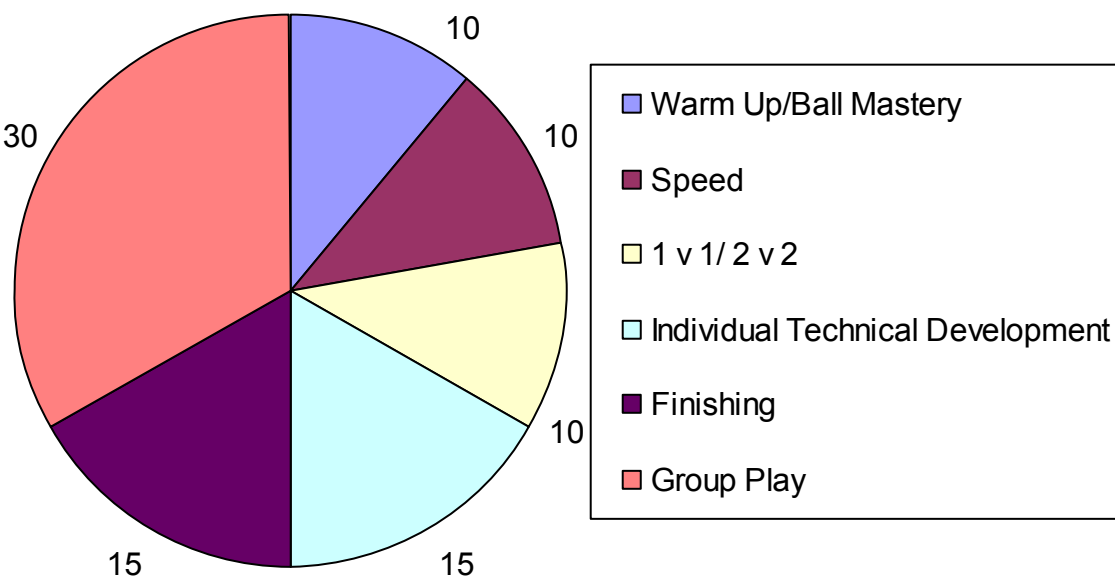


U11 & U12 SESSION PLANNER

SESSION OUTCOMES

1. Exercises that improve physical, technical, mental speed
2. Advanced Ball Mastery that improve both feet and improve dynamic speed with quick touches
3. Individual tactical development, defined as technical skills linked with tactical components that players must understand and apply to small sided and full pressure games
4. SSG that challenge players decision making processes and reinforce the techniques under full game pressure



TRAINING FACTORS

The duration of the session is to be 90 minute. High dynamic coaching sessions that incorporate intermittent exercise simulation that implements technical skills under full pressure activities with a learning outcome to understand individual tactical development.

Individual Tactical Development Topics:

- Overlap
- Wall pass
- Screen run
- Cross over
- Individual defending
- Scanning and check-in
- Body position and body shape

GROUP PLAY: (SSG / POSS / FBA / MULTI / COND)