

PLANNING FOR A CHAMPIONSHIP SEASON

- Failing to Plan is Planning to Fail!
- Championship Season Planning Components:
 - Season Plan (such as 2012-13)
 - Macro-cycle (about 12 weeks)
 - Micro-cycle (week)
 - Session

SEASON PLANNING

PERIODS	OFF	COMPETITIVE I			TRANSITION			COMPETITIVE II			OFF SEASON	
		1	2	3	4	5	6	7	8	9		
MONTHS	Aug	Sept	Oct	Nov	Dec	Jan	Feb	March	April	May	June	July

- Periods that make up a seasonal plan
 - Competitive: Period when the team is training and playing matches regularly
 - Transition: Period where the team is training but not playing regularly
 - Off-season: Period where the team is not training or playing regularly

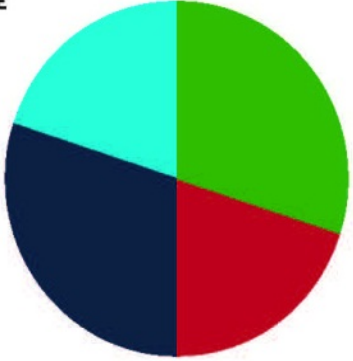
SEASON PLANNING

- Curriculum: the technical, tactical and physical training priorities for the age group/team
- Rhythm of training: a team can not and should not be pushed to its maximum throughout the entire season
- Periodization: peak at culminating event

SEASON PLANNING

- Planned time off: important to address over or under training, mental and physical burnout, overuse and chronic injuries,
- Consideration of outside demands on the athlete: ODP, other sports participation, etc.
- Tournament timing and selection
 - # of games and games per day
 - Dispersed throughout season
 - Level of competition
 - Cost

CURRICULUM – U12 – SEASON PLAN

OBJECTIVES	ORGANIZATION	CONTENT DISTRIBUTION																																				
<p>SCRIMMAGE: Improve possession and transition as well as collective defending during the match</p> <p>TACTICAL: Develop attacking/defending principles and combination play</p> <p>TECHNICAL: Focus on quality of passing and receiving technique as well as ball control in game situations</p> <p>PHYSICAL: Compete to increase speed, agility, coordination and balance in competitive games</p> <p>PSYCHOSOCIAL: Increase collective self-confidence</p>	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 25%;">Sessions per week</td> <td style="width: 10%;">3</td> <td style="width: 25%;">Session time</td> <td style="width: 40%;">90'</td> </tr> <tr> <td>Players per team</td> <td>14</td> <td>Game time</td> <td>60'</td> </tr> <tr> <th colspan="2">SESSION STRUCTURE</th> <th colspan="2">ASPECTS TO CONSIDER</th> </tr> <tr> <td>Warm-up</td> <td>10'</td> <td>- Size of the practice</td> <td></td> </tr> <tr> <td>Physical</td> <td>15'</td> <td>- Time of the practice</td> <td></td> </tr> <tr> <td>Technique</td> <td>20'</td> <td>- Intensity of the practice</td> <td></td> </tr> <tr> <td>Tactics</td> <td>15'</td> <td>- Rules</td> <td></td> </tr> <tr> <td>Scrimmage</td> <td>25'</td> <td>- Number of players</td> <td></td> </tr> <tr> <td>Cool Down & Debrief</td> <td>5'</td> <td>- Teammates, opposition and support players</td> <td></td> </tr> </table>	Sessions per week	3	Session time	90'	Players per team	14	Game time	60'	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 and support players		<p>BASIC STAGE</p> 
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<p>By the end of the season the player must be capable of:</p> <ol style="list-style-type: none"> 1. Application of technique at speed in game situations 2. Application of attacking and defending principles in games 3. Agility, coordination and speed movements in simple practices 	<p>Comments</p> <ul style="list-style-type: none"> ▶ Prepare collective practices with the ball to develop the technical and tactical intelligence of the player. ▶ Match: We strongly recommend 9v9 games. ▶ Formations: 3-2-3 in 9-a-side and 4-3-3 in 11-a-side. 																																					
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CONTENT											
TACTICAL			TECHNICAL			PHYSICAL			PSYCHOSOCIAL		
ATTACKING	1. Attacking Principles	4	1. Passing and Receiving	5	STRENGTH	Strength Endurance		ENDURANCE	1. Motivation	5	
	2. Possession	5	2. Running With the Ball	3		Explosive Strength	2		2. Self confidence	4	
	3. Transition	4	3. Dribbling	2		Maximal Strength			3. Cooperation	3	
	4. Combination Play	5	4. Turning	4	Aerobic Capacity	3	4. Decision/Determination		2		
	5. Switching Play	3	5. Shooting	5	Aerobic Power	2	5. Competitiveness		3		
	6. Counter Attacking	1	6. Ball Control	5	Anaerobic Lactic		6. Concentration				
	7. Playing Out From the Back	4	7. Heading	4	Anaerobic Alactic	2	7. Commitment		4		
	8. Finishing in the Final Third	4	8. 1V1 Attacking	4	Reaction	4	8. Self Control		2		
DEFENDING	1. Defending Principles	4	9. Shielding the Ball	3	SPEED	Acceleration	5		9. Communication	3	
	2. Zonal Defending	3	10. Receiving to Turn	3		Maximal Speed	2		10. Respect & Discipline	5	
	3. Pressing	2	11. Crossing and Finishing	3		Speed Endurance	2				
	4. Retreat & Recovery	3	12. 1V1 Defending	3		Acyclic Speed	5				
	5. Compactness	1									
					4. Flexibility & Mobility	3					
					5. Coordination & Balance	4					
					6. Agility	4					
				7. Basic Motor Skills	1						
				8. Perception & Awareness	5						

