

U10 CURRICULUM CHART

WEEK	TECHNICAL	TACTICAL	PHYSICAL
WEEK 1	PASSING & RECEIVING	POSSESSION	COORDINATION & BALANCE
WEEK 2	PASSING & RECEIVING	POSSESSION	COORDINATION & BALANCE
WEEK 3	SHOOTING & RUNNING W/BALL	PLAYING OUT FROM THE BACK	SPEED & AGILITY
WEEK 4	SHOOTING & RUNNING W/BALL	PLAYING OUT FROM THE BACK	SPEED & AGILITY
WEEK 5	TURNING, DRIBBLING & 1v1 ATTACKING	TRANSITION	PERCEPTION & AWARENESS
WEEK 6	TURNING, DRIBBLING & 1v1 ATTACKING	TRANSITION	PERCEPTION & AWARENES
WEEK 7	RECEIVING TO TURN & SHOOTING	COMBINATION PLAY	SPEED & AGILITY
WEEK 8	RECEIVING TO TURN & SHOOTING	COMBINATION PLAY	SPEED & AGILITY
WEEK 9	BALL CONTROL & TURNING & 1v1 DEFENDING	FINISHING IN THE FINAL THIRD	COORDINATION & BALANCE
WEEK 10	BALL CONTROL & TURNING & 1v1 DEFENDING	FINISHING IN THE FINAL THIRD	COORDINATION & BALANCE
WEEK 11	RUNNING W/BALL, SHIELDING & SHOOTING	DEFENDING PRINCIPLES	REACTION & ACCELERATION
WEEK 12	RUNNING W/BALL, SHIELDING & SHOOTING	DEFENDING PRINCIPLES	REACTION & ACCELERATION