



Futures League Coach's Workbook

Season Planning (Periodization)

This seasonal plan is set with the following principles in mind:

- Scoring is the most difficult task in the game. We begin with it to take advantage of the excitement of a new season.
- It is harder to create than it is to destroy. So we spend more time working on attacking play than on defending.
- Players need more than 1 session to learn new skills. We therefore spend a full week or two on the same topic before moving on to the next one.
- Session Topics are titled based on the moment in the game (attack/defense) and the tactical problem presented based on the area of the field the ball is in. These are the basic tactical problems the game presents to each team. The skills needed for each topic described below are defined in the US Soccer Player Development Framework. These are the terms used in US Soccer Courses.

Week	Topic	Attacking Skills needed:
1	ATTACKING: Improve Creating Chances & Scoring Goals	WITH THE BALL: Controlling Protecting Driving Dribbling Passing Shooting SPACIAL & POSITIONAL AWARENESS: Scanning Supporting Adapting Body Shape
2	ATTACKING: Improve Creating Chances & Scoring Goals	
3	ATTACKING: Improve Moving the Ball into the Opponent's 1/2	
4	ATTACKING: Improve Moving the Ball into the Opponent's 1/2	
5	DEFENDING: Improve Defending in Own 1/2	
6	DEFENDING: Improve Defending in Own 1/2	
7	DEFENDING: Improve Defending in Opponent's 1/2	Defending Skills Needed:
8	ATTACKING: Improve Moving the Ball into the Opponent's 1/2	AGAINST THE BALL: Intercepting Pressing Challenging Delaying Block the shot SPACIAL & POSITIONAL AWARENESS: Scanning Adapting body shape Covering Marking
9	DEFENDING: Improve Defending in Opponent's 1/2	
10	ATTACKING: Improve Creating Chances & Scoring Goals	
11	ATTACKING: Improve Creating Chances & Scoring Goals	
12	open	