

## SESSION STRUCTURE AND ORGANISATION FOR U15+ 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> 15 minutes</p> <p><b>TACTICAL/SSG:</b> 30 minutes</p> <p><b>SCRIMMAGE:</b> 20 minutes</p> <p><b>TOTAL PRACTICE TIME:</b> 90 – 95 minutes</p>	<p style="text-align: right; margin-top: 10px;"> <span style="color: blue;">■</span> Technical  <span style="color: red;">■</span> Physical  <span style="color: green;">■</span> Tactical  <span style="color: purple;">■</span> 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>- Receiving to turn</li> <li>- Crossing and finishing</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 and 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> <li>- Retreat and recovery</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>- High Intensity Training</li> <li>- Agility</li> <li>- Starting Speed, Acceleration and Speed Endurance</li> <li>- Explosive Strength</li> <li>- Change of Pace</li> </ul>

**12-Week Curriculum and Training Plan For U9 and U10 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 Agility	Start. Speed, Acceleration And Strength Endurance	Explosive Strength and Agility	Anaerobic and Speed Endurance	High Intensity Training	Start. Speed, Acceleration and Agility
<b>Technical</b>	Passing and Receiving, Shooting	Turning, Dribbling, Shooting	1 v 1 Defending, Receiving to Turn	Crossing & Heading, Dribbling	1 v 1 Defending, Receiving to Turn, Dribbling	Passing and Receiving, Shooting, Crossing
<b>Tactical</b>	Possession and Playing out of the Back	Combination Play and Finishing in Final Third	Zonal Defending and Transition	Switching Point of Attack and Wing Play	Zonal Defending and Counter Attack	Combination Play and Finishing in Final Third

**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