



CURRICULUM – U12 – SEASON PLAN					
OBJECTIVES	ORGANIZATION				CONTENT DISTRIBUTION
SCRIMMAGE: Improve possession & transition as well as collective defending during the match. TACTICAL: Develop attacking/defending principles & combination play. TECHNICAL: Focus on quality of passing & receiving technique as well as ball control in game situations. PHYSICAL: Compete to increase speed, agility, coordination, & balance in competitive games. PSYCHOSOCIAL: Increase collective self-confidence.	Sessions per week	2	Session Time	90'	<p>10% 30% 30% 30%</p> <p>■ Scrimmage ■ Tactics ■ Technique □ Physical</p>
	Players per team	11-16	Game time	70'	
	Match	9v9			
	Coaching Philosophy Guidelines				
	<ul style="list-style-type: none"> ✓ Focused on development over winning ✓ High quality sessions with at least 50% active time ✓ High expectations for discipline & effort ✓ Positive learning environment based on specific, truthful, positive feedback/praise. 				
Comments: <i>Team Specific Issues:</i> <i>Expected Ranking:</i> <i>MISC:</i>					

CONTENT							
TACTICAL		TECHNICAL		PSYCHOSOCIAL		PHYSICAL	
Attacking		1. Passing & Receiving	5	1. Motivation & Effort	5	1. Strength	
1. Attacking Principles	4	2. Running with the Ball	3	2. Self Confidence	4	2. Endurance	3
2. Possession to Goal	5	3. Dribbling	2	3. Cooperation & Attitude	3	3. Speed	4
3. Transition	4	4. Turning	4	4. Decision & Determination	2	4. Flexibility & Mobility	3
4. Combination Play	5	5. Shooting	5	5. Competitiveness	3	5. Coordination & Balance	4
5. Switching Play	3	6. Ball Control	5	6. Concentration	3	6. Agility	4
6. Counter Attacking		7. Heading	3	7. Commitment	4	7. Basic Motor Skills	
7. Playing Out From the Back	4	8. 1v1 Attacking	4	8. Self Control	2	8. Perception & Awareness	5
8. Finishing in the Final Third	4	9. Shielding the Ball	3	9. Communication	3		
Defending		10. Receiving to Turn	3	10. Respect & Discipline	5		
1. Defending Principles	4	11. Crossing & Finishing	3				
2. Zonal Defending	3	12. 1v1 Defending	3				
3. Pressing	2						
4. Retreat & Recovery	3						
5. Compactness							

5=High Priority
1=Low Priority