Name:	PTSC			Team:	8	BU			
Date:	Week 1		Topic:	Dri	bbling - Foot S	POWERAGE			
	IV	lesocycle:	In Season		Microcycle/Day	M-Tu-W	-Th-F		
Players ball and	Where d work o	? The w	hole pitch Nuble What?	When? A	bbling skills w lways Why? with fast feet	To retain	posses	ssion of	
	A	0	Dribbling pass their COACHII	8m ATION (Physi freeze tag - cc ball through IG POINTS /	Intensity: Intervals: cal Environment / Equation of Equation (Intervals) cach tags player's soccethe frozen player's legities (Intervals) EXECUTE: Intervals: Intensity: Intervals: Interva	er ball to freeze s to release the making/finding	Recon	ads-up	8m 0m
OΔ.	10 N		Duration: ORGANIZ Get and k players w COACHIN Ball control	ATION (Physice p the ball - thout attempting POINTS /	Intervals: cal Environment / Equ half the players with a but to win a ball and the KEY CONCEPTS hange of direction/cha	soccer ball, the n retain posses	Recovers) e other hallsion		
		12	Duration: ORGANIZA		ITY Intensity: Intervals: cal Environment / Equipments serves ball to players	HIGH 8 ipment / Playe	Recov	vity Time: ery Time:	1m 2m
***			Ball contro	ol/attacking/c	KEY CONCEPTS hange of direction/chaling/beating a defende		nding open	space/good	d decision
	0 0		Scrimm	22m ATION (Physic age G POINTS /	Intensity: Intervals: cal Environment / Equ KEY CONCEPTS	HIGH 2 ipment / Playe	Recov	vity Time: ery Time:	8m 3m
			Fun/Ga	me Play					

Name:	PTSC				8U			×.	5
Date:	Week 2 Topic:		Dribbling - Foot Skills					B	
	Mesocycle: In Se	eason		Micro	ocycle/Day:	M-Tu-V	V-Th-F		
All Play the bal	ING OBJECTIVE(S): To yers Where? The who Il and work out of trou on and be assertive or	ole pitch uble W l	When	n? Alw	ays Wh	y? To re	etian po	ssessio	ho? n of
	Toe Tops	Obsticle coutouches/fou	8m FION (Physicurse - player undations/scients) FOINTS / ith pace/bal	s dribble ole rolls/e KEY CON		ourse, stop o	Recon yers) ff points for		1m 1m
0.0	II. SMALL-SIDED ACTIVITY Intensity: MED Activity Time: 1m Duration: 16m Intervals: 8 Recovery Time: 2m ORGANIZATION (Physical Environment / Equipment / Players) Combat - Coach serves ball, players gain possession of the ball and dribble back to the coach under control COACHING POINTS / KEY CONCEPTS Dribbling with pace/ball control/change of direction/decision making/heads-up dribbling								
		1 v 1 to back	16m FION (Physic to back go	cal Enviro als - coach	Intensity: Intervals: Intervals: Inment / Equi In serves the b	all	Recov	vity Time: very Time: care/heads-	1m 2m
О Д		IV. GAME Duration: [ORGANIZAT SCRIMN COACHING	nage POINTS/	KEY CON		HIGH 2 pment / Play	Recov	vity Time:	8m 3m

Name:	PTSC			Team:		8	U			
Date:	Week 3 Topic:		Dribbling				P			
	N	Mesocycle: In Se	eason		Micro	ocycle/Day:	M-Tu-	W-Th-F		
Players ball and	Where	ECTIVE(S): To it ? The whole pout of trouble e on the ball	oitch W	hen? A	lways	Why? T	o retai	n posse	ssion of	
100	1 3 00	1001	Bank Robber - pl back to their are	12m TION (Physi ayers evenly divi a, after they are	ded into 3/4 to all collected fr	Intensity: Intervals: Intervals: Inment / Equi	tart in the cente	Recor	ivity Time: very Time: eve 1 at a time a	4m 1m nd bring them
400	7700	3 3 V V V	Heads-up d		face of the	e foot (laces for making/ball o		and speed/in	side and out	side to
C . —	1	P 0 00	Duration: ORGANIZA	through gat core	cal Enviro e to score	Intensity: Intervals: Intervals: Inment / Equil - coach serve		Reco	very Time: very Time: prough the g	12m 0m ate under
	7	7 200	Ball control, the foot	first touch/	1v1 attack	king/change o	f direction/	change of sp	eed/speed/	surface of
9 1	0	0		12m FION (Physic	cal Enviro	Intensity: Intervals: Inment / Equiposerves the ba	NAME AND ADDRESS OF TAXABLE PARTY.	Recov ayers)	vity Time: very Time: gh gates und	12m 0m der
7 P	Â	\(\frac{1}{\infty}\)		first touch/	1v1 attack	CEPTS ting with a hel decision maki		nange of dire	ction/chang	e of
0			IV. GAME Duration: [ORGANIZAT	22m	al Enviror	Intensity: Intervals: Inment / Equip	HIGH 2 oment / Pla	Recov	vity Time: very Time:	8m 3m
	G		Scrimma	mmage CHING POINTS / KEY CONCEPTS						
			Fun/Gan		NET CON	CEPIS				

		Team: 8U
Date:	Week 4 Topic:	Passing
	Mesocycle:	Season Microcycle/Day: M-Tu-W-Th-F
All Play the bal	ers Where? The	To increase the soccer skills with pressure Who? whole pitch When? Always Why? To retain possession of rouble What? Players with fast feet who can change nen needed
7 A A A A A A A A A A A A A A A A A A A	P P A A A A A A A A A A A A A A A A A A	I. WARM-UP Intensity: LOW Activity Time: 1m Duration: 12m Intervals: 6 Recovery Time: 1m ORGANIZATION (Physical Environment / Equipment / Players) Gate passing - Players partnered with 1 soccer ball, players pass through as many gates as they can manage, start with nobody in charge, move to player with ball is in charge, then player without ball in charge. Which situation can they get the most? COACHING POINTS / KEY CONCEPTS Accurate passing/heads-up movement/decision making/communication/weight of the
	0-2-7 0 A (-2-A)	passing/angle of the pass/surface of the foot to pass and receive II. SMALL-SIDED ACTIVITY Intensity: MED Activity Time: 12m
9 P	1 0 0 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	III. EXPANDED ACTIVITY Intensity: HIGH Activity Time: 12m Duration: 12m Intervals: 1 Recovery Time: 0m ORGANIZATION (Physical Environment / Equipment / Players) 2v2 with passing gate goals to score - coach serves the ball, players attempt to pass on the ground through wide cone gates to score a point COACHING POINTS / KEY CONCEPTS Accurate passing/heads-up/decision making/communication/weight of the passing/angle of the pass/surface of the foot to pass and receive/receiving a pass (trapping surface)
		IV. GAME Intensity: HIGH Activity Time: 8m Duration: 22m Intervals: 2 Recovery Time: 3m ORGANIZATION (Physical Environment / Equipment / Players) Scrimmage