



Soccer Club Toronto - Futbol Academy - Boys and Girls

Saturday Training Program - U/9 – U/12 Grassroots – The Program has 10 Topics and will be repeated twice

Session Structure: 10' Warm-up – 20' Technical – 15' Motor Skills – 20' Technical/Tactical Game-Related – 20' Scrimmage Game – 5' Cool-Down

Phase 1 – Warm-up – Phase 2 - Technical/Tactical – Phase 3 - Free Play

Week - 1	Passing - Receiving & – Dealing with Pressure
Week - 2	Dribbling – Change Direction
Week - 3	Ball Control – Ball Handling
Week - 4	Shooting Technique – Creating Shooting Opportunities
Week - 5	Attacking 1v1 – To Beat Defenders
Week - 6	Passing Ball Possession – Width, length, Depth, Support
Week - 7	Crossing and Finishing Wing Play – Attacking wide areas
Week - 8	Passing Combination Play - Combine with a teammate
Week - 9	Transition - Attacking - 2v1 – 3v2 – (Quick Attack)
Week - 10	Defending 1v1 Pressure and positional awareness

Club Trainers draws sessions together and must be sent in to the club T/D

Saturday Futbol Training Program – Age Group – U/13 – U/18 Soccer for Life – Technical/Tactical

The Program has 10 topics and will be repeated twice

Session Structure: 10' Warm-up – 15' Technical – 15' Physical – 20' Technical/Tactical Game-Related – 25' Scrimmage Game – 5' Cool-Down

Week - 1	Passing and Receiving /Control - Dealing with Pressure
Week - 2	Ball Possession - Penetration
Week - 3	Combination Play – Combine with Teammates
Week - 4	Switching Play – Change point of Attack
Week - 5	Shooting Technique – Accuracy Power
Week - 6	Attacking 1v1 – To Beat Defenders
Week - 7	Attacking Transition – Quick Attack
Week - 8	Crossing and Finishing – Attacking wide areas
Week - 9	Playing out of the back (Build up Play)
Week - 10	Defending 1v1 and Group Defending - Principles of Defending (Organization)

Club Trainers do this without drawing up a session for fitness

Physical Training Program Age U/9 – U/12

Physical Training 5 cycles of 4 weeks of these exercises

Week - 1	Reaction - Speed
Week - 2	Speed-Agility& Quickness + Core Training
Week - 3	Aerobic Capacity Circuit Course
Week - 4	Low Jumps Co-ordination Skills+ Core Training

Physical Training Program Age U/13 – U/18

Physical Training 5 cycles of 4 weeks of these exercises

Aerobic Capacity Endurance-Circuit + Core Training
Anaerobic Alactic /Speed
High and Low Jumps +Core Training
Reaction Speed

Paulo Hurtado
Club Technical Director



The training sessions will mainly focus on the development of soccer technique.
Players must spend the maximum time possible in contact with the ball and experiment by themselves.

Program Director of this age group draws sessions up and send it to the club

Tuesday Grassroots Futbol Training Program Festival Teams U/8 Fundamental

The Program has 8 Technical Topics each Topic will be repeated once a week for 8 weeks - Repeat the program every 8 weeks
10' Warm-up with Balls – 10' Agility, Reaction, Co-ordination, 20' Technical – 15' Game-Related Practice – 20' 4v4 SSG Free Play – 5' Cool Down

Week - 1	Dribbling – Individual Technique - Cuts, Turns, change of directions – To Develop Ball Familiarity
Week - 2	Shooting Technique - Accuracy
Week - 3	Ball Control
Week - 4	Shooting – With Pressure
Week - 5	Passing - Accuracy
Week - 6	Receiving – First Touch
Week - 7	1v1 Attacking – To beat a defender
Week - 8	Running with the Ball / Ball Control