



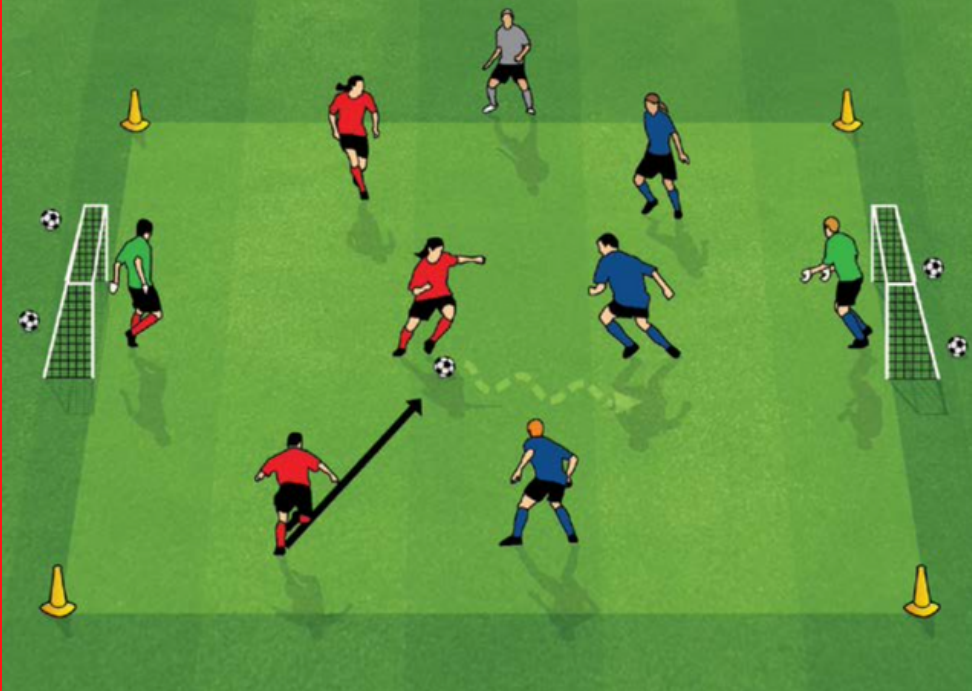
# JUNIOR CURRICULUM

## 9TH - 12TH GRADE



### SMALL SIDED GAMES

### 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 - ATTACKING - DRIBBLING

### SKILL INTRODUCTION 10-15-MINS



#### SETUP

- Set up an area of up to 20x20m. Modify size of area depending on the age and ability of players.
- Divide players into pairs and bib accordingly
- Each pair has a ball between them

#### HOW TO PLAY

- One player dribbles in front, the other follows at a short distance
- The player following tries to remain as close as possible whilst the leader attempts to create space between them and their partner
- After 30 seconds, swap roles
- After each player has had a go, swap partners and continue
- Encourage players to accelerate, decelerate; stop, start; change direction, turn and feint

#### POSSIBLE PROGRESSIONS

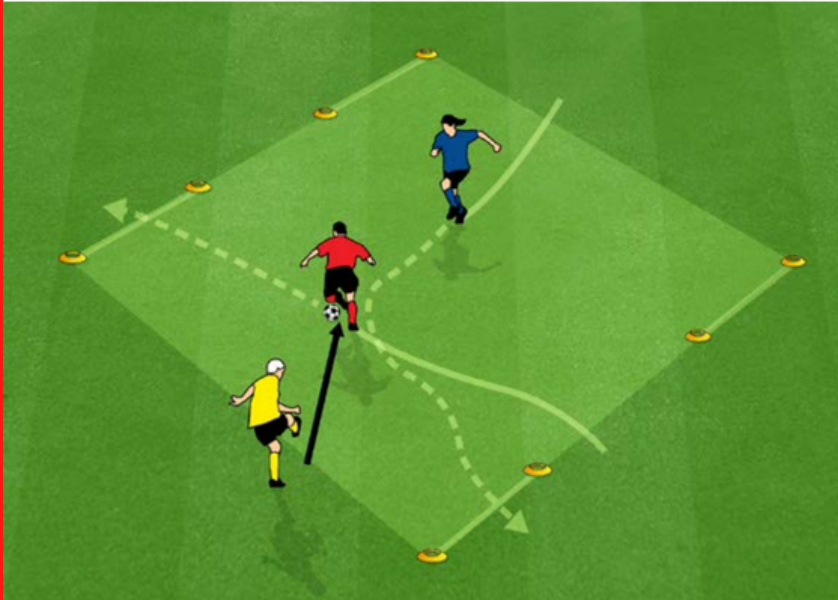
1. Each player has a ball and they attempt to keep up with each other
2. Player without a ball moves and the dribbler must attempt to keep up with them
3. Make the area smaller