MACRO-CYCLE PLANNING

- Macro-cycle: a period within the season such as a competitive, transition or off-season segment
- Building to peak performance
 - Plan backwards from the culminating event
- Curriculum
 - What are the technical, tactical, physical and psychological training priorities
 - Frequency covered

Main objectives for the **12-week program** in the different stages are indicated in the sample below. The arrow indicates the main objective in that stage:

STAGE	TYPE	2 WEEKS	2 WEEKS	2 WEEKS	2 WEEKS	2 WEEKS	2 WEEKS	
INITIAL U6 to U8	Technical	→ Dribbling	→ Shooting & RWB	→ Ball control & turning	→ Passing & receiving	→ 1v1 attacking	→ 2v1 attacking	
	Physical	Coordination & balance	Generic speed & agility	Basic motor skills	Perception & awareness	Speed (acceleration + acyclic) and agility.	Perception & Awareness + BMS	
BASIC U9 to U12	Technical	→ Passing & receiving	→ Shooting & RWB	→ Turning, Dribbling & 1v1 attacking	→ Receiving to turn, shooting	→ Ball control, turning & 1v1 defending	→ RWB, shielding the ball, shooting	
	Tactical	Possession	Playing out from the back	Transition	Combination play	Finishing in the final third	Defending principles	
	Attacking principles: 2v1, 3v1, 3v2, 4v3							
	Physical	Coordination & balance	Speed & agility	Perception & awareness	Speed & agility	Coordination & balance	Reaction & acceleration	
INTERMEDIATE U13 & U14	Tactical	→ Possession	→ Attacking principles	→ Playing out from the back	→ Transition & combination play	→ Finishing in the final third	→ Defending as a team – zonal defending	
	Perception & awareness							
	Technical	Passing & receiving, shooting	Shooting, running with the ball & ball control	Passing & receiving, dribbling and RWB	Turning & 1v1 defending	Aerial control & heading	Receiving to turn & shooting	
	Physical	Aerobic capacity	Aerobic power	Glycolytic power	Speed & agility	General strength	Reaction & acceleration	
ADVANCED U15 to U18	Tactical	→ Possession Playing out from the back Pressing	→ Attacking principles Transition Defending principles	→ Combination play Transition	→ Transition Switching play	→ Finishing in the final third Zonal defending	→ Counter attack Retreat & recovery	
	Speed of play & defensive principles							
	Technical	Passing & receiving Shooting	Shooting Ball control	1v1 defending Turning	Receiving to turn Passing & Receiving	Crossing & finishing Aerial control & heading	Passing & receiving, ball control & shooting	
	Physical	Aerobic power	Glycolytic power	Anaerobic alactic	Specific speed	Explosive strength	Acyclic speed	
General strength								

