

This principle also relates to the concept of Small Sided Football and appropriate coach behaviour:

During the Skill Acquisition Phase, 2-3 sessions of 60-75 minutes plus a game is a safe weekly workload, with the following session planning guidelines:

- Welcome: 5 minutes
- Skill Introduction: 15-20 minutes
- Skill Training: 25-30 minutes
- Skill Game: 20-25 minutes
- Wrap up: 5 minutes

On the next pages you will find three consecutive 6 week cycles (18 weeks program) and 12 Skill Acquisition Phase Model Sessions, 3 for each core skill with increasing difficulty. The 6 week cycles are based on the assumption that the weekly training sessions are on Tuesdays and Thursdays with a game on Saturday.

During the first cycle, Model Session 1 of each core skill is repeated every two weeks. Each time we repeat the Model Session we try to make a step-up (make the session more challenging) but only if the players are ready for it. During the second cycle, Model Session 2 of each core skill is repeated every two weeks and during the third cycle Model Session 3 of each core skill:

Skill Acquisition Phase CYCLE 1	Tuesday	Thursday	Saturday
WEEK 1	First touch MODEL SESSION 1	Striking the ball MODEL SESSION 1	GAME
WEEK 2	Running with the ball MODEL SESSION 1	1 v 1 MODEL SESSION 1	GAME
WEEK 3	First touch MODEL SESSION 1 Step up (if possible)	Striking the ball MODEL SESSION 1 Step up (if possible)	GAME
WEEK 4	Running with the ball MODEL SESSION 1 Step up (if possible)	1 v 1 MODEL SESSION 1 Step up (if possible)	GAME
WEEK 5	First touch MODEL SESSION 1 Step up (if possible)	Striking the ball MODEL SESSION 1 Step up (if possible)	GAME
WEEK 6	Running with the ball MODEL SESSION 1 Step up (if possible)	1 v 1 MODEL SESSION 1 Step up (if possible)	GAME

Skill Acquisition Phase

Skill Acquisition Phase CYCLE 2	Tuesday	Thursday	Saturday
WEEK 1	First touch MODEL SESSION 2	Striking the ball MODEL SESSION 2	GAME
WEEK 2	Running with the ball MODEL SESSION 2	1 v 1 MODEL SESSION 2	GAME
WEEK 3	First touch MODEL SESSION 2 Step up (if possible)	Striking the ball MODEL SESSION 2 Step up (if possible)	GAME
WEEK 4	Running with the ball MODEL SESSION 2 Step up (if possible)	1 v 1 MODEL SESSION 2 Step up (if possible)	GAME
WEEK 5	First touch MODEL SESSION 2 Step up (if possible)	Striking the ball MODEL SESSION 2 Step up (if possible)	GAME
WEEK 6	Running with the ball MODEL SESSION 2 Step up (if possible)	1 v 1 MODEL SESSION 2 Step up (if possible)	GAME

Skill Acquisition Phase CYCLE 3	Tuesday	Thursday	Saturday
WEEK 1	First touch MODEL SESSION 3	Striking the ball MODEL SESSION 3	GAME
WEEK 2	Running with the ball MODEL SESSION 3	1 v 1 MODEL SESSION 3	GAME
WEEK 3	First touch MODEL SESSION 3 Step up (if possible)	Striking the ball MODEL SESSION 3 Step up (if possible)	GAME
WEEK 4	Running with the ball MODEL SESSION 3 Step up (if possible)	1 v 1 MODEL SESSION 3 Step up (if possible)	GAME
WEEK 5	First touch MODEL SESSION 3 Step up (if possible)	Striking the ball MODEL SESSION 3 Step up (if possible)	GAME
WEEK 6	Running with the ball MODEL SESSION 3 Step up (if possible)	1 v 1 MODEL SESSION 3 Step up (if possible)	GAME