



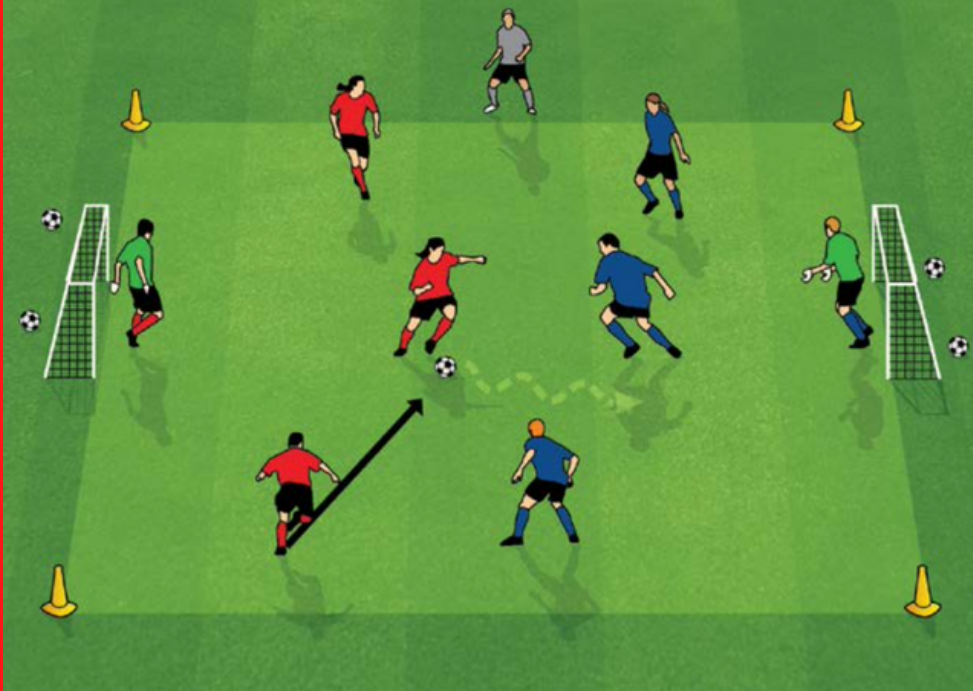
# JUNIOR CURRICULUM

## 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.

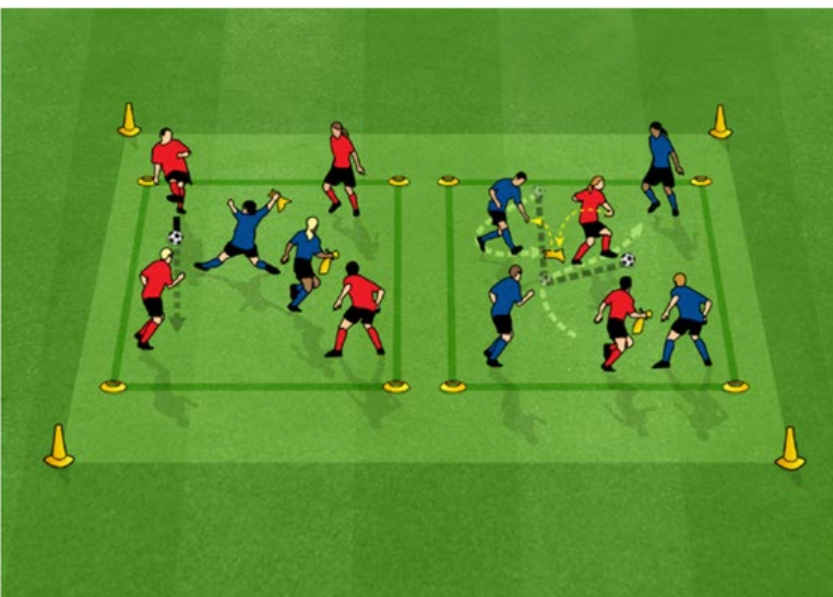
Examples:

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

Coaches observe : Players play

### FOCUS - DEFENDING - PRESSING

### SKILL INTRODUCTION 10-15-MINS



#### SETUP

- Set up two areas of 8x8m
- Divide players in to two groups of 6 players
- 4 players in each area without a bib (attackers). 2 players in each area holding a bib (defenders)
- Footballs around the outside of each area

#### HOW TO PLAY

- 4 attackers attempt to keep possession of the ball, with out it going outside of the area
- 2 defenders attempt to win possession of the ball
- If a defender wins possession of the ball, they drop the bib and become one of the attackers. Player who gave away possession picks up the bib and becomes the defender
- If defenders touch the ball and it goes out of the area, they remain as a defender

#### POSSIBLE PROGRESSIONS

1. Attackers are not to remain in the four corners but must move around area
2. If attackers make 10 passes, the defenders stay in for another go once they win possession
3. Join the areas together and play an 8v4