MACRO-CYCLE PLANNING

- Transition period: cross-training (other sports), variety (futsal), strength training, flexibility
- Off-season period: proper rest and recovery time, time to re-energize for players and coaches
- Competitive period: training to match ratio is a key consideration

TRAINING TO MATCH RATIO

- School analogy for soccer: training sessions are classroom time and matches are tests
- How would you want your child's teacher to teach?
 - More test days than teaching days
 - The same number of teaching and testing days
 - More teaching days than testing days
- Corresponding soccer factor: training to match ratio

TRAINING TO MATCH RATIO

U9-U10

US Soccer Curriculum: 2/3:1

USYSA Player Development Model – 2:1

Georgia Youth Soccer: Games per year: 20-30 Practices per week: Rec-2 Elite-3

Mass Youth Soccer: Games per year: 25-30 Practices per week: Intermediate-2 Elite-2

Rio Recommendation: 2:1

U11-U12

US Soccer Curriculum: 3:1

USYSA Player Development Model – 2/3:1

Georgia Youth Soccer: Games per year: 30-40 Practices per week: Rec-2 Elite-3

Mass Youth Soccer: Games per year: 25-35 Practices per week: Intermediate-2 Elite-2/3

Rio Recommendation: Elite 3:1, Intermediate 2:1

U13-U14

US Soccer Curriculum: 3/4:1

USYSA Player Development Model – 3:1

Georgia Youth Soccer: Games per year: 30-40 Practices per week: Rec-2 Elite-3/4

Mass Youth Soccer: Games per year: 30-35 Practices per week: Intermediate-2 Elite-3/4

Rio Recommendation: Elite 3:1, Intermediate 2:1

TRAINING TO MATCH RATIO

U15-U16

US Soccer Curriculum: 4:1

USYSA Player Development Model – 3/4:1

Georgia Youth Soccer: Games per year: 40-50 Practices per week: Rec-2 Elite-4

Mass Youth Soccer: Games per year: 35-40 Practices per week: Intermediate-2/3 Elite-4/5

Rio Recommendation: Elite 4:1, Intermediate 2:1

U17-U19

US Soccer Curriculum: 4/5:1

USYSA Player Development Model – 4/5:1

Georgia Youth Soccer: Games per year: 40-50 Practices per week: Rec-2 Elite-4/5

Mass Youth Soccer: Games per year: 40-45 Practices per week: Intermediate-2/3 Elite-5

