

# PATEADORES ACADEMY PROGRAM



## DEVELOPMENT MODEL



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## 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**



U.S. SOCCER  
DEVELOPMENT  
ACADEMY  
MEMBER

## 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*

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## PHYSICAL DEVELOPMENT

Month	August	September	October	November	December	January	February	March	April	May	June	July
<b>Period</b>	Pre-Season	In Season-Competition			Off	In Season-Competition						
<b>Aerobic Work</b>	Develop		Maintain									
<b>Anaerobic Work</b>	Develop			Maintain		Develop	Maintain					
<b>Mobility</b>	Develop			Maintain-develop after periods of inactivity								
<b>Midline Strength</b>	Develop			Maintain								
<b>Speed</b>	Mechanics		Accel/Deccel	Top End Speed	Agility	Game Specific Movement with/without Ball						
<b>Strength/Power</b>	Develop Strength/Strength Endurance		Develop Power		Maintain Strength	Speed Strength	Power	Maintain				
<b>Volume</b>	High to Low into season		Volume will decrease in season and during competition periods. Volume may increase during periods of no competition. Intensity remains high in season and during competition but will decrease when volume increases.									
<b>Intensity</b>	Moderate to High into season											