



CURRICULUM – U13 – SEASON PLAN				
OBJECTIVES	ORGANIZATION			CONTENT DISTRIBUTION
SCRIMMAGE: Coordinate possession, transition, & finishing. TACTICAL: Improve attacking coordinated movements & zonal defending. TECHNICAL: Focus on quality of passing & receiving technique & ball control in small spaces. PHYSICAL: Basic development of speed, endurance, & strength. PSYCHOSOCIAL: Commitment to the team & focus in training.	Sessions per week	2	Session Time	90'
	Players per team	13-18	Game time	80'
	Match	11v11		
	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>				
				<p style="text-align: center;"> Scrimmage Tactics Technique Physical </p>

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

5=High Priority
1=Low Priority