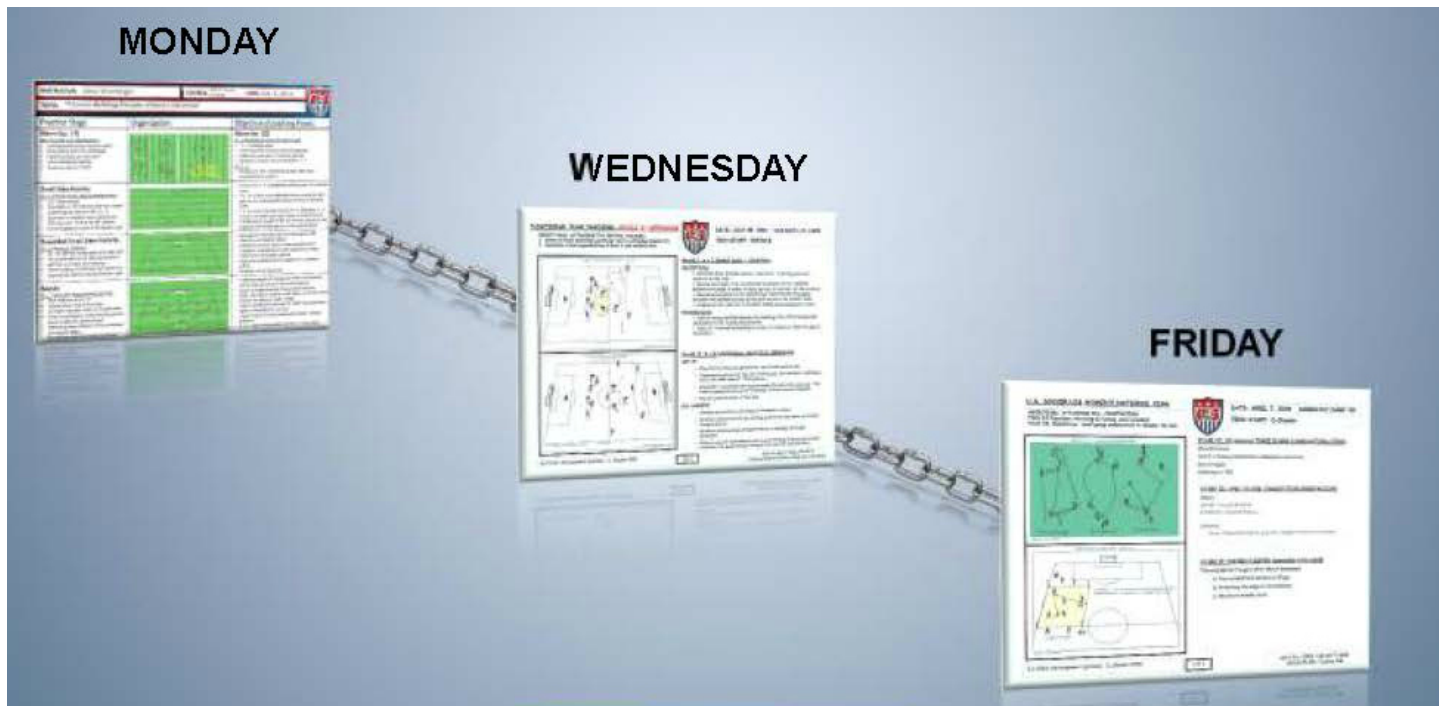
Rio Recommendation: Elite 4:1, Intermediate 2:1

TRAINING TO MATCH RATIO

- Group exercise
- Complete team calendar for February, March and April
- Discuss

MICRO-CYCLE – WEEKLY PLANNING

Connecting a training series into a weekly progression/plan:



MICRO-CYCLE – WEEKLY PLANNING

- Each week should have a main technical, tactical, physical and psychological objective specified in the Macro-cycle
- Weekly planning needs to take into consideration these objectives while managing the physical load placed on players

MICRO-CYCLE – WEEKLY PLANNING

- Impact of training over the week:

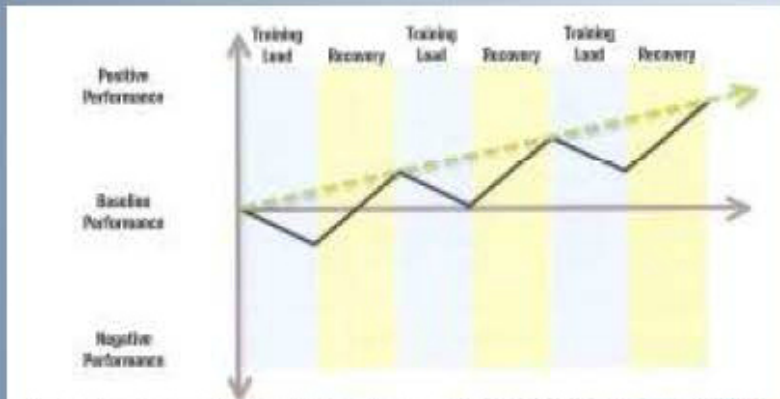


Figure 2 - A schematic diagram of a periodized training period showing positive adaptation when optimal recovery follows high load training, resulting in a progressive increase in performance.

