



ZSports Academy Curriculum

1. Overview

Objective: To develop technically skilled, tactically aware, and physically fit soccer players who are prepared for professional soccer opportunities.

Age Groups:

U8-U10: Introduction and Foundation

U11-U13: Skill Development and Tactical Awareness

U14-U16: Advanced Technical and Tactical Training

U17-U19: Professional Preparation

2. Age Group Curriculum Breakdown

U8-U10: Introduction and Foundation

Objective: Introduce basic soccer skills and foster a love for the game.

Training Focus:

Technical Skills: Dribbling, passing, shooting, ball control.

Tactical Understanding: Basic positioning, understanding roles (defender, midfielder, forward).

Physical Development: General motor skills, coordination, balance.

Mental and Character Development: Teamwork, listening, basic game understanding.

Weekly Breakdown:

Day 1:

- Warm-up and stretching (15 minutes)
- Dribbling and ball control drills (30 minutes)
- Small-sided games focusing on individual skill development (15 minutes)

minutes)

- Cool down and review (10 minutes)

Day 2:

- Warm-up (15 minutes)
- Passing and receiving drills (30 minutes)
- Shooting practice and small-sided games (20 minutes)
- Cool down and review (10 minutes)

Day 3:

- Warm-up (15 minutes)
- Fun agility and coordination exercises (20 minutes)
- Small-sided games focusing on teamwork (20 minutes)
- Cool down and game review (10 minutes)

Monthly Focus:

- Introduction to different playing positions.
- Participation in friendly matches and local tournaments.
- Emphasis on fun and positive reinforcement.

U11-U13: Skill Development and Tactical Awareness

Objective: Enhance individual skills and introduce more complex tactical concepts.

Training Focus:

Technical Skills: Advanced dribbling, passing under pressure, shooting accuracy.

Tactical Understanding: Basic formations, simple tactics (e.g., pressing, counter-attacking).

Physical Development: Speed, agility, strength, and endurance.

Mental and Character Development: Understanding of sportsmanship, discipline, and basic game strategy.

Weekly Breakdown:

Day 1:

- Warm-up and dynamic stretching (20 minutes)
- Advanced dribbling and 1v1 drills (30 minutes)
- Tactical drills focusing on positioning and movement (20 minutes)
- Cool down and tactical review (10 minutes)

Day 2:

- Warm-up (15 minutes)
- Passing drills with movement (25 minutes)

- Small-sided games focusing on tactical scenarios (30 minutes)
- Cool down and feedback (10 minutes)

Day 3:

- Warm-up (15 minutes)
- Speed and agility training (25 minutes)
- Team-based drills, focusing on defensive and offensive tactics (30 minutes)
- Cool down and review (10 minutes)

Monthly Focus:

- Introduction to game analysis and opponent analysis.
- Regular friendly matches and participation in regional tournaments.
- Development of personal fitness plans and goal-setting.

U14-U16: Advanced Technical and Tactical Training

Objective: Prepare players for high-level competitive play and professional environments.

Training Focus:

Technical Skills: Mastery of dribbling, precision passing, advanced shooting techniques.

Tactical Understanding: In-depth understanding of formations, advanced tactics (e.g., high pressing, zonal marking).

Physical Development: Intensive conditioning, strength training, injury prevention.

Mental and Character Development: Leadership, resilience, advanced game intelligence.

Weekly Breakdown:

Day 1:

- Warm-up and mobility exercises (20 minutes)
- Advanced dribbling and skill challenges (30 minutes)
- Tactical training with focus on team dynamics (30 minutes)
- Cool down and tactical discussion (10 minutes)

Day 2:

- Warm-up (15 minutes)
- High-intensity passing drills and game situations (30 minutes)
- Full-sided games with tactical objectives (30 minutes)
- Cool down and review (15 minutes)

Day 3:

- Warm-up (15 minutes)
- Strength and conditioning session (30 minutes)
- Tactical drills focusing on specific game scenarios (30 minutes)
- Cool down and feedback (15 minutes)

Monthly Focus:

- Participation in higher-level regional and national tournaments.
- Detailed video analysis of matches and individual performance.
- Introduction to sports nutrition and mental conditioning.

U17-U19: Professional Preparation

Objective: Fine-tune skills and tactics, and prepare players for professional trials and careers.

Training Focus:

Technical Skills: Perfecting all technical aspects to professional standards.

Tactical Understanding: Mastery of multiple formations and strategies, in-depth game analysis.

Physical Development: Peak physical conditioning, tailored fitness programs.

Mental and Character Development: Professional mindset, leadership, career planning.

Weekly Breakdown:**Day 1:**

- Warm-up and functional stretching (20 minutes)
- Position-specific skill training (40 minutes)
- Tactical drills focusing on advanced game plans (40 minutes)
- Cool down and tactical discussion (15 minutes)

Day 2:

- Warm-up (15 minutes)
- High-intensity passing and possession drills (30 minutes)
- Full-sided tactical games with specific objectives (45 minutes)
- Cool down and match analysis (20 minutes)

Day 3:

- Warm-up (15 minutes)
- Strength and conditioning (40 minutes)
- Tactical sessions focusing on opponent-specific strategies (45 minutes)

- Cool down and feedback (20 minutes)

Monthly Focus:

- Participation in high-level national and international tournaments.
- Regular scouting sessions and professional trials.
- Workshops on career management, contracts, and media training.

3. Additional Components

1. Individual Development Plans (IDPs):

- Tailored plans for each player, focusing on their strengths, areas for improvement, and career aspirations.

2. Video Analysis Sessions:

- Regular review of individual and team performances to identify strengths and areas for improvement.

3. Sports Psychology:

- Sessions focused on mental toughness, dealing with pressure, and building a winning mindset.

4. Nutritional Guidance:

- Education on balanced diets, hydration, and meal planning for peak performance.

5. Injury Prevention and Management:

- Regular screenings, physiotherapy sessions, and education on injury prevention techniques.

6. Community Engagement and Leadership:

- Opportunities for players to engage in community service and develop leadership skills off the field.

4. Evaluation and Progression

Evaluation Criteria:

- Technical skills and improvement.
- Tactical understanding and application.
- Physical fitness levels.
- Mental toughness and character development.

Progression:

- Regular assessments to ensure players are meeting developmental milestones.
- Clear pathways for progression within the academy and into professional opportunities.

This curriculum provides a comprehensive framework to ensure that players at ZSports Academy develop the necessary skills, knowledge, and mindset to succeed in professional soccer. We make regular updates and adjustments based on player feedback and the latest advancements in sports science and coaching techniques.