#### SKILL OUTCOMES

- Awareness of surrounding when dribbling
- Accelerating and decelerating with the ball
- Changing direction whilst moving with the ball

### FOCUS - ATTACKING - DRIBBLING

### SKILL TRAINING 20-MINS



#### SETUP

- Set up multiple areas of up to 10x10m. Modify size of area depending on the age and ability of players
- Divide players into groups of 3 and provide them each with a different coloured bib
- 2 x 2m gates placed at each end of the area

#### HOW TO PLAY

- Yellow player is the server, Red is the attacker and Blue is the defender
- Yellow passes the ball to Red, who then attempts to dribble through one of the two gates
- Once Red has had their first touch, the Blue defender is able to close them down to defender
- If blue defender wins possession of the ball, they attempt to dribble through gates and the other end of the area
- If a player dribbles through a gate, they are awarded 1 point
- After 5 attempts, final scores are added. Roles are rotated

#### POSSIBLE PROGRESSIONS

1. Defender can travel as soon as the ball enters the area
2. Attacker must also begin outside of the area and move onto the ball to receive
3. Defender must start from a different side of the square on each serve
4. Change the starting position of the server

#### EXERCISE TASK

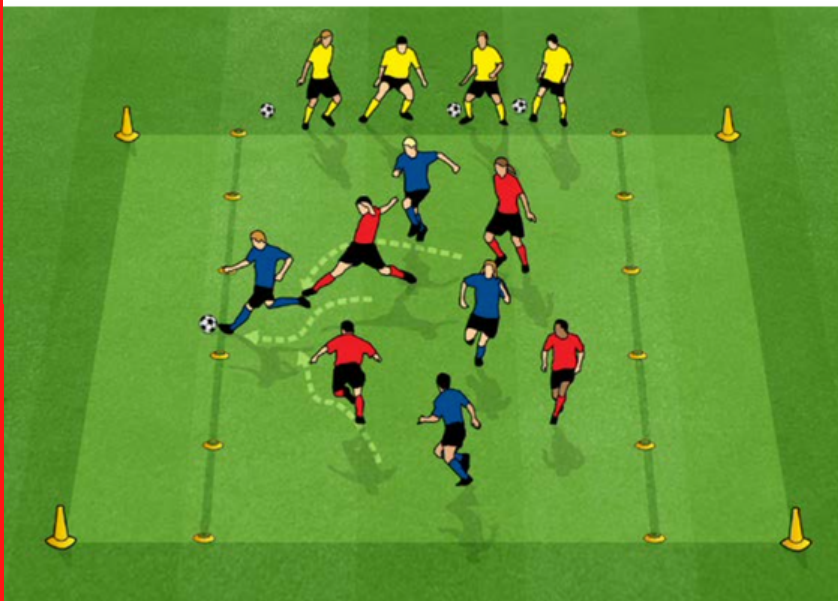
- Can you dribble passed the defender at the earliest possible opportunity?

#### PLAYER TASK EXAMPLES

- Can the attacker receive the ball so that they are travelling towards a gate?
- Can they move their body or the ball to get the defender off balance?
- Can they accelerate away from the defender once passed them?

### FOCUS - ATTACKING - DRIBBLING

### SKILL GAME 20-25-MINS



#### SETUP

- Area of up to 35x18m. Modify area depending on the ability and number of players involved
- 3 teams of equal numbers, bibbed in different colours (Red, Yellow & Blue in diagram)
- 2 teams begin on the pitch, 1 team observing
- Two "End Zones" set up around the area (made up with 4 flat cones)
- Spare footballs placed behind the goals

#### HOW TO PLAY

- Practice begins from a player inside their own "End Zone"
- Red & Blue teams play 4v4 against each other
- Teams are awarded 1pt for scoring a goal. Goals are scored by a player dribbling into the end zone or by a player receiving a pass inside the end zone
- 1 minute games before teams are rotated

#### POSSIBLE PROGRESSIONS

1. Teams are awarded 3pts if they dribble the ball into the end zone

#### SKILL OUTCOMES

- Dribbling with close control
- Awareness of defenders position
- Dribbling to pass / Dribbling to take on a defender

#### OBSERVATION DISCUSSION

- Try to identify the times when players may be able to dribble forwards. What allows them to do this?