

CMSA Technical Program Curriculum

Seasonal Plan		
	TECHNICAL-tactical	TECHNICAL- TACTICAL
	October – February April-June	January – April June-September
U5/U6/U7/U8	<ul style="list-style-type: none"> - <i>Motor skills:</i> agility/balance/ coordination - Running with the ball, stopping the ball - Striking: feet & head; using various types of balls: beach, balloon, nerf - Games: coordination/ balance (“adventure soccer”) - Ball and body control 	
U9/U10	<ul style="list-style-type: none"> - Motor skills - Dribbling, running with ball; 1v1 moves - Controlling ball/body - Passing & receiving - Juggling - Shooting - Goalkeeping (everyone) 	<ul style="list-style-type: none"> - <i>Same as above +</i> - Playing in two’s - Support play - Receiving (creating space) - finishing
U11/U12	<ul style="list-style-type: none"> - Motor skills - Dribbling; 1v1 moves - Passing - Support play - Heading - Shooting/finishing - Mobility - Goalkeeping 	<ul style="list-style-type: none"> - <i>Same as above +</i> - Creating space (individually: 1st touch; team: one-two’s, take-overs, overlap) - Mobility - Attacking: width, depth, penetration - Defending principles: pressure – cover – balance - Playing in two’s/three’s - Roles/responsibilities
U13 – U18	<ul style="list-style-type: none"> - <i>Same as above +</i> - Mental preparation - Roles/responsibilities - Laws of the game 	<ul style="list-style-type: none"> - <i>Same as above +</i> - Full field organization - Tactical: free kicks, set plays - Functional training: defenders, strikers, midfielders/GK