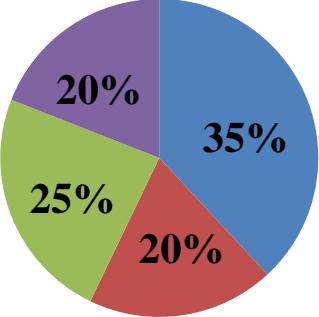


SESSION STRUCTURE AND ORGANISATION FOR U13 AND U14 AGE GROUPS

SESSION DISTRIBUTION	SESSION DISTRIBUTION (% WISE)										
<p>WARM-UP (Technique-based): 10 minutes</p> <p>PHYSICAL: 20 minutes</p> <p>TECHNICAL: 20 minutes</p> <p>TACTICAL/SSG: 25 minutes</p> <p>SCRIMMAGE: 20 minutes</p> <p>TOTAL PRACTICE TIME: 90-95 minutes</p>	 <table border="1"> <thead> <tr> <th>Category</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>Technical</td> <td>35%</td> </tr> <tr> <td>Physical</td> <td>20%</td> </tr> <tr> <td>Tactical</td> <td>25%</td> </tr> <tr> <td>Game</td> <td>20%</td> </tr> </tbody> </table>	Category	Percentage	Technical	35%	Physical	20%	Tactical	25%	Game	20%
Category	Percentage										
Technical	35%										
Physical	20%										
Tactical	25%										
Game	20%										

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

12-Week Curriculum and Training Plan For U13 and U14 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	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
Technical	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
Tactical	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