

ProStart Academy. U-8-9

Soccer Yearly Plan 2023 Main TOPIC. FUNNNNNNN

Week 1-2 : **“The Basics”**. Line Drills **Passing and Receiving**

Week 3- 4 Line Dance “Brazilian”. **“The Basics”**. FUNNNNNN
Circle Drills Dribbling, Trapping Small Grid Games

- Week 5 - 6 Shielding Ball Protection Small Grid Games. FUNNNNNN
Skills + Speed Fainting and Shooting 4 goal game
- Week 7-8 Modified Games “The Basics”. FUNNNNNN
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- Week 9-10 Modified Games “The Basics”. **FUNNNNNNN**
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- Week 12: Games