



# **U.S.S.F. U-17 M.N.T. Residency Program**

## **“Training Periodization Planning”**

**Coaching Staff meets daily at 1:30 P.M.**

**Discuss daily training specifics**

**Break Groups within the Coaching Staff  
(Head Coach, Assistant Coaches & Gk Coach)**



## Weekly Training Schedule

- Monday – (1<sup>st</sup> Day of training)

6:00 A.M. to 7:00 A.M. Strength & Conditioning (Lifting)

7:30 A.M. Bus Pick

8:00 A.M. to 2:30 P.M. School

3:45 to 5:30 P.M. Training

**A. Technique**

**B. Incorporate to Possession Activity**

**C. 3 Team Games / 6 Team Games or 2 Team Games**



# **Weekly Training Schedule**

## **Tuesday – Functional Day**

**Movement training, specific to functional training**

**Repetition of technique (Under pressure)**

**Broken up into functional groups**

**Bring groups back in together  
(Zonal Defending, Changing Point of attack, Etc.)**

**Shadow play**

**End with game (10 to 15 Minutes)**



## **Weekly Training Schedule**

### **Wednesday – Hardest day**

**6:00 A.M. to 7:00 A.M. Lifting**

**Training similar to Monday**

**Interval training**

**Conditioning at end of training**



## **Weekly Training Schedule**

### **Thursday- Movement Training**

**Technique**

**Functional Training**

**Recovery Training**

**A. Pool**

**B. Bike**

**C. 20 Minute Run – Bring up HR 60%**



## **Weekly Training Schedule**

### **Friday – Pre game day**

**6:00 A.M. to 7:00 A.M. Lifting**

**Technique**

**Small group possession – Pattern play**

**11 v 11 Game at the end**



## Weekly Training Schedule

### Saturday – Game day

Pre game meal / Travel

Pre game meeting

Game

Post game meeting

### Sunday - Off



# Semester

**Break Calendar into Cycles**

**How much work load? Peak by Argentina Tour in March**

**Drop intensity after return from Argentina**

**Peak once again for Ballymena Tournament  
(Northern Ireland) at the end of April**





# Goals for Cycle

**Ideally have technical proficiency**

**Have specific functions & roles understood  
(Individual, group & Team)**

**Knowing how to manage the game**

**A) Rhythm of play**

**B) How to pace ourselves / change of pace**

**C) Finish Strong**



# What kind of games do we play?

**International 40%**

**MLS and top Collegiate 25%**

**Average Collegiate, O.D.P. 25%**

**Clubs 10%**



## **How to Manage 40 Players**

**They all must have their opportunity**

**Players are released to Regions as much as possible**

**Players are released to Clubs depending on the stage of the cycle**

**Highly advocate rest periods**

**3 Weeks off in June**



## **Important managing time of games (playing Time)**

**Keep charts and track**

**Player Evaluations**

**End of Semester release**

**50% Turn over in 2 year cycle,  
leading up to the U -17 World Cup**



## **How can Clubs help?**

**Mentality of Club vs Country**

**Winning vs Development**

**Technique**

**Managing the game (substitutions)**

**Fitness level**