

SESSION STRUCTURE AND ORGANISATION FOR U11 AND U12 AGE GROUPS

SESSION DISTRIBUTION	SESSION DISTRIBUTION (% WISE)
<p>WARM-UP (Technique-based): 10 minutes</p> <p>PHYSICAL: 10 - 15 minutes</p> <p>TECHNICAL: 30 minutes</p> <p>TACTICAL/SSG: 20 minutes</p> <p>SCRIMMAGE: 20 minutes</p> <p>TOTAL PRACTICE TIME: 90-95 minutes</p>	<p style="text-align: right; margin-top: 10px;"> ■ Technical ■ Physical ■ Tactical ■ Game </p>

TECHNICAL	TACTICAL	PHYSICAL
<p>Overall Technical Objectives: Focus is still on developing the basic technical requirements, but with a greater emphasis on <i>speed of play</i>. Introduce more advanced techniques, particularly heading, receiving to turn, and 1 v 1 Defending.</p>	<p>Overall Tactical Objectives: Further develop the basic attacking and defending principles with a major focus on possession and combination play.</p>	<p>Overall Physical Objectives: Further develop the more basic components of soccer fitness (speed, agility, coordination and balance).</p>
<p>Technical Elements with the Highest Priority:</p> <ul style="list-style-type: none"> - Passing and Receiving - Long Passing - Turning - Shooting - Heading - 1 v 1 attacking - Receiving to turn 	<p>Tactical Elements with the Highest Priority:</p> <ul style="list-style-type: none"> - Basic Attacking and Defending principles - Playing out of the Back - Possession - Combination play - Transition 	<p>Physical Elements with the Highest Priority:</p> <ul style="list-style-type: none"> - Agility - Coordination and Balance - Starting Speed and Acceleration - Change of Pace

12-Week Curriculum and Training Plan For U11 and U12 Age Groups

Component of Player Development	Weeks 1 - 2	Weeks 3 - 4	Weeks 5 - 6	Weeks 7 - 8	Weeks 9-10	Weeks 11-12
Physical	Balance and Agility	Starting Speed and Acceleration	Balance and Agility	Change of Pace and Acceleration	Balance and Agility	Starting Speed and Acceleration
Technical	Passing and Receiving	Receiving to Turn and Long Passing	Dribbling & Shooting	1v1 Attacking & Defending	Dribbling, Turning & Shooting	1v1 Attacking & Defending
Tactical	Small-Group Possession	Playing out of the Back	Combination Play and Finishing	Small-Group Defending	Transition	Small-Group Defending

Additional Comments:

- Scrimmages should be 6 v 6 or 7 v 7
- **Possession** should always be incorporated into the SSG and scrimmage component
- When appropriate, technique should be incorporated into the Physical component