

SESSION STRUCTURE AND ORGANISATION FOR U9 AND U10 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>A pie chart illustrating the distribution of session components. The largest slice is Technical at 45%, followed by Tactical and Game at 20% each, and Physical at 15%.</p> <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th>Component</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>Technical</td> <td>45%</td> </tr> <tr> <td>Physical</td> <td>15%</td> </tr> <tr> <td>Tactical</td> <td>20%</td> </tr> <tr> <td>Game</td> <td>20%</td> </tr> </tbody> </table>	Component	Percentage	Technical	45%	Physical	15%	Tactical	20%	Game	20%
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TECHNICAL	TACTICAL	PHYSICAL
<p>Overall Technical Objectives: Develop and improve the basic soccer techniques</p>	<p>Overall Tactical Objectives: Improving the concept of space and applying the basic attacking and defending principles</p>	<p>Overall Physical Objectives: Develop basic speed, agility, coordination and balance.</p>
<p>Technical Elements with the Highest Priority:</p> <ul style="list-style-type: none"> - Passing and Receiving - Dribbling - Turning - Shooting - 1 v 1 attacking 	<p>Tactical Elements with the Highest Priority:</p> <ul style="list-style-type: none"> - Basic Attacking Principles - Basic Defending Principles - Playing out of the Back 	<p>Physical Elements with the Highest Priority:</p> <ul style="list-style-type: none"> - Agility - Coordination and Balance - Speed of Reaction, Starting Speed and Acceleration - Basic Motor Skills

12-Week Curriculum and Training Plan For U9 and U10 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	Coordination and Balance	Basic Speed and Agility	Starting Speed & Acceleration	Coordination and Balance	Basic Speed and Agility	Starting Speed & Acceleration
Technical	Passing and Receiving	Shooting & Dribbling	Turning & 1v1 Attacking	Receiving to Turn & Shooting	1v1 Defending	Dribbling & Shielding
Tactical	Small-Group Possession	Playing out of the Back	Combination Play	Small-Group Possession	Small-Group Defending	Playing out of the Back

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