

U16 CURRICULUM CHART

WEEK	TECHNICAL	TACTICAL	PHYSICAL
WEEK 1	PASSING, RECEIVING & SHOOTING	POSSESSION, PLAYING OUT FROM THE BACK & PRESSING	AEROBIC CAPACITY
WEEK 2	PASSING, RECEIVING & SHOOTING	POSSESSION, PLAYING OUT FROM THE BACK & PRESSING	AEROBIC CAPACITY
WEEK 3	SHOOTING & BALL CONTROL	ATTACKING PRINCIPLES, DEFENDING PRINCIPLES & TRANSITION	GLYCOLITIC POWER
WEEK 4	SHOOTING & BALL CONTROL	ATTACKING PRINCIPLES, DEFENDING PRINCIPLES & TRANSITION	GLYCOLITIC POWER
WEEK 5	1v1 DEFENDING & TURNING	COMBINATION PLAY & TRANSITION	ANAEROBIC ALACTIC
WEEK 6	1v1 DEFENDING & TURNING	COMBINATION PLAY & TRANSITION	ANAEROBIC ALACTIC
WEEK 7	RECEIVING TO TURN, PASSING & RECEIVING	TRANSITION & SWITCHING PLAY	SPECIFIC SPEED
WEEK 8	CROSSING & FINISHING AERIAL CONTROL & HEADING	TRANSITION & SWITCHING PLAY	SPECIFIC SPEED
WEEK 9	CROSSING & FINISHING AERIAL CONTROL & HEADING	FINISHING IN THE FINAL THIRD & ZONAL DEFENDING	EXPLOSIVE STRENGTH
WEEK 10	BALL CONTROL & TURNING & 1v1 DEFENDING	FINISHING IN THE FINAL THIRD & ZONAL DEFENDING	EXPLOSIVE STRENGTH
WEEK 11	PASSING, RECEIVING, BALL CONTROL & SHOOTING	COUNTER ATTACK, RETREAT & RECOVERY	ACYCLIC SPEED
WEEK 12	PASSING, RECEIVING, BALL CONTROL & SHOOTING	COUNTER ATTACK, RETREAT & RECOVERY	ACYCLIC SPEED