



INTERNATIONAL ELITE PROGRAM TRAINING TOPICS

COMPETITIVE TRAVEL TEAM CURRICULUM PERIODIZATION

1ST BLOCK

AUGUST 3 - SEPTEMBER 13, 2020
ATTACKING PRINCIPLES 1

WEEK 1	BALL MASTERY
WEEK 2	WHEN TO DRIBBLE VS WHEN TO PASS
WEEK 3	SMALL GROUP ATTACKING
WEEK 4	POSSESSION
WEEK 5	CROSSING & FINISHING
WEEK 6	ATTACKING TRANSITION

2ND BLOCK

SEPTEMBER 14 - OCTOBER 25, 2020
DEFENDING PRINCIPLES 1

WEEK 1	SMALL GROUP DEFENDING (1V1, 2V2, 3V3)
WEEK 2	ZONAL DEFENDING (BACK FOUR SHAPE)
WEEK 3	INTRO TO DEFENDING FLANK PLAY
WEEK 4	COMPACTNESS
WEEK 5	PRESSING
WEEK 6	DEFENSIVE TRANSITION

3RD BLOCK

OCTOBER 26 - DECEMBER 6, 2020
ATTACKING PRINCIPLES 2

WEEK 1	PLAYING OUT OF THE BACK (GK)
WEEK 2	DEFENSIVE 3RD TO MIDFIELD 3RD POSITIVE POSSESSION
WEEK 3	PLAYING INTO ATTACKING 3RD & AROUND PENALTY BOX
WEEK 4	CROSSING AND FINISHING
WEEK 5	OFFENSIVE TRANSITION (POSSESSION VS PENETRATION)
WEEK 6	OFFENSIVE TRANSITION (COUNTER ATTACKS TO GOAL)

4TH BLOCK

DECEMBER 7 - DECEMBER 20, 2020
DEFENDING PRINCIPLES 2

WEEK 1	SMALL GROUP DEFENDING (1V1, 2V2, 3V3)
WEEK 2	ZONAL DEFENDING (BACK FOUR SHAPE)
WEEK 3	SMALL GROUP DEFENDING (1V1, 2V2, 3V3)
WEEK 4	ZONAL DEFENDING (MIDFIELD SHAPE)
WEEK 5	DEFENDING FLANK PLAY & CROSSES
WEEK 6	COMPACTNESS (ATTACKING 3RD TO MIDFIELD 3RD)

HOLIDAY BREAK BLOCK
DECEMBER 21 - JANUARY 10, 2021
INDIVIDUAL TOUCHES AND FITNESS
SELECTIVE TEAM TRAINING

5TH BLOCK

JANUARY 11 - FEBRUARY 21, 2021
ATTACKING PRINCIPLES 3

WEEK 1	PLAYING OUT OF THE BACK (GK)
WEEK 2	DEVELOPING THE CREATIVE PLAYER
WEEK 3	OFFENSIVE TRANSITION (POSSESSION VS PENETRATION)
WEEK 4	DEFENSIVE 3RD TO MIDFIELD 3RD POSITIVE POSSESSION
WEEK 5	PLAYING INTO ATTACKING 3RD & AROUND PENALTY BOX
WEEK 6	CROSSING AND FINISHING

6TH BLOCK

FEBRUARY 22 - APRIL 4, 2021
DEFENDING PRINCIPLES 3

WEEK 1	DEFENDING AS A TEAM (FULL TEAM SHAPE)
WEEK 2	DEFENSIVE 3RD TO MIDFIELD 3RD ORGANIZATION
WEEK 3	DEFENDING IN ATTACKING 3RD & AROUND PENALTY BOX (TRANSITION)
WEEK 4	DEFENDING BALLS IN THE AIR
WEEK 5	DEFENSIVE TRANSITION (ATTACKING 3RD TO MIDFIELD 3RD)
WEEK 6	DEFENSIVE TRANSITION (MIDFIELD 3RD TO DEFENSIVE 3RD)

7TH BLOCK

APRIL 5 - MAY 9, 2021
ATTACKING PRINCIPLES 4

WEEK 1	DEVELOPING THE CREATIVE PLAYER
WEEK 2	OFFENSIVE TRANSITION (COUNTER ATTACKS TO GOAL)
WEEK 3	SMALL GROUP ATTACKING
WEEK 4	POSSESSION
WEEK 5	CROSSING & FINISHING
WEEK 6	ATTACKING TRANSITION

8TH BLOCK

MAY 10 - JUNE 13, 2021
HYBRID/DEFENDING PRINCIPLES 3

WEEK 1	PLAYING OUT OF THE BACK (GK)
WEEK 2	DEFENDING AS A TEAM (FULL TEAM SHAPE)
WEEK 3	PLAYING INTO ATTACKING 3RD & AROUND PENALTY BOX
WEEK 4	DEFENSIVE TRANSITION (MIDFIELD 3RD TO DEFENSIVE 3RD)
WEEK 5	OFFENSIVE TRANSITION (POSSESSION VS PENETRATION)
WEEK 6	CROSSING AND FINISHING (ATTACKING & DEFENDING)

TRAINING LOAD EXAMPLE

MATCH	100% CAPACITY
FITNESS	90% CAPACITY
THRESHOLD	75% CAPACITY
MAINTAINENCE	50% CAPACITY
ORGANIZATIONAL	40% CAPACITY
PREPARATIVE	30% CAPACITY
RECOVERY	15% CAPACITY

WEEKLY TRAINING SCHEDULE

MONDAY	RECOVERY
TUESDAY	THRESHOLD
WEDNESDAY	FITNESS
THURSDAY	ORGANIZATIONAL
FRIDAY	OFF
SATURDAY	GAME
SUNDAY	GAME