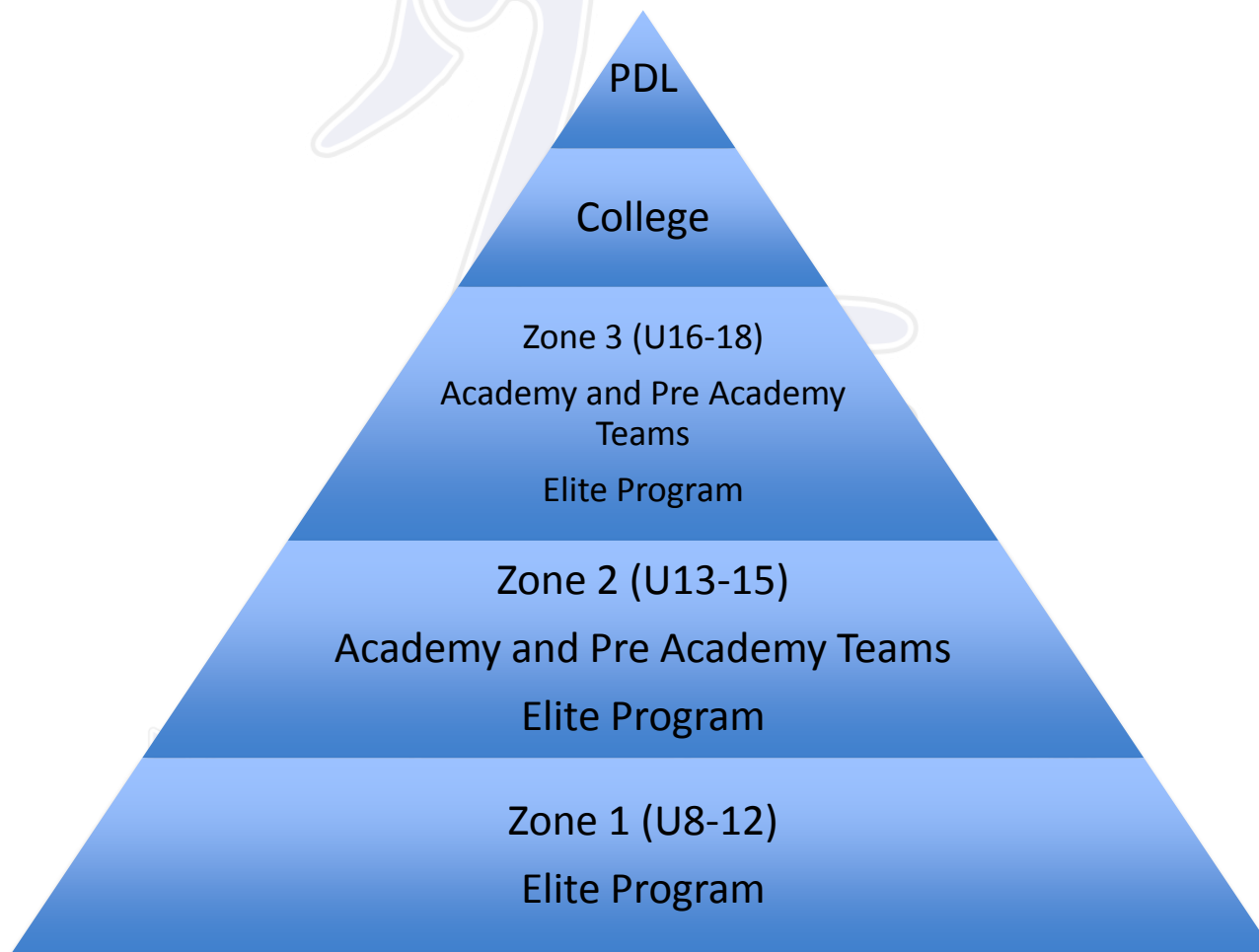


# PATEADORES ACADEMY PROGRAM



## DEVELOPMENT MODEL





# PATEADORES ACADEMY PROGRAM



## Day to Day

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Rest/Self Recovery	Review/ Technical	FBS	CBS	CBS	Match Prep / Rest	Match

★ **REST:** *Self recovery or Regeneration*

★ **REVIEW / Technical:** *Previous match analysis with video follow-up (when possible) with the session based on the team needs following match assessment (Assessment is within covered curriculum topics)*

★ **Session = Individual technical training or futsal**

★ **FBS: Functional Based Session: Team Tactical Training**

★ **Underload Session = Low Competition, Small Groups, Low/Moderate Intensity, Short Duration**

★ **CBS: Curriculum Based Session – Working within the focus block and larger developmental direction**

★ **Overload Session = Highly Competitive, High Intensity, Longer Duration**

★ **CBS: Coaches Based Session – Working within the focus block and larger developmental direction**

★ **Tactical Underload Session = Moderately Competitive, Larger Groups, High Intensity, Moderate Duration**

★ **REST:** *Day off for players to recover prior to weekend match*

★ **Match: Match Day**





## PERIODIZATION

*US Soccer: Framework for advanced stages (ages 15-18)*

*Example structure for a season with three different periods for intermediate and advanced stages:*

**1. Competitive: Period when the team is training and playing games regularly:**

★ September, October, November, Mid-December

**2. Transition: Period when the team is not training but self recovery is detailed:**

★ Mid - December, Early - January

**3. Competitive: Period when the team is training and playing games regularly:**

★ Mid-January, March, April, May, June, Mid-July

**4. Off-season: Period when the team is not training or playing regularly:**

★ Mid-July thru Mid-August



## PERIODIZATION

*US Soccer: Framework for advanced stages (ages 13-14)*

*Example structure for a season with three different periods for intermediate and advanced stages:*

**1. Competitive: Period when the team is training and playing games regularly:**

★ September, October, November, Early December

**2. Futsal Transition: Period when the team is training and playing futsal regularly:**

★ December, January, February

**3. Competitive: Period when the team is training and playing games regularly:**

★ March, April, May, June

**4. Off-season: Period when the team is not training or playing regularly:**

★ July thru Mid- August



# PHYSICAL I

# ADOLESCENTS' HONORS