

## SESSION STRUCTURE AND ORGANISATION FOR U13 AND U14 AGE GROUPS

SESSION DISTRIBUTION	SESSION DISTRIBUTION (% WISE)
<p><b>WARM-UP</b> (Technique-based): 10 minutes</p> <p><b>PHYSICAL:</b> 20 minutes</p> <p><b>TECHNICAL:</b> 20 minutes</p> <p><b>TACTICAL/SSG:</b> 25 minutes</p> <p><b>SCRIMMAGE:</b> 20 minutes</p> <p><b>TOTAL PRACTICE TIME:</b> 90-95 minutes</p>	<p>A pie chart illustrating the distribution of session components. The largest portion is Technical at 35%, followed by Tactical at 25%, Physical at 20%, and Game at 20%. A legend to the right of the chart identifies the colors: blue for Technical, red for Physical, green for Tactical, and purple for Game.</p>

<b>TECHNICAL</b>	<b>TACTICAL</b>	<b>PHYSICAL</b>
<p><b>Overall Technical Objectives:</b>                      Technical speed is a high priority so that players can comfortably pass and receive in tight spaces and under pressure</p>	<p><b>Overall Tactical Objectives:</b>                      Application of the attacking principles to develop play throughout the different thirds of the field and developing a basic understanding of zonal defense</p>	<p><b>Overall Physical Objectives:</b>                      Focus shifts to the development of basic strength, anaerobic and aerobic endurance and all aspects of speed.</p>
<p><b>Technical Elements with the Highest Priority:</b></p> <ul style="list-style-type: none"> <li>- Passing and receiving</li> <li>- Turning</li> <li>- Shooting</li> <li>- Heading</li> <li>- Receiving to turn</li> <li>- Crossing</li> <li>- 1 v 1 attacking</li> <li>- 1 v 1 defending</li> </ul>	<p><b>Tactical Elements with the Highest Priority:</b></p> <ul style="list-style-type: none"> <li>- Possession</li> <li>- Transition</li> <li>- Counter Attack</li> <li>- Combination Play</li> <li>- Switching the Point of Attack</li> <li>- Playing out of the back</li> <li>- Finishing in the Final Third</li> <li>- Zonal defending</li> </ul>	<p><b>Physical Elements with the Highest Priority:</b></p> <ul style="list-style-type: none"> <li>- Aerobic Endurance</li> <li>- Anaerobic Endurance</li> <li>- Agility</li> <li>- Starting speed, Acceleration and Speed</li> <li>- Endurance</li> <li>- Basic Strength</li> <li>- Change of Pace</li> </ul>

**12-Week Curriculum and Training Plan For U13 and U14 Age Groups**

<b>Component of Player Development</b>	<b>Weeks 1 - 2</b>	<b>Weeks 3 - 4</b>	<b>Weeks 5 - 6</b>	<b>Weeks 7 - 8</b>	<b>Weeks 9-10</b>	<b>Weeks 11-12</b>
<b>Physical</b>	Aerobic Endurance and Basic Strength	Anaerobic Endurance and Agility	Starting Speed and Acceleration	Basic Strength and Agility	Anaerobic and Speed Endurance	Starting Speed and Acceleration
<b>Technical</b>	Passing and Receiving, Shooting	Receiving to Turn and Dribbling	Crossing & Heading	Passing and Receiving, Shooting	1 v 1 Attacking & Defending	Receiving to Turn and Dribbling
<b>Tactical</b>	Possession and Combination Play	Playing out of the back	Finishing in the Final Third	Switching the Point of Attack	Zonal Defending	Transition and Counter Attack

**Additional Comments:**

- Scrimmages should be 8 v 8 or 9 v 9
- **Possession** should always be incorporated into the SSG and scrimmage component
- When appropriate, technique should be incorporated into the Physical component