

## UNDER 8 - UNDER 10

### SEPTEMBER

#### Initial Evaluation

TEHCNICAL SKILLS
Assessment tests
Teams\ Groups organization
Basic \Intermediate ball control skills

TACTICAL SKILLS
Concept of defensive phase
Concept of offensive phase
Global occupation of the space

MAIN EXERCISES
Solve a 1 vs 1 in a lateral situation
Solve a 1 vs 1 in a frontal situation
Matches 2 vs 2

### OCTOBER

#### Running with the ball

TEHCNICAL SKILLS
Running with the ball and change directions
Running fast without loosing the control of the ball
Running with the ball and change rhythm

TACTICAL SKILLS
Concept of defensive and offensive phases
Moving the ball through space
Defense of the goal

MAIN EXERCISES
Solve a 2 vs 1 lateral and frontal
Run challenges with the ball
Matches 3 vs 3 + 1 Jocker

### NOVEMBER

#### Feint and dribbling

TEHCNICAL SKILLS
Dribbling phases - run fast and stop -
Dribbling and change of rhythm
advanced types of feints

TACTICAL SKILLS
Concept of defensive and offensive phases
Correct body positioning
Get position

MAIN EXERCISES
Dribbling challenge games
Matches 2 vs 2
Solve a 2 vs 2 lateral and frontal

### DECEMBER

#### Controlling the ball

TEHCNICAL SKILLS
Controlling the ball with different parts of the body
Oriented controlling
Controlling and protecting the ball

TACTICAL SKILLS
Defense and protection of the ball
Defense of the goal
Unmarking

MAIN EXERCISES
Advanced games with controlling goals
Small sided games
Ball possession games

### JANUARY

#### Passing

TEHCNICAL SKILLS
Passing with the inside part of the foot
Passing the ball in a different distances
Long pass

TACTICAL SKILLS
Marking concept
Defense of the goal
Concept of attacking the goal

MAIN EXERCISES
Exerc. with rebounders and multiple players
Advanced Passing challenges
3 vs 3 on 4 goals

## FEBRUARY

### Shooting

TEHCNICAL SKILLS
Shooting the ball with both feet
Shooting on goal from different positions
Strong shooting with instep (right and left)

TACTICAL SKILLS
Proper space occupation
Fast attack of the goal
Defense and protection of the ball

MAIN EXERCISES
Solve a 2 vs 2 situation
Shooting drills
Small matches 4 vs 4

## MARCH

### Heading

TEHCNICAL SKILLS
Playing and controlling the ball with the head
Using the arms to get more balance and protection

TACTICAL SKILLS
Global occupation of the space
Unmarking

MAIN EXERCISES
Sided small games
Basic cross and heading exercises

## APRIL

### Defensive skills

TEHCNICAL SKILLS
Using the technical skills in a defending situation
Passing under pressure
Receiving under pressure

TACTICAL SKILLS
defensive collaboration
Marking
Pressing

MAIN EXERCISES
drills 2vs1
drills 3vs2
small matches 4vs4

## MAY

### Review contents



**BOLOGNA FC**  
1909

ACADEMY FLORIDA