APPROVED

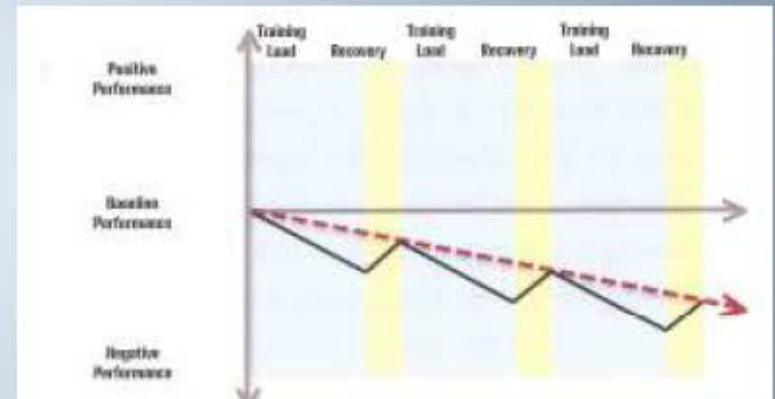
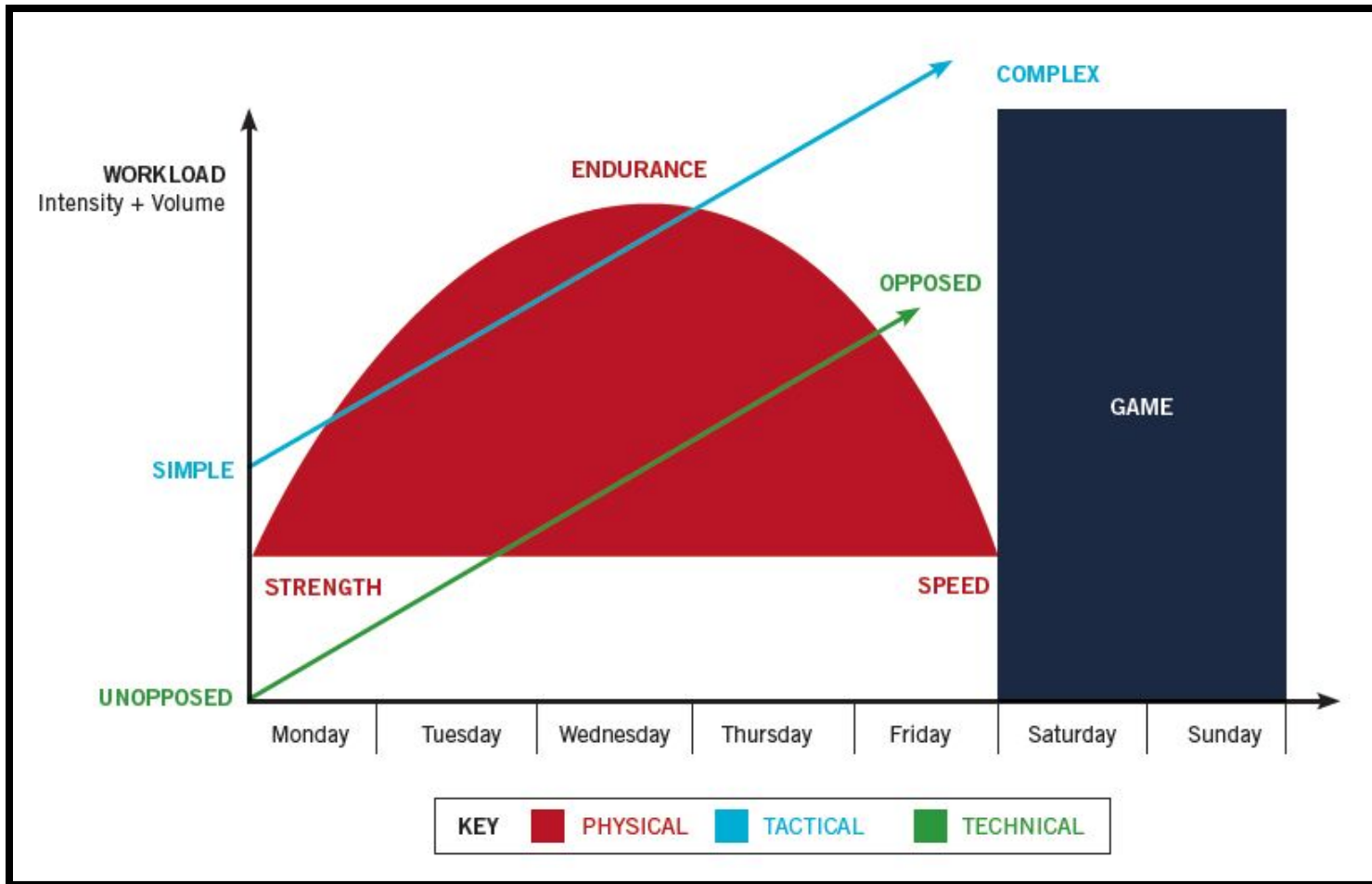


