

SKILL ACQUISITION PROGRAM (U9-U13)

WEEK	SESSION 1.	SESSION 2.	SESSION 3.	WEEKEND	ADDITIONAL
PRE SEASON CYCLE					
WEEK 1.	FIRST TOUCH - MS1	STRIKING THE BALL - MS1	RUNNING THE BALL - MS1	NO GAME	
WEEK 2.	1 V 1 - MS1	FIRST TOUCH - MS1	STRIKING THE BALL - MS1	NO GAME	
WEEK 3.	RUNNING THE BALL - MS1	1 V 1 - MS1	FIRST TOUCH - MS1	NO GAME	STEP UP IF POSSIBLE
WEEK 4.	STRIKING THE BALL - MS1	RUNNING THE BALL - MS1	1 V 1 - MS1	NO GAME	STEP UP IF POSSIBLE
WEEK 5.	FIRST TOUCH - MS1	STRIKING THE BALL - MS1	RUNNING THE BALL - MS1	GAME	STEP UP IF POSSIBLE
WEEK 6.	1 V 1 - MS1	FIRST TOUCH - MS1	STRIKING THE BALL - MS1	GAME	STEP UP IF POSSIBLE
SEASON CYCLE					
Cycle 1					
WEEK 1.	FIRST TOUCH - MS2	STRIKING THE BALL - MS2	RUNNING THE BALL - MS2	GAME	
WEEK 2.	1 V 1 - MS2	FIRST TOUCH - MS2	STRIKING THE BALL - MS2	GAME	
WEEK 3.	RUNNING THE BALL - MS2	1 V 1 - MS2	FIRST TOUCH - MS2	GAME	STEP UP IF POSSIBLE
WEEK 4.	STRIKING THE BALL - MS2	RUNNING THE BALL - MS2	1 V 1 - MS2	GAME	STEP UP IF POSSIBLE
WEEK 5.	FIRST TOUCH - MS2	STRIKING THE BALL - MS2	RUNNING THE BALL - MS2	GAME	STEP UP IF POSSIBLE
WEEK 6.	1 V 1 - MS2	FIRST TOUCH - MS2	STRIKING THE BALL - MS2	GAME	STEP UP IF POSSIBLE
Cycle 2					
WEEK 1.	FIRST TOUCH - MS3	STRIKING THE BALL - MS3	RUNNING THE BALL - MS3.	GAME	
WEEK 2.	1 V 1 - MS3.	FIRST TOUCH - MS3 - +	STRIKING THE BALL - MS3 - +	GAME	
WEEK 3.	RUNNING THE BALL - MS3 - +	1 V 1 - MS3 - +	FIRST TOUCH - MS3 - +	GAME	STEP UP IF POSSIBLE
WEEK 4.	STRIKING THE BALL - MS3 - +	RUNNING THE BALL - MS3 - +	1 V 1 - MS3 - +	GAME	STEP UP IF POSSIBLE
WEEK 5.	FIRST TOUCH - MS3 - +	STRIKING THE BALL - MS3 - +	RUNNING THE BALL - MS3 - +	GAME	STEP UP IF POSSIBLE
WEEK 6.	1 V 1 - MS3 - +	FIRST TOUCH - MS3 - +	STRIKING THE BALL - MS3 - +	GAME	STEP UP IF POSSIBLE

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WEEK	SESSION 1.	SESSION 2.	SESSION 3.	WEEKEND	ADDITIONAL
SEASON CYCLE					
Cycle 3					
WEEK 1.	FIRST TOUCH - MS1	STRIKING THE BALL - MS1	RUNNING THE BALL - MS1	GAME	
WEEK 2.	1 V 1 - MS1	FIRST TOUCH - MS1	STRIKING THE BALL - MS1	GAME	
WEEK 3.	RUNNING THE BALL - MS1	1 V 1 - MS1	FIRST TOUCH - MS1	GAME	STEP UP IF POSSIBLE
WEEK 4.	STRIKING THE BALL - MS1	RUNNING THE BALL - MS1	1 V 1 - MS1	GAME	STEP UP IF POSSIBLE
WEEK 5.	FIRST TOUCH - MS1	STRIKING THE BALL - MS1	RUNNING THE BALL - MS1	GAME	STEP UP IF POSSIBLE
WEEK 6.	1 V 1 - MS1	FIRST TOUCH - MS1	STRIKING THE BALL - MS1	GAME	STEP UP IF POSSIBLE
Cycle 4					
WEEK 1.	FIRST TOUCH - MS2	STRIKING THE BALL - MS2	RUNNING THE BALL - MS2	GAME	
WEEK 2.	1 V 1 - MS2	FIRST TOUCH - MS2	STRIKING THE BALL - MS2	GAME	
WEEK 3.	RUNNING THE BALL - MS2	1 V 1 - MS2	FIRST TOUCH - MS2	GAME	STEP UP IF POSSIBLE
WEEK 4.	STRIKING THE BALL - MS2	RUNNING THE BALL - MS2	1 V 1 - MS2	GAME	STEP UP IF POSSIBLE
WEEK 5.	FIRST TOUCH - MS2	STRIKING THE BALL - MS2	RUNNING THE BALL - MS2	GAME	STEP UP IF POSSIBLE
WEEK 6.	1 V 1 - MS2	FIRST TOUCH - MS2	STRIKING THE BALL - MS2	GAME	STEP UP IF POSSIBLE
Cycle 5					
WEEK 1.	FIRST TOUCH - MS3	STRIKING THE BALL - MS3	RUNNING THE BALL - MS3.	GAME	
WEEK 2.	1 V 1 - MS3.	FIRST TOUCH - MS3 - +	STRIKING THE BALL - MS3 - +	GAME	
WEEK 3.	RUNNING THE BALL - MS3 - +	1 V 1 - MS3 - +	FIRST TOUCH - MS3 - +	GAME	STEP UP IF POSSIBLE
WEEK 4.	STRIKING THE BALL - MS3 - +	RUNNING THE BALL - MS3 - +	1 V 1 - MS3 - +	GAME	STEP UP IF POSSIBLE
WEEK 5.	FIRST TOUCH - MS3 - +	STRIKING THE BALL - MS3 - +	RUNNING THE BALL - MS3 - +	GAME	STEP UP IF POSSIBLE
WEEK 6.	1 V 1 - MS3 - +	FIRST TOUCH - MS3 - +	STRIKING THE BALL - MS3 - +	GAME	STEP UP IF POSSIBLE