

Training Curriculum



Updated Spring 2018

Season Planning

Fall Competitive			Winter Transition			Spring Competitive			Summer					
Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug			
-----Grass fields----- Pullman High School JV (11v11) Pullman High School (7v7; 9v9) Lincoln Middle School (9v9; 11v11) Airport Road (9v9; 11v11) Pullman Christian School (practice) Lewiston (7v7)			Turf fields WSU (club-wide)			Winter break --Indoor-- Schools: LMS FES PCS			Turf fields WSU (club-wide)			-----Grass fields----- Pullman High School JV (11v11) Pullman High School (7v7; 9v9) Lincoln Middle School (9v9; 11v11) Airport Road (9v9; 11v11) Pullman Christian School (practice) Lewiston (7v7)		
									Tryouts			Tournaments (one per month)		
												Summer break		
												Pre-Season Camp		

Macrocycle Planning (Competitive)

Developmental Stage

Recurring Themes
(emphasis areas in bold/italic)

Developmental Academy (U6-U8) 2 practices per week	Technical	Ball control/ Dribbling	Passing/Receiving/ Shooting			
	Tactical	Small-Sided Games	Basics of 4v4(U6/U7) and 7v7 (U8)			
	Physical	Coordination/ Motor Skills	Speed/ Agility			
Basic Level (U9-U11) 3 practices per week	Technical	Ball control/ Dribbling	Passing/Receiving/ Shooting	Defensive posture/ Attacking 1v1		
	Tactical	Defending/attacking principles	Possession/ transition	Perception/ Awareness		
	Physical	Coordination/ Motor Skills	Speed/ Agility	Reaction/ Acceleration		
Intermediate Level (U12-U14) 3 practices per week	Technical	Ball control/ Dribbling	Passing/Receiving/ Shooting	Defensive posture/ Attacking 1v1	Aerial Control/ Turning	
	Tactical	Zonal Defending/ Attacking Formations	Possession/ transition	Perception/ Awareness	Speed of Play	
	Physical	Aerobic Capacity	Anaerobic Capacity	Speed/ Agility	General Strength	Reaction/ Acceleration
Advanced Level (U15-U18) 3-4 practices per week	Technical	Ball control/ Dribbling	Passing/ Receiving	Defending/ Attacking 1v1	Crossing/Aerial Control	Turning/ Finishing
	Tactical	Playing from the Back Under Pressure	Transitioning / Counterattack	Zonal Defending	Play in the Final Third and Finishing	
	Physical	Aerobic Capacity	Anaerobic Capacity	Speed/ Agility	General and Explosive Strength	Reaction/ Acceleration

Macrocycle Planning (Transition)

- Focus on Fundamental Skills, Motor skills, Strength and Agility (Primarily Technical/Physical Curriculum)
- Pre-Season Camp (Coaching All Aspects of the Game)