

ProStart Academy. Competitive

Soccer Yearly Plan 2023 Main TOPIC. Communication / possession

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| 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 |
| • Week 9-10 | Modified Games Final Third passing
Defending skills Modified Games |
| • Week 11-12 | Midfielders skills Modified Games
Forward skills Modified Games |
| • Week 13 - 14 | Modified Games Defending Strategies
Creating Space Ball Movement |
| • Week 15: | Games |