



12 WEEK TRAINING PLAN

| PERIODS | OFF | FALL | | | WINTER | | | SPRING | | | OFF SEASON | |
|---------|-----|------|-----|-----|--------|-----|-----|--------|-----|-----|------------|------|
| | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | | |
| MONTHS | Aug | Sept | Oct | Nov | Dec | Jan | Feb | Mar | Apr | May | June | July |

| STAGE | TYPE | 2 WEEKS | 2 WEEKS | 2 WEEKS | 2 WEEKS | 2 WEEKS | 2 WEEKS | |
|---------------|--|---|--|--|--|--|--|--|
| U6 | TECHNICAL | Dribbling | Shooting & RWB | Ball control & turning | Passing & receiving | 1v1 attacking | 2v1 attacking | |
| | PHYSICAL | Coordination & balance | Generic speed & agility | Basic motor skills | Perception & awareness | Speed (acceleration+acyclic) and agility | Perception & Awareness + BMS | |
| | PSYCHOLOGICAL | Fun | Fun | Fun | Fun | Fun | Fun | |
| U7-8 | TECHNICAL | Dribbling | Shooting & RWB | Ball control & turning | Passing & receiving | 1v1 attacking | 2v1 attacking | |
| | PHYSICAL | Coordination & balance | Generic speed & agility | Basic motor skills | Perception & awareness | Speed (acceleration+acyclic) and agility | Perception & Awareness + BMS | |
| | PSYCHOLOGICAL | Fun | Fun | Fun | Fun | Fun | Fun | |
| U9-10 | TECHNICAL | Dribbling | Shooting & RWD | Ball control & turning | Passing & receiving | 2v1 | 2v2 | |
| | TACTICAL | 1v1 attacking principles | Playing out from the back | Transition | Combination play | Finishing in the final 3rd | Defending principles | |
| | PHYSICAL | Coordination & balance | Generic speed & agility | Balance | Perception awareness | Coordination & balance | Reaction & acceleration | |
| | PSYCHOLOGICAL | Fun/Discovery | Fun/Responsibility | Fun/Discipline | Fun/Group Work | Fun/Self Expression | Fun/Group work | |
| U11-12 | TECHNICAL | Passing & receiving | Shooting & RWB | Turning, dribbling & 1v1 attacking | Receiving to turn, shooting | Ball control, turning & 1v1 defending | RWB, shielding the ball, shooting | |
| | TACTICAL | Possession | Playing out from the back | Transition | Combination play | Finishing in the final 3rd | Defending principles | |
| | Attacking principles: 2v1, 3v1, 3v2, 4v3 | | | | | | | |
| | PHYSICAL | Coordination & balance | Speed & agility | Perception & awareness | Speed & agility | Coordination & balance | Reaction & acceleration | |
| | PSYCHOLOGICAL | Discipline | Increase demands | Creativity | Discipline | Decision making | Increase demands | |
| U13-14 | TECHNICAL | Passing & receiving, shooting | Shooting, running with the ball & ball control | Passing & receiving, dribbling and RWB | Turning & 1v1 defending | Aerial control & heading | Receiving to turn & shooting | |
| | TACTICAL | Possession | Attacking principles | Playing out from the back | Transition & combination play | Finishing in the final third | Defending as a team – zonal defending | |
| | Perception & awareness | | | | | | | |
| | PHYSICAL | Aerobic capacity | Aerobic power | Glycolytic power | Speed & agility | General strength | Reaction & acceleration | |
| | PSYCHOLOGICAL | Discipline | Concentration | Responsibilities | Imagination | Increase demands | Creativity | |
| U15-16 | TECHNICAL | Passing & receiving, shooting | Shooting, ball control | 1v1 defending, turning | Receiving to turn Passing & receiving | Crossing & finishing Aerial control & heading | Passing & receiving, ballcontrol & shooting | |
| | TACTICAL | Possession Playing out from the back Pressing | Attacking principles Transition Defending principles | Combination play Transition | Transition Switching play | Finishing in the final third Zonal defending | Counter attack Retreat & recovery | |
| | Speed of play & defensive principles | | | | | | | |
| | PHYSICAL | Aerobic power | Glycolytic power | Aerobic alactic | Specific speed | Explosive strength | Acyclic speed | |
| | General strength | | | | | | | |
| PSYCHOLOGICAL | Increase concentration | Self confidence | Leadership | Increase conctratation | Competition | Responsibilities | | |
| U17-18 | TECHNICAL | Passing & receiving, shooting | Shooting, ball control | 1v1 defending, turning | Receiving to turn Passing & receiving | Crossing & finishing Aerial control & heading | Passing & receiving, ballcontrol & shooting | |
| | TACTICAL | Possession Playing out from the back Pressing | Attacking principles Transition Defending principles | Combination play Transition | Transition Switching play | Finishing in the final third Zonal defending | Counter attack Retreat & recovery | |
| | Speed of play & defensive principles | | | | | | | |
| | PHYSICAL | Aerobic power | Glycolytic power | Aerobic alactic | Specific speed | Explosive strength | Acyclic speed | |
| | General strength | | | | | | | |
| PSYCHOLOGICAL | Increase concentration | Discipline | Responsibilities | Leadership | Self confidence | Responsibilities | | |