



# JUNIOR CURRICULUM

## 9TH - 12TH GRADE

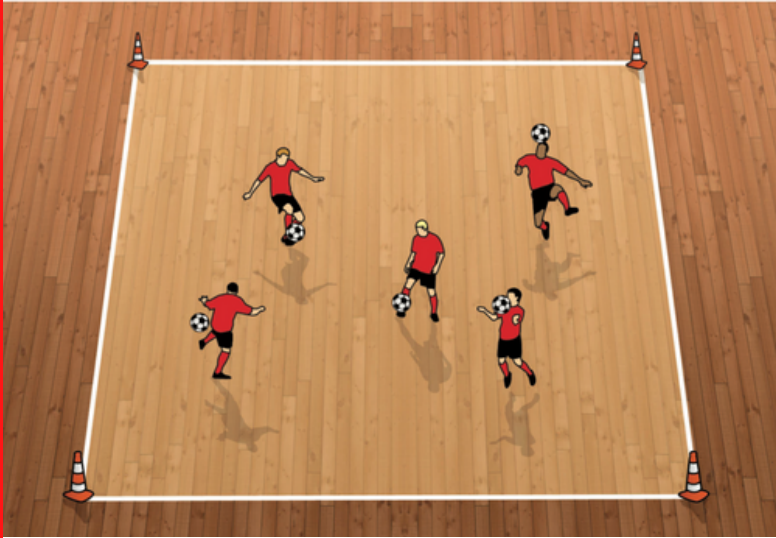


### 1ST TOUCH

### ARRIVAL 5-10-MINS

#### SETUP

1. Set up an area up to 30m by 20m or adjust depending on numbers
2. All players start inside the square with two or three pairs as taggers



#### HOW TO PLAY

1. All players spread out in the defined space
2. On your signal ask the players to throw the ball in the air and explore how many body parts of their body can they use (other than their hands) to control the ball
3. Who can touch the ball with two body parts (not hands) before catching the ball

#### PROGRESSION

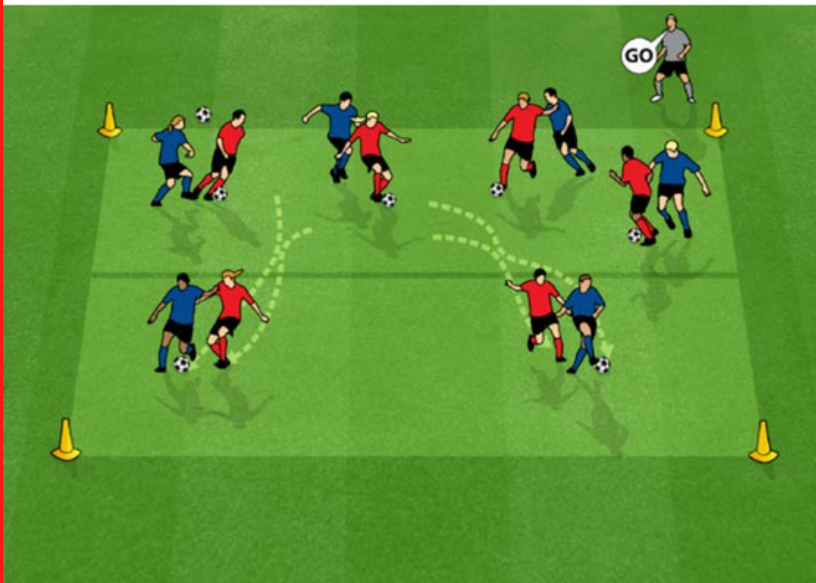
- With a partner explore how many ways you can use to stop a bouncing ball
- With a partner explore how many ways you can use to stop a ball lobbed on the full
- Controlling the ball to be placed at your feet
- Controlling the ball that has been lobbed over an obstacle

#### OUTCOMES

- Trapping a ball with the body
- Body awareness and control
- Relationship with objects and others

### FOCUS - ATTACKING - RECEIVING TO PROTECT

### SKILL INTRODUCTION 10-15-MINS



#### SETUP

- **Set up an area of up to 20x10m.** Modify area depending on the number and ability of players involved
- "Dividing Line" of flat spots are placed through the middle of the playing area
- Divide all players into pairs and allocate one a Red bib and one a Blue bib
- Pairs have one ball between them, and begin either side of the dividing line

#### HOW TO PLAY

- When coach says "Go" player in possession must attempt to keep the ball in their half of the area
- Their partner attempts to win possession of the ball and move it to their half of the area. Roles then reverse
- The player that has the ball in their side of the area when the time runs out is the winner
- Rotate partners and play again

#### POSSIBLE PROGRESSIONS

1. Change to 2v2, with two players from each side joining together
2. Add individual points to a team score - Reds vs Blues

