

Example of age specific seasonal plans used within our program

Season	Week 1 (Evaluation Phase or Preseason)	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
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U13 Fall	Ball Skill	Ind. & Small Group Defending	Pressing from the Front	Making Play Predictable	Dribbling to Possess or to Penetrate	1v1 Duels	Ball Striking  (Attacking Set Plays)	Long Range Shooting (Attacking Set Plays)
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U15 Winter 1	Ball Skill	Playing the Way You Face	Principles of Possession	Building Through the Middle	Final 1/3 play	Finishing	N/A
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U12 Winter 2	Ball Skill	Themes of Possession	The Timing of the Check – Creating Space to Receive	Building from the Back (use PTWYF, Receiving & Turning & Change POA)	Penetration	Combination Play to Create Goal Scoring Chances & Finishing (Review/Revisit Short Corner & Indirect Set Pieces)	N/A
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U14 Spring	Ball Skills	Organizing the Back Four	Keeping the Team Compact	Defending Flank Play	Penetration	Playing Off a Target	Getting the Backs Forward	Crossing & Finishing	Finishing in the Box	Inter Group Small Side Games (assessment)
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