


CURRICULUM – U9 – SEASON PLAN

OBJECTIVES	ORGANIZATION	CONTENT DISTRIBUTION																																												
<p>SCRIMMAGE: Efficiently occupy the spaces on the field.</p> <p>TACTICAL: Creating space to receive the ball and keep possession.</p> <p>TECHNICAL: Improve individual and collective basic soccer techniques</p> <p>PHYSICAL: Develop speed, coordination and balance with and without the ball</p> <p>PSYCHOSOCIAL: Positive interaction with teammates during the game</p>	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td>Sessions per week</td> <td style="text-align: center;">3</td> <td>Session time</td> <td style="text-align: center;">90'</td> </tr> <tr> <td>Players per team</td> <td style="text-align: center;">14</td> <td>Game time</td> <td style="text-align: center;">50'</td> </tr> <tr> <td colspan="2" style="text-align: center;">SESSION STRUCTURE</td> <td colspan="2" style="text-align: center;">ASPECTS TO CONSIDER</td> </tr> <tr> <td>Warm-up</td> <td style="text-align: center;">10'</td> <td>- Size of the practice</td> <td></td> </tr> <tr> <td>Physical</td> <td style="text-align: center;">15'</td> <td>- Time of the practice</td> <td></td> </tr> <tr> <td>Technique</td> <td style="text-align: center;">20'</td> <td>- Intensity of the practice</td> <td></td> </tr> <tr> <td>Tactics</td> <td style="text-align: center;">15'</td> <td>- Rules</td> <td></td> </tr> <tr> <td>Scrimmage</td> <td style="text-align: center;">25'</td> <td>- Number of players</td> <td></td> </tr> <tr> <td>Cool Down & Debrief</td> <td style="text-align: center;">5'</td> <td>- Teammates – opposition</td> <td></td> </tr> </table>	Sessions per week	3	Session time	90'	Players per team	14	Game time	50'	SESSION STRUCTURE		ASPECTS TO CONSIDER		Warm-up	10'	- Size of the practice		Physical	15'	- Time of the practice		Technique	20'	- Intensity of the practice		Tactics	15'	- Rules		Scrimmage	25'	- Number of players		Cool Down & Debrief	5'	- Teammates – opposition		<p>BASIC STAGE</p>  <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 10px;"> <tr> <td style="background-color: #00a0e3; color: white;">SCRIMMAGE</td> <td style="background-color: #00a0e3; color: white;">TACTICS</td> <td style="background-color: #00a0e3; color: white;">TECHNIQUE</td> <td style="background-color: #00a0e3; color: white;">PHYSICAL</td> </tr> <tr> <td style="text-align: center;">30%</td> <td style="text-align: center;">20%</td> <td style="text-align: center;">30%</td> <td style="text-align: center;">20%</td> </tr> </table>	SCRIMMAGE	TACTICS	TECHNIQUE	PHYSICAL	30%	20%	30%	20%
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<p>By the end of the season the player must be capable of:</p> <ol style="list-style-type: none"> Basic skills in 1v1 situations. Balance in relation to the ball (forward, backwards and side to side) Basic coordinated movements with and without the ball 	<p>Comments</p> <ul style="list-style-type: none"> The player will keep maximum contact with the ball in individual practices and less touches in collective practices. Match: We strongly recommend 8v8 and 9v9 games. Formations: 3-2-3 in 9-a-side. 																																													
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<p>ATTACKING</p> <ol style="list-style-type: none"> Attacking Principles Possession Transition Combination Play Switching Play Counter Attacking Playing Out From the Back Finishing in the Final Third 	<ol style="list-style-type: none"> Passing and Receiving Running With the Ball Dribbling Turning Shooting Ball Control Heading 1V1 Attacking Shielding the Ball Receiving to Turn Crossing and Finishing 1V1 Defending 	<ol style="list-style-type: none"> Strength Endurance Explosive Strength Maximal Strength Aerobic Capacity Aerobic Power Anaerobic Lactic Anaerobic Alactic Reaction Acceleration Maximal Speed Speed Endurance Acyclic Speed Flexibility & Mobility Coordination & Balance Agility Basic Motor Skills Perception & Awareness 	<ol style="list-style-type: none"> Motivation Self confidence Cooperation Decision/Determination Competitiveness Concentration Commitment Self Control Communication Respect & Discipline 																																											
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