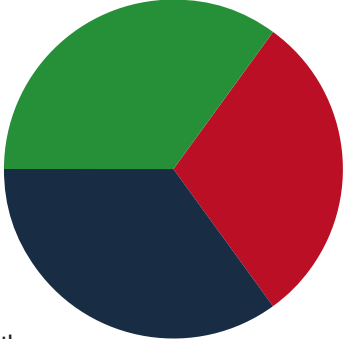


# CURRICULUM – U8 – SEASON PLAN

OBJECTIVES	ORGANIZATION	CONTENT DISTRIBUTION																																												
<p><b>SCRIMMAGE:</b> Balance in relation to the ball and teammates during the game</p> <p><b>TECHNICAL:</b> Individual and collective basic soccer techniques</p> <p><b>PHYSICAL:</b> Develop speed, coordination and basic motor skills with and without the ball</p> <p><b>PSYCHOSOCIAL:</b> Interact with teammates during the training session</p>	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 33%;">Sessions per week</td> <td style="width: 33%;">2</td> <td style="width: 33%;">Session time</td> <td style="width: 33%;">75'</td> </tr> <tr> <td>Players per team</td> <td>12</td> <td>Game time</td> <td>40'</td> </tr> <tr> <th colspan="2">SESSION STRUCTURE</th> <th colspan="2">ASPECTS TO CONSIDER</th> </tr> <tr> <td>Warm-up</td> <td>15'</td> <td>- Size of the practice</td> <td></td> </tr> <tr> <td>Physical</td> <td>15'</td> <td>- Time of the practice</td> <td></td> </tr> <tr> <td>Technique</td> <td>25'</td> <td>- Intensity of the practice</td> <td></td> </tr> <tr> <td>Scrimmage</td> <td>25'</td> <td>- Rules</td> <td></td> </tr> <tr> <td>Cool Down &amp; Debrief</td> <td>5'</td> <td>- Number of players</td> <td></td> </tr> <tr> <td></td> <td></td> <td>- Time of contact with the ball</td> <td></td> </tr> </table>	Sessions per week	2	Session time	75'	Players per team	12	Game time	40'	SESSION STRUCTURE		ASPECTS TO CONSIDER		Warm-up	15'	- Size of the practice		Physical	15'	- Time of the practice		Technique	25'	- Intensity of the practice		Scrimmage	25'	- Rules		Cool Down & Debrief	5'	- Number of players				- Time of contact with the ball		<p><b>INITIAL STAGE</b></p>  <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 10px;"> <tr> <th>SCRIMMAGE</th> <th>TACTICS</th> <th>TECHNIQUE</th> <th>PHYSICAL</th> </tr> <tr> <td style="text-align: center;">35%</td> <td style="text-align: center;">0%</td> <td style="text-align: center;">35%</td> <td style="text-align: center;">30%</td> </tr> </table>	SCRIMMAGE	TACTICS	TECHNIQUE	PHYSICAL	35%	0%	35%	30%
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<p><b>By the end of the season the player must be capable of:</b></p> <ol style="list-style-type: none"> <li>Stopping and running with the ball at speed</li> <li>Moving forward when attacking and retreating when defending</li> <li>Basic quick movements with and without the ball</li> </ol>	<p><b>Comments</b></p> <ul style="list-style-type: none"> <li>Collective games are essential for the player to start interacting with teammates.</li> <li>Match: We strongly recommend 7/7 games.</li> </ul>																																													
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