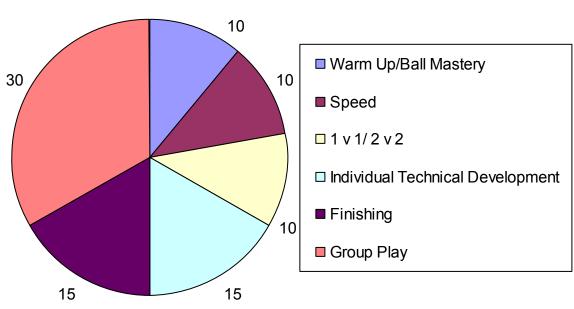


# HIGH PERFORMANCE UNI

# U11 & U12 SESSION PLANNER

### **SESSION OUTCOMES**

- 1. Exercises that improve physical, technical, mental speed
- 2. Advanced Ball Mastery that improve both feet and improve dynamic speed with quick touches
- 3. Individual tactical development, defined as technical skills linked with tactical components that players must understand and apply to small sided and full pressure games
- 4. SSG that challenge players decision making processes and reinforce the techniques under full game pressure



### TRAINING FACTORS

The duration of the session is to be 90 minute. High dynamic coaching sessions that incorporate intermittent exercise simulation that implements technical skills under full pressure activities with a learning outcome to understand individual tactical development.

## **Individual Tactical Development Topics:**

- Overlap
- Wall pass
- Screen run
- Cross over
- Individual defending
- Scanning and check-in
- Body position and body shape

GROUP PLAY: (SSG / POSS / FBA / MULTI / COND)