Awareness										
DEFENDING		2	2	2	2	2	2	2	2	2	2	2	2	2	2

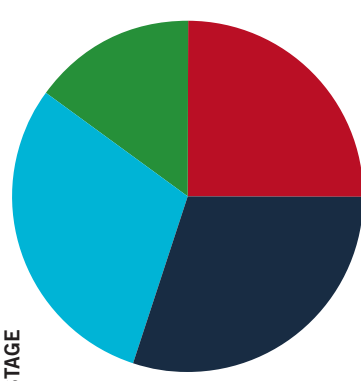
Season Plan by Age

ADVANCED STAGE (U15-U18)

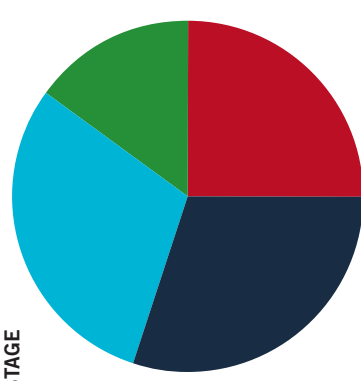
CURRICULUM – U15 – SEASON PLAN

OBJECTIVES		ORGANIZATION				CONTENT DISTRIBUTION													
<p>SCRIMMAGE: Development of possession of the ball at speed and quick organisation of zonal defending</p> <p>TACTICAL: Application of attacking and defending principles in SSG</p> <p>TECHNICAL: Focus on speed of passing and receiving technique, ball controlling in small spaces</p> <p>PHYSICAL: Basic development of aerobic power, acyclic speed and explosive strength</p> <p>PSYCHOSOCIAL: Commitment to the team</p> <p>By the end of the season the player must be capable of:</p> <ol style="list-style-type: none"> 1. Playing short passes at speed in small spaces. 2. Coordination of tactical principles with teammates. 3. Show good fitness in mid/high demanding aerobic power practices 		Sessions per week	4	Session time	90'	<p style="text-align: center;">ADVANCED STAGE</p> 													
		Players per team	18	Game time	80'														
		SESSION STRUCTURE		ASPECTS TO CONSIDER															
		Warm-up	10'	<ul style="list-style-type: none"> - Size of the practice - Time of the practice - Intensity of the practice - Rules - Number of players - Teammates, opposition and support players 															
		Physical	20'																
		Technique	10'																
		Tactics	20'																
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		Cool Down & Debrief	5'																
		Comments		<ul style="list-style-type: none"> ▶ Use small spaces to develop technique and big spaces to develop tactical concepts ▶ Match: 11v11 games. ▶ Formations: 4-3-3 & 4-4-2 															
TACTICAL		TECHNICAL				PHYSICAL													
ATTACKING		STRENGTH				PSYCHOSOCIAL													
<ol style="list-style-type: none"> 1. Attacking Principles 2. Possession 3. Transition 4. Combination Play 5. Switching Play 6. Counter Attacking 7. Playing Out From the Back 8. Finishing in the Final Third 		<ol style="list-style-type: none"> 5. Passing and Receiving 1. Running With the Ball 2. Dribbling 4. Turning 5. Shooting 3. Ball Control 4. Heading 3. 1V1 Attacking 		<ol style="list-style-type: none"> 3. Strength Endurance 4. Explosive Strength 1. Maximal Strength 4. Aerobic Capacity 5. Aerobic Power 2. Anaerobic Lactic 2. Anaerobic Alactic 4. Reaction 4. Acceleration 3. Maximal Speed 2. Speed Endurance 5. Acyclic Speed 		<ol style="list-style-type: none"> 1. Motivation 2. Self confidence 3. Cooperation 4. Decision/Determination 5. Competitiveness 6. Concentration 7. Commitment 8. Self Control 9. Communication 10. Respect & Discipline 													
								DEFENDING		SPEED									
								<ol style="list-style-type: none"> 1. Defending Principles 2. Zonal Defending 3. Pressing 4. Retreat & Recovery 5. Compactness 		<ol style="list-style-type: none"> 5. Shielding the Ball 5. Receiving to Turn 4. 11. Crossing and Finishing 4. 12. 1V1 Defending 3 		<ol style="list-style-type: none"> 4. Flexibility & Mobility 5. Coordination & Balance 6. Agility 7. Basic Motor Skills 8. Perception & Awareness 							
														<ol style="list-style-type: none"> 9. 1V1 Attacking 10. Receiving to Turn 11. Crossing and Finishing 12. 1V1 Defending 					
																<ol style="list-style-type: none"> 3. 1V1 Attacking 4. Heading 3. 1V1 Attacking 			
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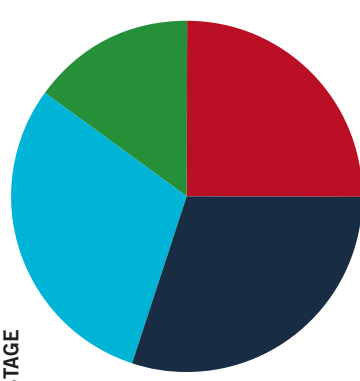
CURRICULUM – U16 – SEASON PLAN

