



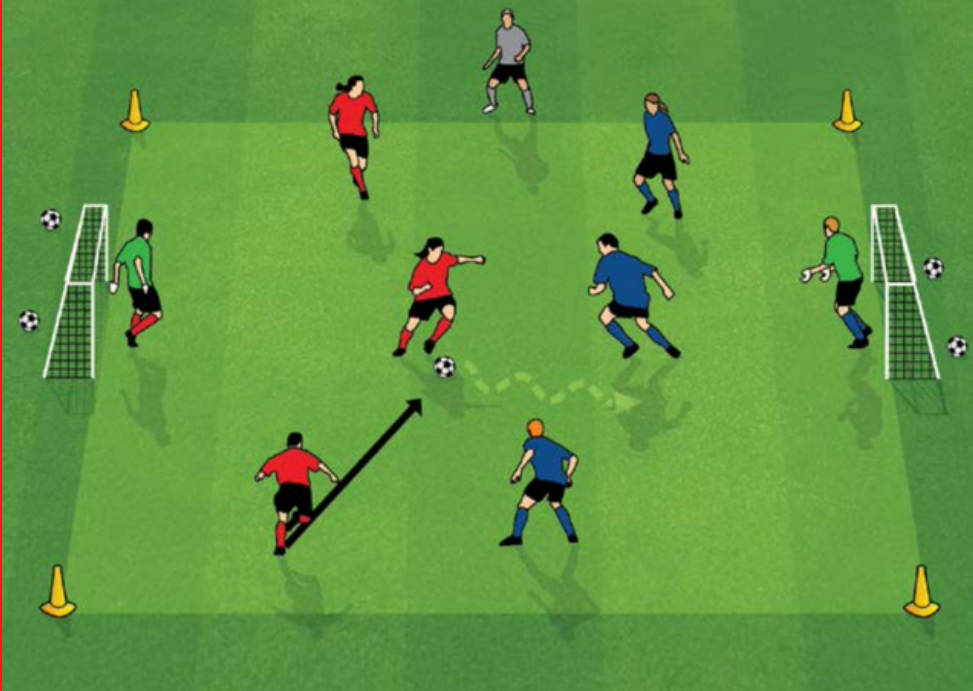
# JUNIOR CURRICULUM

## 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.

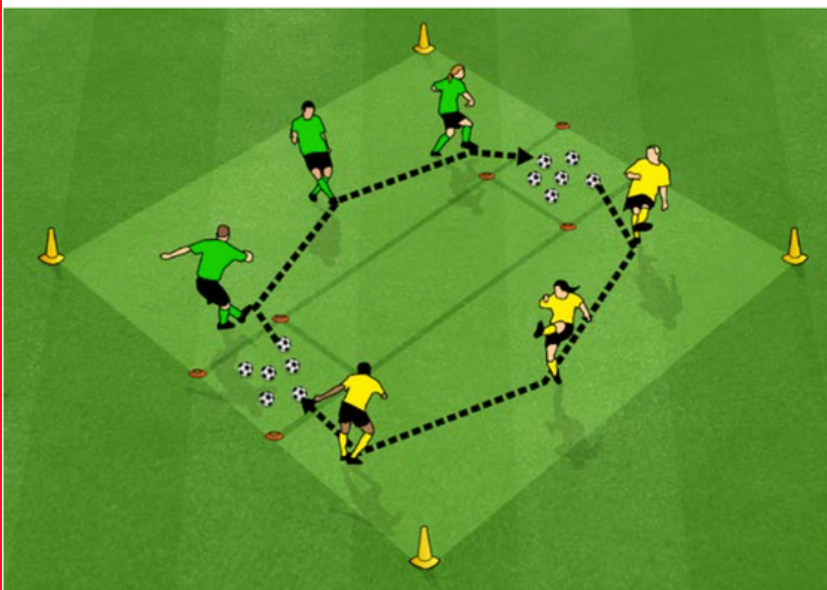
Examples:

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

Coaches observe : Players play

### FOCUS - ATTACKING - SHORT PASSING

### SKILL INTRODUCTION 10-15-MINS



#### SETUP

- 2 areas of 8x20m set up opposite each other
- 2 areas of 3x3m set up as shown in the diagram. This is the teams "safe"
- Split players into teams of 3 (Greens vs Yellows). Set up as shown in diagram
- Duplicate another area for remaining players

#### HOW TO PLAY

- Each team starts with an equal amount of balls in their 'safe'
- When the game starts, teams steal a ball from the opposition's 'safe' and must pass to each other and place it in their safe
- Each player in the team must pass the ball before placing it in the team's safe
- After 1 minute, see which team has the most balls in their safe
- After each game, swap players around so they can play a different role