Figure 3 - A schematic diagram of a periodized training period showing negative adaptation when recovery does not follow high load training, resulting in a progressive decrease in performance.

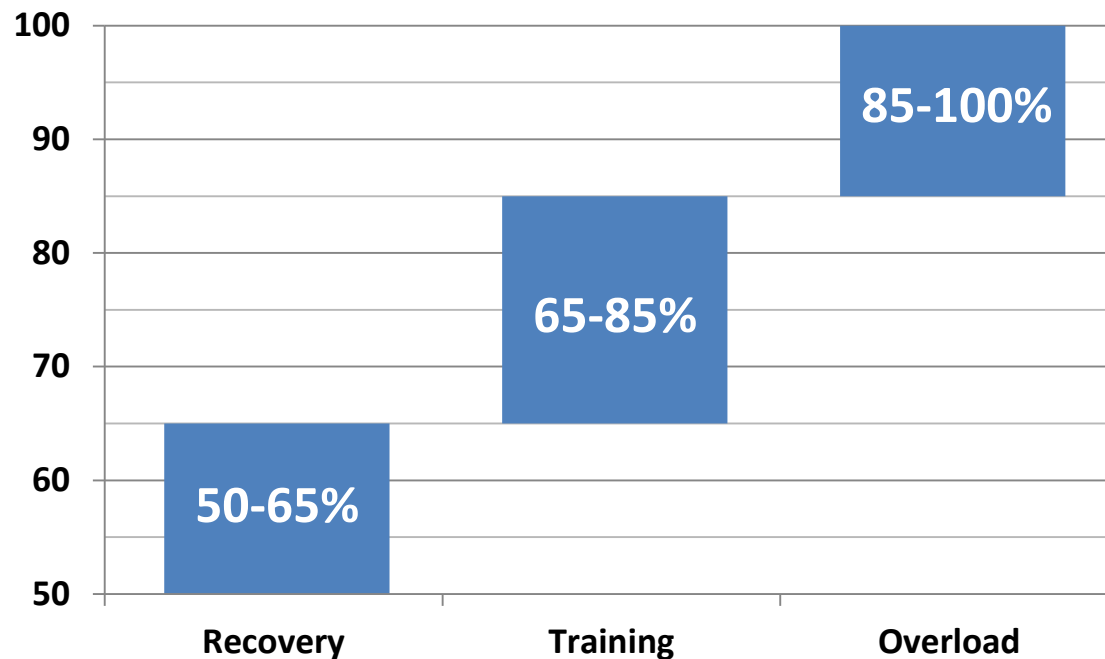
REJECTED

MICRO-CYCLE – WEEKLY PLANNING



TRAINING CLASSIFICATION BY PHYSICAL LOAD

Relative % Workload

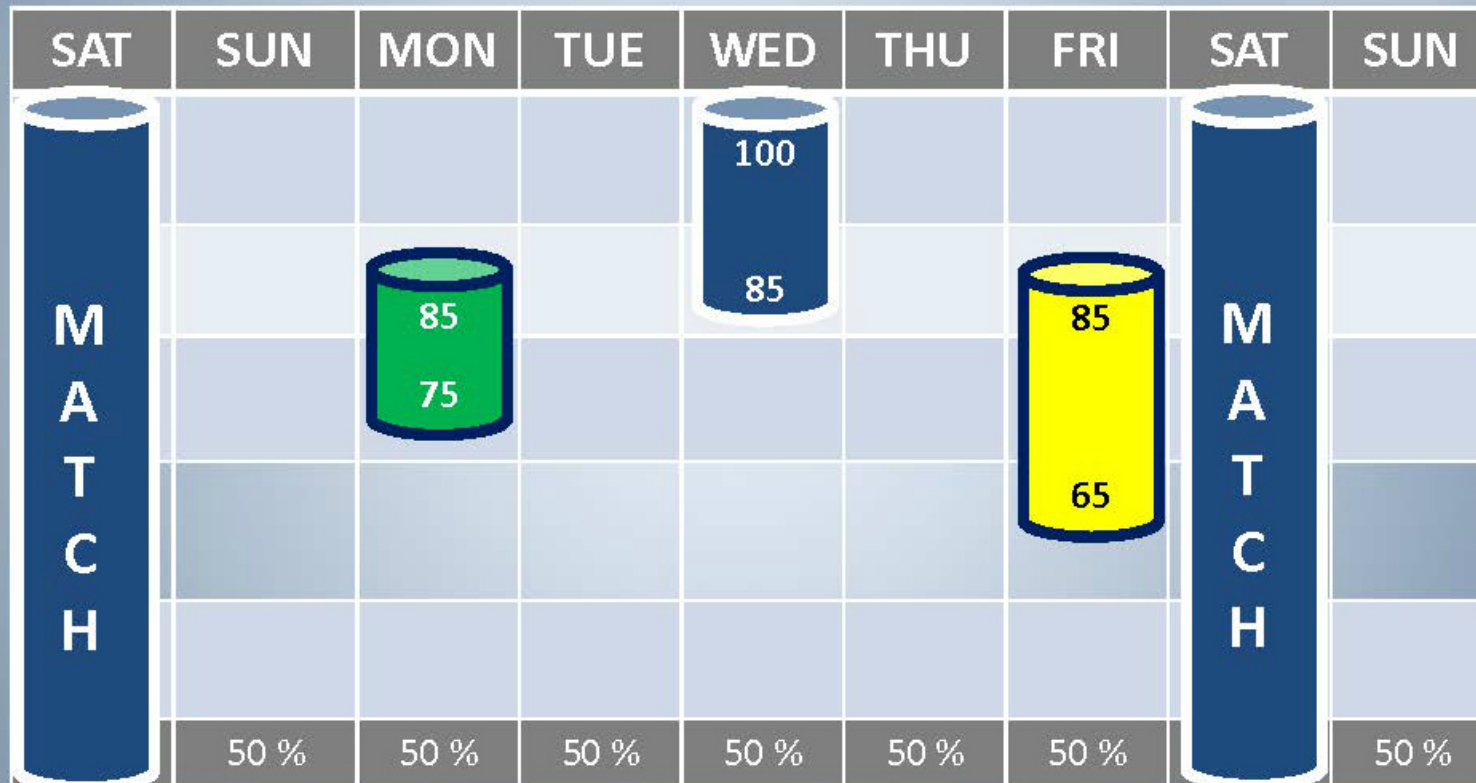


PLANNING A MICRO-CYCLE

- Guidelines
 - A full match requires 72 hours for full recovery
 - Proportionality
 - The day following a match should always be a recovery day
 - The day following an overload day should be a recovery day (or at most a low intensity training day)
 - 2 matches per week: NO overload training that week and maximum of 'training' the following week
 - Maximum of 2 overload days in a week (includes matches)
 - No consecutive overload days

