

ProStart Academy. Competitive

Soccer Yearly Plan 2023 Main TOPIC. Communication / possession

Week 1-2 : Evaluation “The Basics”. Line Drills
Small Grid Games Passing and Receiving

Week 3- 4 Line Dance “Brazilian”
Circle Drills Dribbling, Trapping Small Grid Games

- Week 5 - 6 Shielding Ball Protection Small Grid Games
Skills + Speed Fainting and Shooting 4 goal game
- Week 7 - 8 Combination passing plays Playing out the back
- Shooting Drills Final Third passing
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- Week 9-10 Modified Games Final Third passing
- Defending skills Modified Games
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- Week 11-12 Midfielders skills Modified Games
- Forward skills Modified Games
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- Week 13 - 14 Modified Games Defending Strategies
- Creating Space Ball Movement
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- Week 15: Games