

Continental FC

Zone 1 U8-U12 Player Development Curriculum



Fall 2016

Month	Cycle	Practice Wks.	Technical Focus	Tactical Focus	Physical Focus	Psychosocial Focus		
Aug	Fall Block 1	#1	Ball Control, Dribbling & Running With The Ball	Defensive Dribbling - Keeping Possession Under Pressure	Balance	Attitude		
		#2		Running with the Ball to Escape Pressure or Attack Space				
		#3		Offensive Dribbling to Beat a Defender - Various Pressure. 1st & 2nd Attacker Roles.				
Sept	Block 2	#4	Passing & Receiving	Rondo, Numbers Up - 3v1 / 5v2. Timing of Movement & Support Angles.				
		#5		Positional Play - Possession to Create Space to Penetrate. - Focusing on Connecting the Units, Building From Back Through Midfield				
		#6		Combinations in Final 1/3 to Create Space & Penetrate, Speed of Play				
Sept	Block 3	#7	Defending	1st Defender Role - Preventing Forward Movement/Penetration. Body Position. Aggression vs Decisiveness	Coordination	Motivation		
		#8		Preventing Forward Movement/Penetration, 1st & 2nd Defender Roles - Pressure & Cover. Interception vs Tackle. Functional - Team Roles				
Oct	Block 4	#9	Shooting, Finishing & Crossing	Shooting From Distance - From a Dribble or Pass. Shooting Type.			Agility - Multi Directional	Goals & Commitment
		#10		Controlled Finish From Inside The Box - Attacking Forward Runs, Types of Crosses / Service				
		#11		Combination Play & Movement in the Attacking 1/3 - Creating Space to Score. Types of Runs.				
Nov	Block 5	#12	Passing & Receiving	Creating Width - Switch of Play. Change Point Of Attack.				
		#13		Controlled Possession to Create Space to Penetrate. Functional - Focusing on Each Unit, From The Back, Through Midfield				
	#14	Player Combination Play to Create Space In The Final 3rd. Types of Runs, Types of Passes						
	Block 6	#15		Ball Control, Dribbling & Running With The Ball	Defensive Dribbling - Keeping Possession Under Pressure			
#16		Running with the Ball to Escape Pressure or Attack Space / Counter Attack						
Dec		#17			Offensive Dribbling & Combination Play to Beat a Defender - 2nd & 3rd Attacker Roles.			

Winter 2016/17

Month	Cycle	Practice Wks.	Technical Focus	Tactical Focus	Physical Focus	Psychosocial Focus
Jan	Indoor Block 1	#18	Ball Control, Dribbling & Running With The Ball	Various Dribbling & Ball Control Activities, Coerver Footwork	Balance	Team Work
		#19	Passing & Receiving	Controlled, Patient Possession to Create Space to Penetrate. Functional		
		#20	Defending	Preventing Forward Movement/Penetration, 1st & 2nd Defender Roles - Pressure & Cover. Interception vs Tackle		
		#21	Shooting & Finishing	From Distance, Off a Dribble / Reception & From Close Range		
Feb	Indoor Block 2	#22	Ball Control, Dribbling & Running With The Ball	Various Dribbling & Ball Control Activities, Coerver Footwork	Coordination	Communication
		#23	Passing & Receiving	Speed of Play Possession to Create Space to Penetrate. Functional		
		#24	Defending	High Pressure, Cover & Balance - Role of 3rd Defender. Interception & Transition		
		#25	Shooting & Finishing	Combination Play & Movement in the Attacking 1/3 - Creating Space To Score, Timing & Types of Runs		
Mar	Indoor Block 3	#26	Ball Control, Dribbling & Running With The Ball	Various Dribbling & Ball Control Activities	Agility - Multi Directional	Organization
		#27	Passing & Receiving	Controlled, Patient Possession to Create Space to Switch Play		
		#28	Defending	High Pressure & Team Compactness. Preventing Forward Movement/Penetration, Making Play Predictable. Transition		
		#29	Shooting & Finishing	From Both Distance - Off a Dribble or Reception & From Close Range		
		#30	Passing & Receiving	Speed of Play Possession to Create Space to Penetrate. Functional		

Spring 2016/17

Apr	Spring Block 1	#31	Passing & Receiving	Small Group Possession. Team Shape & Organization	Speed - Agility	Goal Setting
		#32		Controlled Possession to Create Space to Penetrate, Switching The Play to Attack from Wide		
		#33		Attacking Transition & Combination Play to Create Space in the Final 1/3		
	Block 2	#34	Defending	Pressure & Cover - Preventing Forward Movement/Penetration. Body Position, Aggression vs Decisiveness	Speed - Reaction	Resilience
		#35		High Pressure & Compactness. Preventing Forward Movement/Penetration, Making Play Predictable.		
May	Block 3	#36	Shooting, Crossing & Finishing	Shooting From Distance - Off a Dribble or Pass, Controlled Finish From Inside The Box - Attacking Forward Runs, Crossing Types	Speed - Reaction	Resilience
		#37		Combination Play & Movement in the Attacking 1/3 - Creating Space To Score, Timing & Types of Runs		
	Block 4	#38	Ball Control, Dribbling & Running With The Ball	Driving with the Ball to Escape Pressure or Attack Space, Turning & Cuts, Passing Off a Dribble	Speed - Recovery	Leadership
		#39		Offensive Transition & Fast Breaks - Creating Overloads to Goal, Dribbling & Combination Play to Isolate & Beat a Defender		
June	Block 5	#40	Passing & Receiving	High Tempo Passing & Receiving, Combinations & Timing	Speed - Recovery	Leadership
		#41		Sharp, High Tempo Possession to Create Space to Penetrate, Forward Passes, Forward Runs, Creativity		
	Review	#42	Season Review	Address Major Weaknesses or Areas For Concern, Reinforce Key Areas		

