



MINI-CYCLE OF TRAINING

	CYCLE A	CYCLE B	CYCLE C	CYCLE D
U8	<p>Becoming familiar with the ball</p> <ul style="list-style-type: none"> Dribbling, stopping, passing and shooting 	<p>Passing and shooting techniques</p> <ul style="list-style-type: none"> Inside of the foot, inside of the instep, full instep 	<p>Receiving and controlling the ball</p> <ul style="list-style-type: none"> Inside and outside of the foot 	<p>General Tactics</p> <ul style="list-style-type: none"> Cooperation on defense and attack – space and passing
U9	<p>Dribbling</p> <ul style="list-style-type: none"> Moving and controlling the ball, body fakes 	<p>Passing and shooting techniques</p> <ul style="list-style-type: none"> Inside of the foot, inside of the instep, full instep while moving 	<p>Receiving and controlling the ball</p> <ul style="list-style-type: none"> Thigh and chest Intro to heading 	<p>Group Tactics</p> <ul style="list-style-type: none"> Offensive: wall pass, looking and showing for passes Defensive: winning the ball, delaying
U10	<p>Dribbling</p> <ul style="list-style-type: none"> Offensive 1v0: increasing the speed of movement with the ball Offensive 1v1: faking Defensive 1v1: disrupting the opponents 1v1 dribble 	<p>Passing and shooting techniques</p> <ul style="list-style-type: none"> Repetition and refinement of all know techniques <p>Specialized Techniques</p> <ul style="list-style-type: none"> Outside of foot, volley, drop kick 	<p>Receiving and controlling the ball</p> <ul style="list-style-type: none"> Offensive: receiving and controlling under 1v1 pressure Defensive: winning the ball when opponent is receiving under 1v1 play 	<p>Group Tactics</p> <ul style="list-style-type: none"> Offensive: wall pass, looking and showing for passes Defensive: winning the ball, delaying
U11	<p>Dribbling</p> <ul style="list-style-type: none"> Offensive 1v1: moving the ball under opposition pressure, faking, shielding Defensive 1v1: winning the ball, tackling and blocking 	<p>Passing and shooting techniques</p> <ul style="list-style-type: none"> Passing while in motion, including crossing <p>Specialized Techniques</p> <ul style="list-style-type: none"> Diving header, side volley, bicycle kick 	<p>Receiving and controlling the ball</p> <ul style="list-style-type: none"> Offensive: receiving and controlling while moving including high balls Defensive: winning the ball in all areas of play 	<p>Group Tactics</p> <ul style="list-style-type: none"> Offensive: wall pass, overlapping Defensive: zonal defending, man marking from set plays
U12	<p>Individual tactics</p> <ul style="list-style-type: none"> Dribbling, faking, passing, shooting from 1v1 up to 4v4 offensive and defensive 	<p>Group Tactics</p> <ul style="list-style-type: none"> Offensive: wing play, wall pass, showing for the ball and overlapping <p>Passing and shooting techniques</p> <ul style="list-style-type: none"> Focus on the inside instep kick 	<p>Group Tactics</p> <ul style="list-style-type: none"> Zonal defense, outnumbering the opponents winning the ball, transition and counter back Repetition and refinement of all techniques 	<p>Preparation for U13 & U14</p> <ul style="list-style-type: none"> Work on individual strengths and weaknesses



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From the Offices of the Soccer Development Department