OBJECTIVES		ORGANIZATION				CONTENT DISTRIBUTION																																																																																																																																																			
<p>SCRIMMAGE: Development possession and transition of the ball at speed and quick organisation for zonal defending retreat & recovery</p> <p>TACTICAL: Application of attaching and defending principles at speed</p> <p>TECHNICAL: Focus on speed of passing and receiving technique as well as ball control in small and big spaces</p> <p>PHYSICAL: Development of aerobic power, acyclic speed and explosive strength</p> <p>PSYCHOSOCIAL: Commitment to teammates in accomplishing specific tasks</p>		Sessions per week	4	Session time	90'	<p style="text-align: center;">ADVANCED STAGE</p> 																																																																																																																																																			
		Players per team	18	Game time	80'																																																																																																																																																				
<p>By the end of the season the player must be capable of:</p> <ol style="list-style-type: none"> 1. Playing short passes at speed in small and big spaces. 2. Coordinate of tactical principles movements with teammates at speed. 3. Show good fitness in high demanding aerobic power practices 		<p>SESSION STRUCTURE</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center;">Warm-up</td> <td style="text-align: center;">10'</td> <td colspan="2" style="text-align: center;">ASPECTS TO CONSIDER</td> </tr> <tr> <td style="text-align: center;">Physical</td> <td style="text-align: center;">20'</td> <td colspan="2" style="text-align: left;"> <ul style="list-style-type: none"> - Size of the practice - Time of the practice - Intensity of the practice - Rules - Number of players - Teammates, opposition and support players </td> </tr> <tr> <td style="text-align: center;">Technique</td> <td style="text-align: center;">10'</td> <td colspan="2"></td> </tr> <tr> <td style="text-align: center;">Tactics</td> <td style="text-align: center;">20'</td> <td colspan="2"></td> </tr> <tr> <td style="text-align: center;">Scrimmage</td> <td style="text-align: center;">25'</td> <td colspan="2"></td> </tr> <tr> <td style="text-align: center;">Cool Down & Debrief</td> <td style="text-align: center;">5'</td> <td colspan="2"></td> </tr> </table>				Warm-up	10'	ASPECTS TO CONSIDER		Physical	20'	<ul style="list-style-type: none"> - Size of the practice - Time of the practice - Intensity of the practice - Rules - Number of players - Teammates, opposition and support players 		Technique	10'			Tactics	20'			Scrimmage	25'			Cool Down & Debrief	5'			<p>SCRIMMAGE</p> <p style="text-align: center;">30%</p>	<p>TACTICS</p> <p style="text-align: center;">30%</p>	<p>TECHNIQUE</p> <p style="text-align: center;">15%</p>	<p>PHYSICAL</p> <p style="text-align: center;">25%</p>																																																																																																																								
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CURRICULUM – U17 – SEASON PLAN

