



U13 Victor Soccer Club Player Development Season Training Plan

What technical skills should I be teaching my players? When do I start teaching tactics to my team? What goals are realistic for my players to achieve by the end of the season? These are some of the biggest questions youth soccer coaches are confronted with at the start of a new season. Planning your training sessions for the week and for the entire season will help you deliver a more efficient training session on a consistent level. Properly preparing a training session will give the coach greater confidence with the players and a better understanding of how to adapt the exercises to the team's and players' needs on the field. Every team and every player has different ability levels and it is extremely important that your practices and training exercises meet the needs of the players at their particular age groups. A good coach is a good planner and I hope both you and your players will benefit from the materials I have put together for you to use!

| ORGANIZATION | | | |
|-------------------------------|----|---|----|
| Sessions Per Week | 2 | Session Time | 75 |
| Players Per Team | 22 | Game Time | 70 |
| Structure of Training Session | | Aspects That Will Help With The Organization Of The Practice | |
| Warm Up | 15 | Space – Keep the organization simple. Set your drills up ahead of time Time – Let the practice flow, make coaching points at the right time Rules – Use different rules to adapt the practices, make the exercises age appropriate Number of players – Practices should progress from smaller to bigger groups | |
| Technical | 20 | | |
| Small Sided Game | 15 | | |
| Scrimmage | 20 | | |
| Cool Down | 5 | | |

U13 Season Objectives & Goals

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|--------------|--|
| Scrimmage | Coordinate possession, transition and finishing |
| Tactical | Improve attacking coordinated movements and zonal defending |
| Technical | Focus on quality of passing and receiving technique and ball control in small spaces |
| Physical | Basic development of speed, endurance and strength |
| Psychosocial | Commitment to the team and focus in training |

BY THE END OF THE SEASON THE PLAYER MUST BE CAPABLE OF:

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| Passing the ball at speed in reduced spaces |
| Combination play and communication with teammates |
| Combine endurance and speed during the game |

U13 Training Topic Chart

Using the training topic chart below will provide you with a better idea of what technical skills and tactical skills should be taught for particular age groups. The numbers 1-5 will designate the importance of coaching/teaching the different technical and tactical aspects of the game. For example, a number 5 in passing and receiving means that this element is extremely important to train at that age. **Emphasis Key: 5 = very high, 4 = high, 3 = mid, 2 = low, 1= very low, 0 = none**

| TECHNICAL FOCUS AREAS | |
|------------------------|---|
| Passing and Receiving | 5 |
| Running with the Ball | 2 |
| Dribbling | 2 |
| Turning | 4 |
| Shooting | 5 |
| Ball Control | 4 |
| Heading | 2 |
| 1v1 Attacking | 4 |
| Shielding the Ball | 2 |
| Receiving to Turn | 4 |
| Crossing and Finishing | 3 |
| 1v1 Defending | 4 |

| TACTICAL FOCUS AREAS | |
|---------------------------|---|
| Attacking Principles | 5 |
| Possession | 5 |
| Transition | 5 |
| Combination Play | 5 |
| Switching Play | 3 |
| Counter Attacking | 2 |
| Playing out from the Back | 5 |
| Finishing-Final Third | 5 |
| Defending Principles | 5 |
| Zonal Defending | 4 |
| Pressing | 3 |
| Retreat & Recovery | 4 |
| Compactness | 2 |

Sources:

- USYS Player Development Curriculum
- US Soccer Curriculum
- Massachusetts Youth Soccer Curriculum