



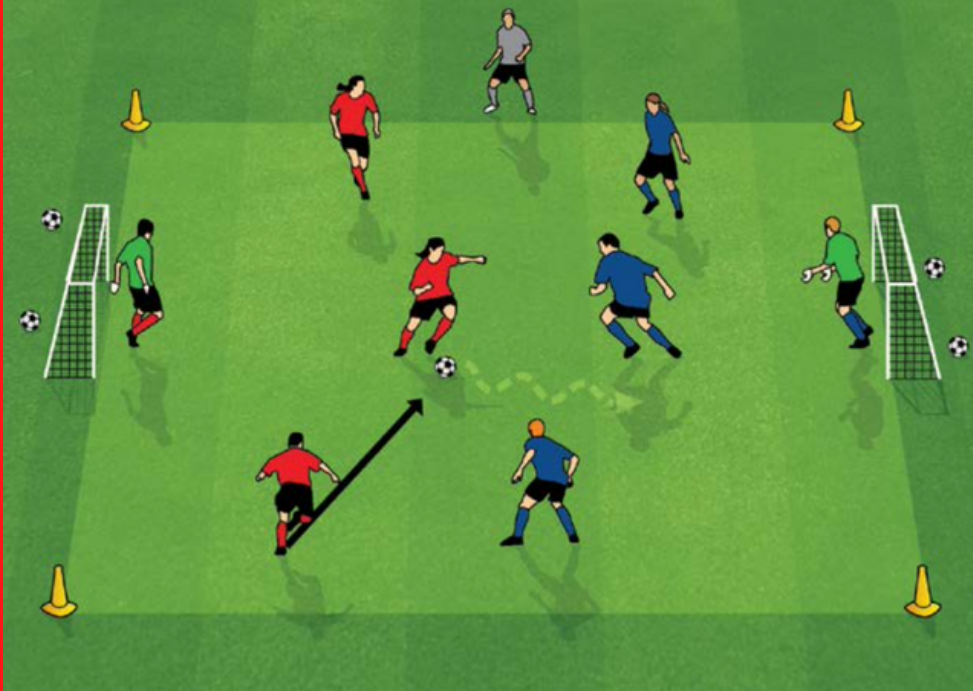
JUNIOR CURRICULUM

9TH - 12TH GRADE



SMALL SIDED GAME

ARRIVAL 5-10-MINS



Set up 2 x fields for small sided games (no more than 3v3) with no conditions for players to play as soon as they arrive, especially if they are early.

The emphasis is placed immediately being involved in a creative "play" environment.

Make adjustments to teams / pitches as more players get to training.

Examples:

- 1V1
- 2V2
- 2V2+1 (1 plays for team in possession)
- 3v3

Coaches observe : Players play

FOCUS - DEFENDING - TACKLING

SKILL INTRODUCTION 10-15-MINS



SETUP

- Area of up to 20 x 20m. Modify area depending on the number and age of players
- Set up 8 gates, 2 on every side of the area
- 4 defenders in Blue, guarding two gates each
- All other players start inside of the area, with out a ball

HOW TO PLAY

- Red players move around the area, with Blue defenders looking after each gate
- When coach calls "Go", Red players aim to break out through unguarded gates
- Blue defenders stop Reds escaping by tagging them
- If Reds escape they score 1 point and then re-enter the area to start again

POSSIBLE PROGRESSIONS

1. Introduce ball each for Red players to dribble
2. Introduce ball each for Blue defender to have at feet
3. Use a different "trigger" for players to break out. For example, instead of coach shouting they could bounce a ball instead

SKILL OUTCOMES

- Agility whilst changing direction
- Movement in different methods - forwards/backwards etc
- Acceleration/Deceleration
- Closing down the space of opponents
- Tracking an opponent

FOCUS - DEFENDING - TACKLING

SKILL TRAINING 20-MINS



SETUP

- Area of up to 20 x 20m.
- Inside the area, use cones to create 4m triangles
- Split the group evenly and assign half (Blues) to the triangles
- 1 player per triangle
- All other players (Reds) have a ball each and are attackers

HOW TO PLAY

- Reds dribble around the area and 'attack' the triangles from any possible side
- Only 1 player can attack a triangle at the same time
- Attackers attempt to enter one side of a triangle and exit another side whilst retaining the ball
- If successful they win 1 point
- After each attempt, Red attackers dribble around an outside cone before attacking another triangle
- Defenders attempt to win the ball or prevent the attacker getting through the area
- Swap over defenders after a period of time

POSSIBLE PROGRESSIONS

1. Add up all individual scores to create a team score (Reds vs Blues)
2. If defender wins possession, they keep the ball and the player who lost possession becomes the defender

EXERCISE TASK

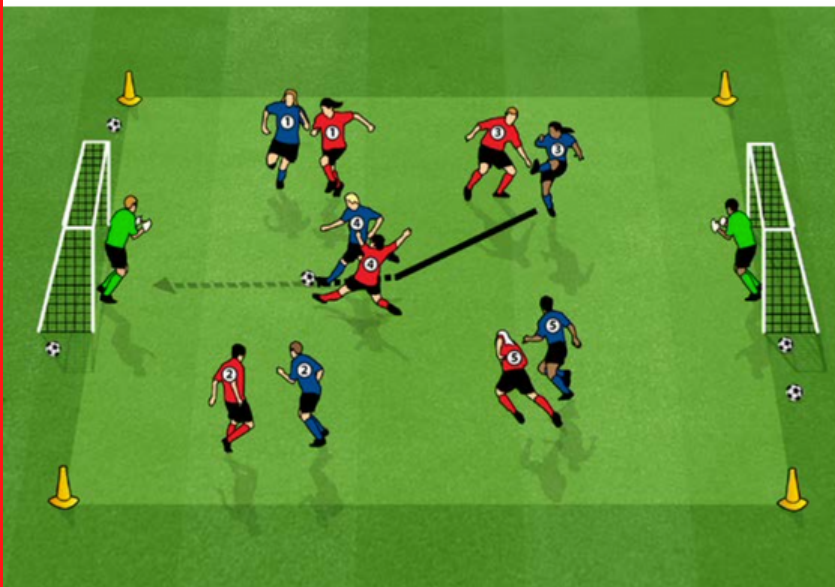
- When an attacker is dribbling at you, can you limit them to 1 route through the triangle

PLAYER TASK EXAMPLES

- Can you always make sure you can see the ball and the side of the triangle you want them to dribble to
- Once they start going to the side you showed them, can you win the ball or prevent them from keeping the ball under control

FOCUS - DEFENDING - TACKLING

SKILL GAME 20-25-MINS



SETUP

- Area of up to 50x30m. Modify area for number and age of players
- 2 equal teams, bibbed accordingly
- GK in each goal

HOW TO PLAY

- Players on each team are allocated a number (eg 1,2,3,4,5 etc)
- Normal game is played with team scores kept
- Whilst the game is going on, there is also an individual battle going on between players of the same number
- Each time a player tackles their direct opponent, they score a point in their individual battle

POSSIBLE PROGRESSIONS

1. Individual battle also adds to the team score - each time an individual scores 3 points, their team is awarded a goal

SKILL OUTCOMES

- Marking opponents tightly
- 1v1 attacking and defending
- Timing of tackling
- Decision making - type of tackle to use