

**ProStart Academy. Developmental**

**Soccer Yearly Plan 2023 Main TOPIC. Basic skills**

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 Game
- Skills + Speed Fainting and Shooting 4 goal game

- Week 7-8 Modified Games

- Defending skills Modified Games

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- Week 9-10 Midfielders skills Modified Games

- Forward skills Modified Games

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- Week 12: Games