#### SKILL OUTCOMES

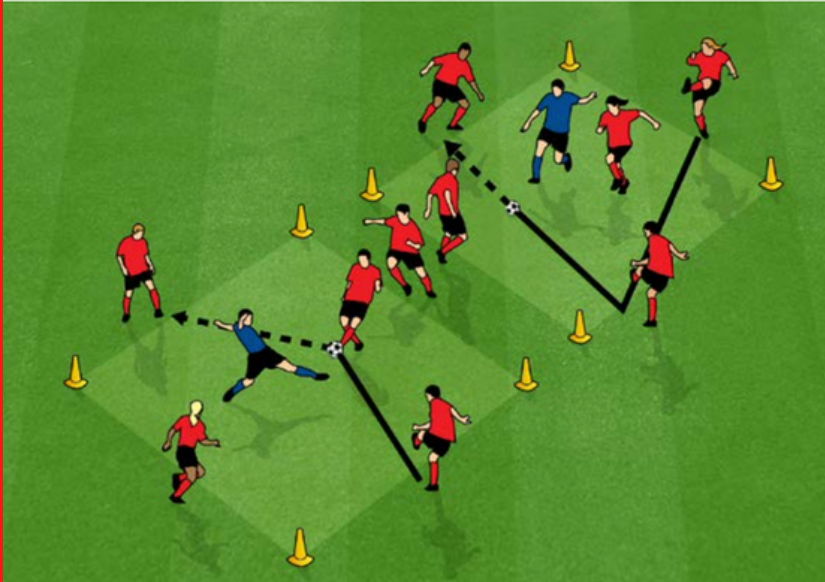
- Use of body to prevent defender gaining possession
- Movement of ball to prevent defender gaining possession
- Awareness of surroundings when in possession

# JUNIOR CURRICULUM

## 9TH - 12TH GRADE

### FOCUS - ATTACKING - RECEIVING TO PROTECT

### SKILL TRAINING 20-MINS



#### SETUP

- Set up two 10x10m areas
- Divide players in to two groups of 6 players. 5 wearing Red bibs and one wearing Blue
- 4 Reds begin the activity on the outside of the area
- 1 Red and 1 Blue begin inside of the area

#### HOW TO PLAY

- Players on the outside serve to their player in the centre and work with them to retain the ball
- Players on the outside can pass to one another to change the angle (encourage this when a pass to centre player isn't available)
- Players on outside can move along their line but have to stay on edge of square
- The defender tries to win the ball by intercepting or tackling. If they gain possession they get 1 point, then return the ball to an outside player to restart
- The player in the centre gets 0 points for passing back to the player that gave them it, 1 point for passing to the player to their left or right of the player they received from, or 3 points if the can get it to the player behind from where they received it
- Play for 40 seconds to see who wins then swap roles. After each player has had a go, 2 of the outside players then come into the middle

#### POSSIBLE PROGRESSIONS

1. Service from the outside players is from hands, provided at different heights
2. If defender wins possession they then keep the ball with the outside players

#### EXERCISE TASK

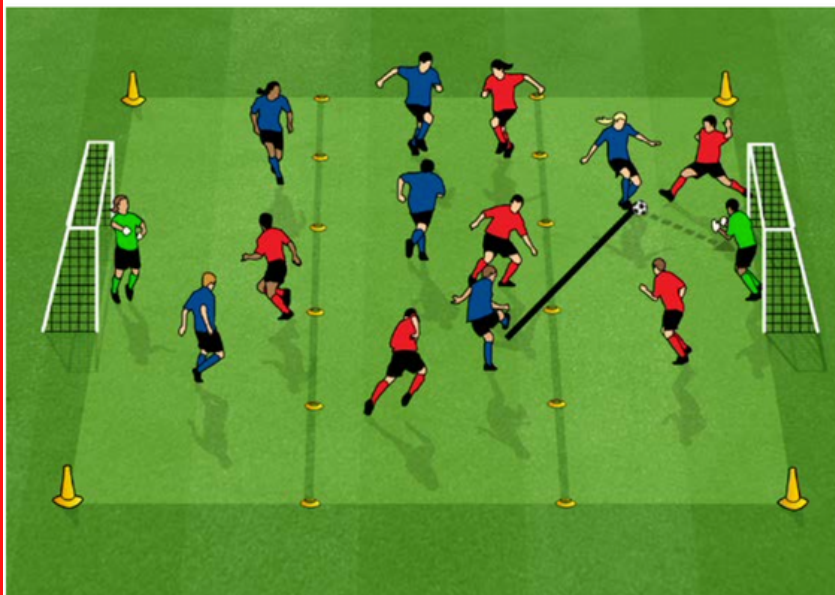
- When close to a defender, can you make sure that they do not get a chance to steal the ball?

#### PLAYER TASK EXAMPLES

- Can you put your body in between the defender and the ball?
- Can you change direction with the ball to stay away from the defender?
- Can you take your 1st touch away from the defender?
- Can you pass the ball to the marked player on the side furthest away from the defender?

### FOCUS - ATTACKING - RECEIVING TO PROTECT

### SKILL GAME 20-25-MINS



#### SETUP

- Area of up to 50x35m. Modify area depending on the age and ability of players
- Large goals at each end with GK
- Create 2 teams of 6 players and bib accordingly
- Teams are set up in a 2-3-1 formation

#### HOW TO PLAY

- Normal small sided game rules
- One player is allowed to move into the next attacking third to help the attack
- If the team scores with a move involving the forward player they receive 2 points
- If teams play through the thirds and score the team receives 3 points
- Rotate players so that they get to play in different positions

#### POSSIBLE PROGRESSIONS

1. Teams must use the forward in order to score
2. Change to a 1-4-1 formation

#### SKILL OUTCOMES

- 1st touch control away from defenders
- Use of body to prevent defender gaining possession
- Movement of ball to prevent defender gaining possession
- Placement of pass away from defenders