

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                                      |
|----------------------------------|--|---|--|--|--|---|--|
| <b>INITIAL</b><br>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                 |
|                                  | 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                         |
| <b>BASIC</b><br>U9 to U12        | Attacking principles: 2v1, 3v1, 3v2, 4v3 |   |  |  |  |   |  |
|                                  | Physical                                 | Coordination & balance                                | Speed & agility  | Perception & awareness                 | Speed & agility                          | Coordination & balance                            | Reaction & acceleration                      |
|                                  | 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                   |   |  |  |  |   |  |
| <b>INTERMEDIATE</b><br>U13 & U14 | 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                      |
|                                  | Tactical                                 | → Possession<br>Playing out from the back<br>Pressing | → Attacking principles<br>Transition<br>Defending principles | → Combination play<br>Transition       | → Transition<br>Switching play           | → Finishing in the final third<br>Zonal defending | → Counter attack<br>Retreat & recovery       |
|                                  | Speed of play & defensive principles     |   |  |  |  |   |  |
| <b>ADVANCED</b><br>U15 to U18    | Technical                                | Passing & receiving<br>Shooting                       | Shooting<br>Ball control                                     | 1v1 defending<br>Turning               | Receiving to turn<br>Passing & Receiving | Crossing & finishing<br>Aerial control & heading  | Passing & receiving, ball control & shooting |
|                                  | Physical                                 | Aerobic power   | Glycolytic power   | Anaerobic alactic                      | Specific speed                           | Explosive strength                                | Acyclic speed                                |
|                                  | General strength                         |   |  |  |  |   |  |