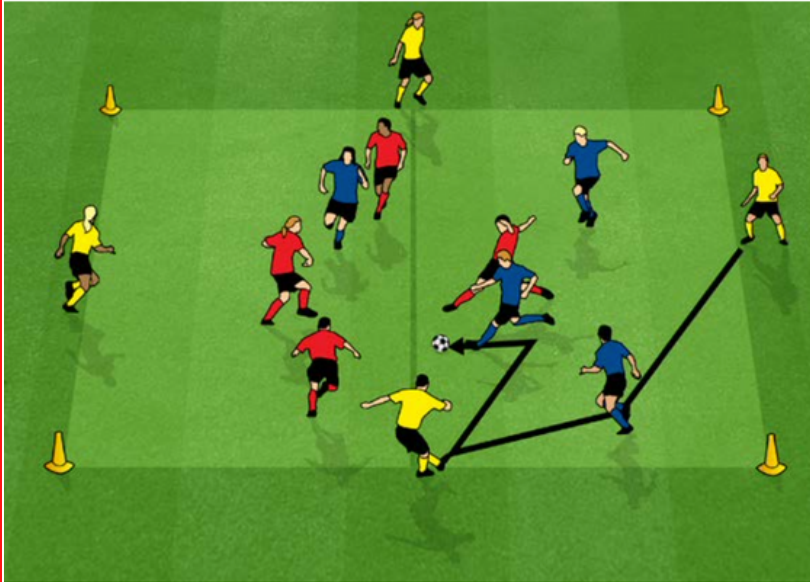
# JUNIOR CURRICULUM

## 9TH - 12TH GRADE



### FOCUS - DEFENDING - PRESSING

### SKILL TRAINING 20-MINS



#### SETUP

- Set up an area of up to 18x12m
- Split into 3 groups of 4 players (Red, Blue and Yellow)
- 2 teams play in a 4v4 (Reds vs Blues)
- Yellows begin as neutral players on the outside of the area. 1 player on each side of the area

#### HOW TO PLAY

- The attacking team aim to keep the ball and play (when possible) from one end to the other
- Each time that they manage to play from one end to the other they receive 1 point
- If defending team win possession, they attempt to do the same.
- Yellow players can not be tackled but can have their pass intercepted
- Yellow players can pass straight to one another but ball must stay below hip height
- Rotate teams on a regular basis

#### POSSIBLE PROGRESSIONS

1. Neutral players can be tackled
2. Teams must have at least one player operating in the opposite half to the ball

#### EXERCISE TASK

- Can you try and win possession as quickly as possible whilst ensuring the attackers can't pass between you?

#### PLAYER TASK EXAMPLES

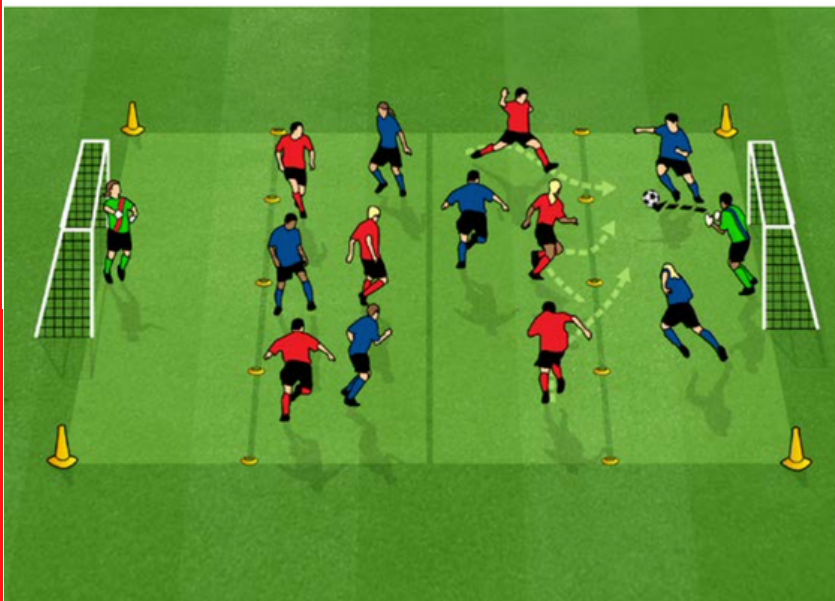
- Can the closest player to the ball, close the opponent down quickly and make sure he can't pass to 1 of their team mates to his right or left
- As your partner closes the ball down, can you make sure the player with the ball can't pass to his team mate/s behind you

#### OBSERVATION DISCUSSION

- When did you notice the attackers were able to stop the attackers playing forward? What did they do well?

### FOCUS - DEFENDING - PRESSING

### 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
- Insert flat spots to create two "Retreating Lines" as shown in the diagram
- Create 2 teams of 6 players and bib accordingly
- Additional footballs around the outside of the area

#### HOW TO PLAY

- Normal small sided game rules, with teams attempting to score in their opponent's goal
- When Blue GK is in possession of the ball, the Red team must retreat behind the Retreating Line
- Two blue players can drop deep to receive the ball. If they are passed the ball, a Red player may press on their first touch
- Blue GK can still play a longer pass if they wish to
- Same rules apply if the Red GK is in possession of the ball

#### POSSIBLE PROGRESSIONS

1. When Blue GK is in possession of the ball, all Red players except one must retreat behind the Retreating Line

#### SKILL OUTCOMES

- Pressing to force a direction
- Speed of run when applying pressure
- Support and cover from 2nd player applying pressure