#### POSSIBLE PROGRESSIONS

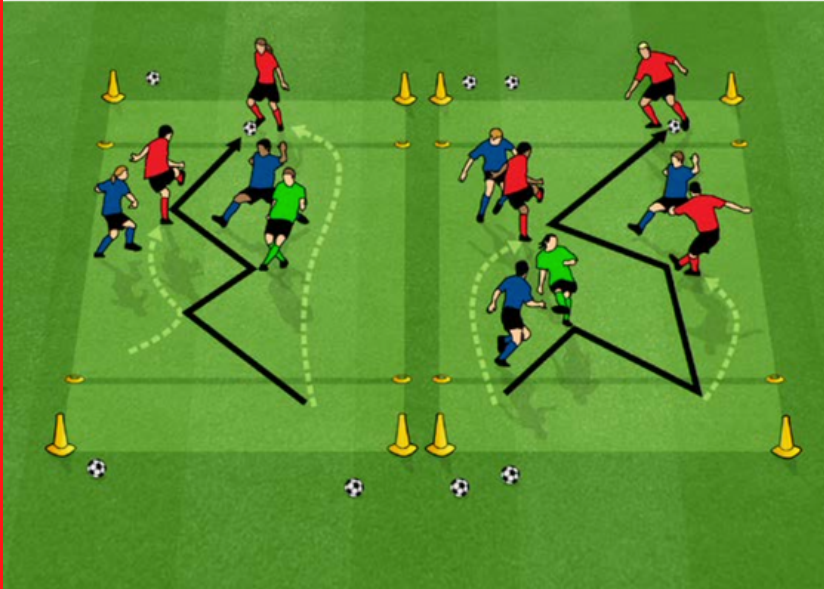
1. Teams are set up with 1 player in the opponents area who receives and passes from here (interference)
2. A player plays in the opposition area as a defender

#### SKILL OUTCOMES

- Passing accuracy and weight
- Receiving to pass quickly

### FOCUS - ATTACKING - SHORT PASSING

### SKILL TRAINING 20-MINS



#### SETUP

- Create two areas of up to 20x12m. Modify size of area depending on the ability and age of players
- Create an end zone outside of each end of the areas
- Area 1 has a 3v3 plus 1 neutral player
- Area 2 has a 2v2 plus 1 neutral player
- Place additional balls around outside

#### HOW TO PLAY

- Play starts from an end zone
- Teams score by getting the ball to a player who receives it in the end zone under control
- If achieved, the team that scored starts with the ball at their end
- If the ball goes out, the game restarts at the end zone (no throw ins, pass ins or dribble ins)
- Teams may pass to their own end zone, to be used as a "safe zone" (where they cannot be tackled by an opponent)
- Play for 1 minute, then rotate players to play a different team.
- Rotate the neutral players after each game

#### POSSIBLE PROGRESSIONS

- Neutral players can change pitches during the games (2 neutral players on one pitch)
- Remove the "safe zone"

#### EXERCISE TASK

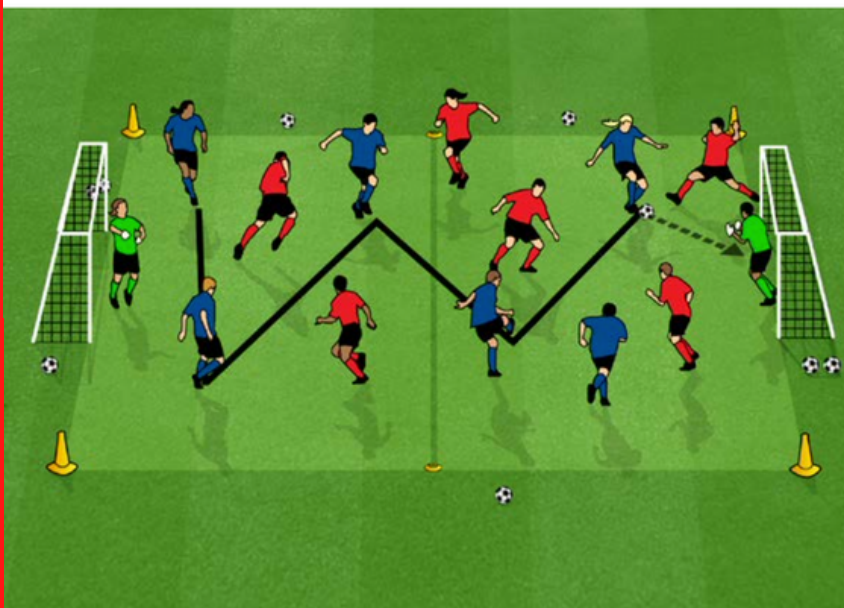
- Can we get the ball and a player quickly and safely to receive it in the end zone?

#### PLAYER TASK EXAMPLES

- Can the attackers that don't have the ball, position themselves to the right and left of the ball (1 to the left, 1 to the right)
- Can the attackers position themselves to receive the ball to play forward quickly
- After passing the ball, can you quickly move to receive the ball back behind a defender

### FOCUS - ATTACKING - SHORT PASSING

### SKILL GAME 20-25-MINS



#### SETUP

- Area of up to 50x30m. Modify depending on the age and ability of players involved
- Two teams of equal numbers, bibbed accordingly
- Large goals at each end. GKs for each team
- Footballs beside each goal and around the playing area

#### HOW TO PLAY

- Teams play a regular game of football
- When a goal is scored, the team is awarded points for the amount of continuous passes involved in the build up
- 5 passes leading to goal = 5 points
- Rotate player positions every 2 minutes

#### SKILL OUTCOMES

- Passing accuracy and weight
- Receiving to pass quickly
- Movement to receive