

ALWAYS  CCER
Barcelona

Planning U11 - U12

First three-month period

Quarter	Contents			
First three months	Tactics		Tecnic's	Physics / Coordinative
	Offensive	Defensive		
	Good distribution inside the field (Width and Depth)	Good defensive distribution (Compact team)	Consolidation of pass (short and medium distance)	Development the aerobic capacities
	Collective progression in actions game	Tackle (frontal and lateral)	Consolidation of control (stop and semi-stop), improve of orient control and initiation in the control during the race	Start aerobic power (low level) Continuous development but with moderate aerobic efforts at high frequency.
	Get away (help - space)	Coverage and exchange	Consolidation of running with the ball with all the surface	Development in all the velocity's
	Initiation in the stop ball's	Temporization	Dynamic work of flexibility	

Tactics

In this first three months our principal objectives will be the position inside the field and also that the team move in block. We will start to work more tactical sub-principle like “get away to find the space and defensive actions”. Also we will put more attention in stop balls.

Technics

We will work all the technical concepts in global form during the season train, we will be in consolidation stage of the concepts that we trained in previous stage's and we have to put more attention in this 3 concepts:

1. Short and medium pass.
2. Orient control and initiation the control during the race
3. Running with the ball

Physics - Coordinative

1. Development motors capacities
2. Initiation aerobic power (low level)
3. Development in all velocities
4. Flexibility work