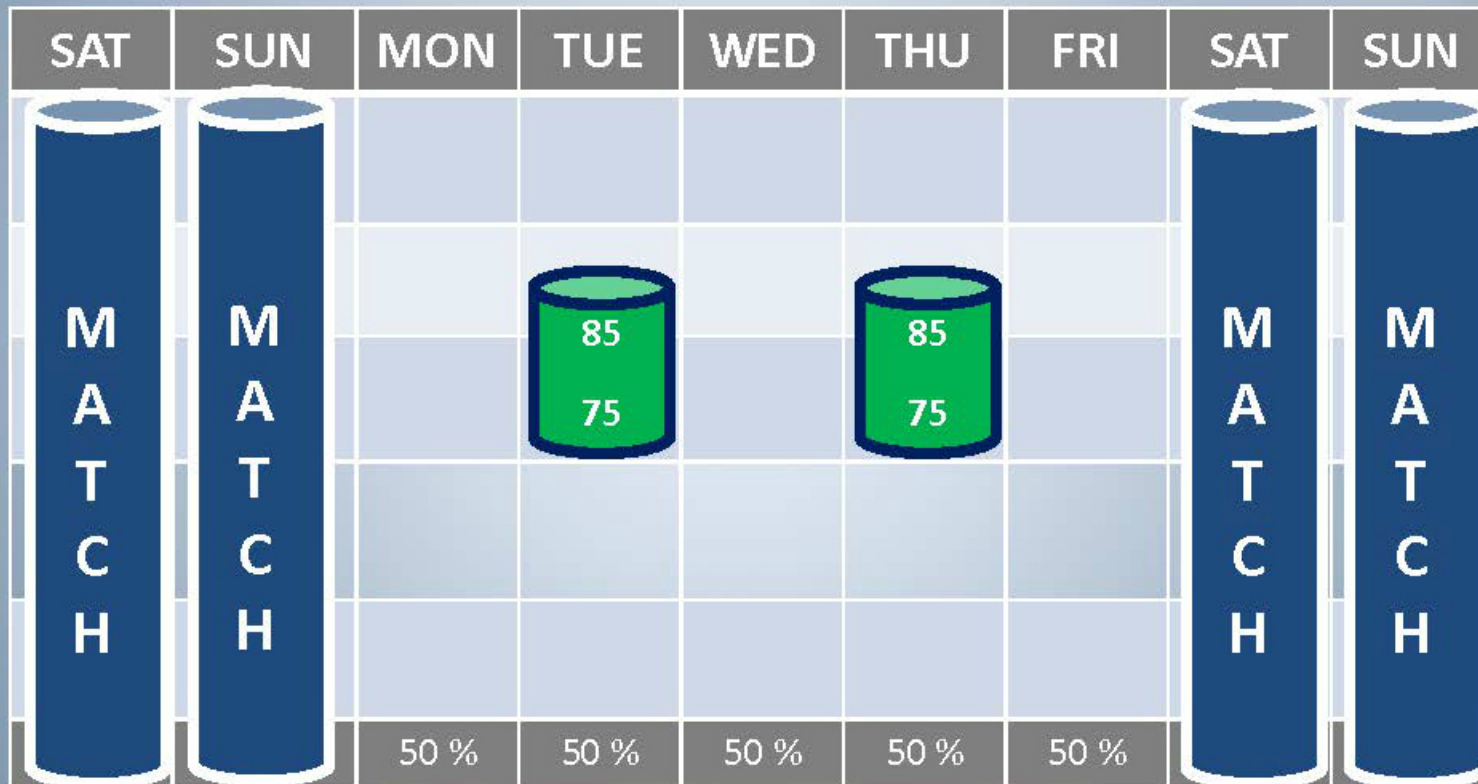
MICRO-CYCLE PLAN EXAMPLE

- Application for Saturday match and 3 training days on MWF



MICRO-CYCLE PLAN EXAMPLE

- Application for 2 weekend matches and 2 training sessions: Tue/Thu



MICRO-CYCLE DISCUSSION

- What are some other possible weekly scenarios and how would we plan?
- How would the type of training planned for: overload, training or recovery impact activity selection? Examples?

RESOURCES

- U.S. Soccer Coaching Curriculum
- U.S. Youth Soccer Association Player Development Model