OBJECTIVES		ORGANIZATION			CONTENT DISTRIBUTION					
<p>SCRIMMAGE: Develop transition and finishing at speed as well as organization for pressing, retreat & recovery</p> <p>TACTICAL: Improvement of quick transitions, attacking in the final third and pressing</p> <p>TECHNICAL: Focus on perception and quick execution of passing, ball controlling and finishing at speed in the game</p> <p>PHYSICAL: Increase of aerobic power, acyclic speed and explosive strength</p> <p>PSYCHOSOCIAL: Maintaining concentration in training sessions and games</p> <p>By the end of the season the player must be capable of:</p> <ol style="list-style-type: none"> Making passes and finishing at speed in SSG. Coordinating with teammates in fast transition and pressing when possession is lost Good technique in high-intensity, aerobic power practices 	Sessions per week 4/5	Session time 120'			<p>ADVANCED STAGE</p>  <p style="text-align: center;"> 30% SCRIMMAGE 30% TACTICS 15% TECHNIQUE 25% PHYSICAL </p>					
	Players per team 18	Game time 90'	ASPECTS TO CONSIDER							
	SESSION STRUCTURE									
	Warm-up 10'									
	Physical 25'									
	Technique 20'									
	Tactics 30'									
	Scrimmage 30'									
	Cool Down & Debrief 5'									
	Comments									
	<ul style="list-style-type: none"> ▶ Use intense practices using 1 or more of the thirds of the fields ▶ Match: 11v11 games. ▶ Formations: 4-3-3 & 4-4-2 									
CONTENT										
TACTICAL		TECHNICAL			PHYSICAL			PSYCHOSOCIAL		
ATTACKING		5	5	STRENGTH		3				
		5	1			5				
		5	1	ENDURANCE		2				
		5	4			4				
		4	5			5				
		5	3			3				
		5	3			2				
		5	2	SPEED		3				
		4	2			4				
		4	4			2				
		5	4			2				
		5	3			5				
		4	3			3				
DEFENDING					4. Flexibility & Mobility					
					5. Coordination & Balance					
					6. Agility					
					7. Basic Motor Skills					
					8. Perception & Awareness					

CURRICULUM – U18 – SEASON PLAN

OBJECTIVES	ORGANIZATION	CONTENT DISTRIBUTION												
<p>SCRIMMAGE: Develop speed in the game, focus in counter attacking and pressing</p> <p>TACTICAL: Improvement of quick transitions, counter attacking and positional attacking in the final third as well pressing and zonal defending</p> <p>TECHNICAL: Focus on perception and quick execution of passing, ball controlling, receiving to turn at speed and finishing</p> <p>PHYSICAL: Improvement of high-level aerobic power and specific acyclic speed as well as repetitive explosive strength</p> <p>PSYCHOSOCIAL: Increase concentration and self control</p>	<p>Sessions per week 4/5 Session time 120'</p> <p>Players per team 18 Game time 90'</p>	<p>ADVANCED STAGE</p>  <p style="text-align: center;"> SCRIMMAGE 30% TACTICS 30% TECHNIQUE 15% PHYSICAL 25% </p>												
	<p>SESSION STRUCTURE</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <th style="width: 50%;">Warm-up</th> <th style="width: 50%;">ASPECTS TO CONSIDER</th> </tr> <tr> <td>15'</td> <td>- Size of the practice</td> </tr> <tr> <td>Physical 25'</td> <td>- Time of the practice</td> </tr> <tr> <td>Technique 20'</td> <td>- Intensity of the practice</td> </tr> <tr> <td>Tactics 30'</td> <td>- Rules</td> </tr> <tr> <td>Scrimmage 30'</td> <td>- Number of players</td> </tr> <tr> <td>Cool Down & Debrief 5'</td> <td>- Teammates, opposition and support players</td> </tr> </table>		Warm-up	ASPECTS TO CONSIDER	15'	- Size of the practice	Physical 25'	- Time of the practice	Technique 20'	- Intensity of the practice	Tactics 30'	- Rules	Scrimmage 30'	- Number of players
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Scrimmage 30'	- Number of players													
Cool Down & Debrief 5'	- Teammates, opposition and support players													
<p>Comments</p> <ul style="list-style-type: none"> ▶ Use small spaces to develop technique and focus in one or more thirds of the field for tactical aspects of the game ▶ Match: 11v11 games. ▶ Formations: 4-3-3 & 4-4-2 														

CONTENT	
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