

ANNUAL TRAINING PLANS

ANNUAL PERIODIZATION OF TRAINING

Youth soccer organizations should have an annual soccer calendar that addresses seasonal training periods, weekly training sessions, rest periods, tournaments, and camps. All teams and coaches within the program should be required to work from this plan. It is often found that too much too soon can have a detrimental effect on a player's long-term enjoyment of the game, often leading to overuse injuries and dropout. It is important to remember that soccer is a late-specializing sport; players must initially develop a passion for the game so that as training intensity increases, they continue to have a focused desire to train. Maximizing potential takes time!

TRAINING PLAN CYCLES

A well-structured training cycle should consist of an annual and seasonal training plan along with individual session plans that outline specific session objectives. All three areas should be consistently reviewed. The diagram below highlights the relationship between each element:



ANNUAL PLANS

The guidelines listed below provide suggested annual training seasons that are specific to the soccer calendar in the NY/NJ area.

	July	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun
U6	Off/Camp Week		8 Week Season			Off			8 Week Season			
U8	Off/Camp Week		8 - 10 Week Season			Off	Technical Training		8 - 10 Week Season			
U10	Off/Camp Week		8 - 10 Week Season			Off	Technical Training		8 - 10 Week Season			
U12	Off/Camp Week		10 to 12 Week Season			Off	Technical Training		10 to 12 Week Season			
U14-16	Off	12 - 14 Week Season				Off	Tournaments		12 - 14 Week Season			

SEASONAL PLANNING

The content and methodology of a seasonal training plan should be driven by a player's soccer age. Clubs should encourage all coaches to follow the age-appropriate plan that is detailed in the Red Bulls Building Blocks of Player Development. Partner clubs can also take advantage of the Red Bulls online database of age-appropriate seasonal development plans.

INDIVIDUAL SESSION PLANNING

Seasonal development plans need to be supported by individual session plans. Clubs should require all coaches to create a plan for every training session, ensuring each individual session supports the seasonal goals. Well-designed plans challenge a player technically and tactically and help coaches run a more effective training session. Coaches should combine their session plan with their own experience of the team; even players of the same biological age can have a "soccer age" variance of two to three years. Soccer age takes into consideration a combination of their physical, social, and psychological makeup. Even basically designed training plans give more value to the time that a coach spends with their players. Well-structured planning allows for minimal down-time and a well-organized session that flows from phase to phase. Coaches can learn more about how to structure a training session by reading the Red Bulls Approach to Development and working from the Red Bulls Session Plan Template.