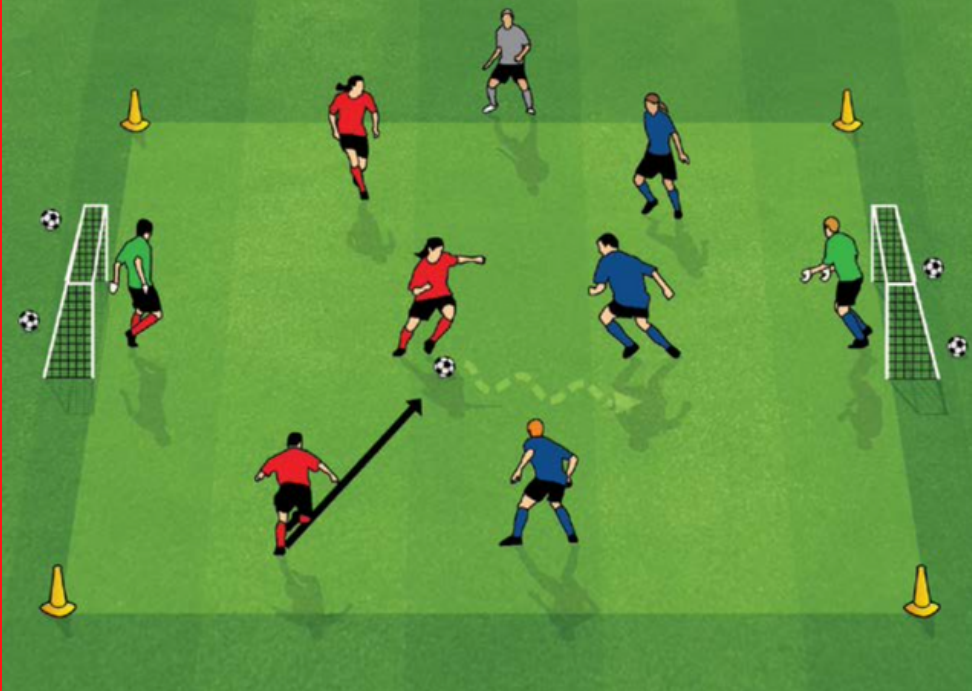


### SMALL SIDED GAMES

### 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 - RECEIVING TO ATTACK

### SKILL INTRODUCTION 10-15-MINS



#### SETUP

- Circle area of 20m in diameter
- Split players into 3 teams and bib accordingly
- Position 2 teams evenly on the outside of the circle and 1 team in the middle
- 4 players on the outside start with a ball each and the other 4 without

#### HOW TO PLAY

- Players in the middle look to receive a pass and play to a player who doesn't have a ball on the outside
- Change roles after 1 minute
- Encourage players to receive with their first touch and pass with their second

#### POSSIBLE PROGRESSIONS

1. Players on the outside must pass to another outside player before they play into the middle area
2. Introduce an area in the middle of the circle that players must travel through before passing to players on the outside

#### SKILL OUTCOMES

- Receiving into space
- Awareness of surroundings
- Ability to receive with one foot and pass with the other

#### DRINKS BREAK DISCUSSION

- What information does a player need to know in order to receive the ball effectively?



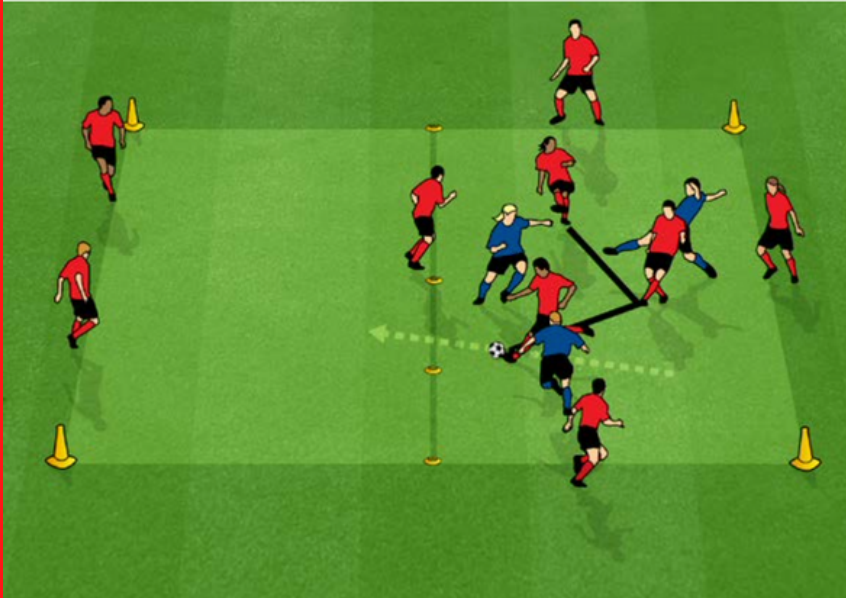
# JUNIOR CURRICULUM

## 9TH - 12TH GRADE



### FOCUS - ATTACKING - RECEIVING TO ATTACK

### SKILL TRAINING 20-MINS



#### SETUP

- Area of 36x18m, divided into two 18x18m squares. Modify size of area depending on the age and number of players
- 9 attackers (Reds). 7 of them in one area as shown and 2 at the far end of the opposite area
- 3 defenders (Blues) starting in the area with the 7 Reds

#### HOW TO PLAY

- Attackers play a 7v3 in one of the squares. 4 Red attackers stay on the outside of the area
- Attackers attempt to transfer the ball to the opposite square
- If successful, they receive a point
- Once the ball is in the opposite area, players transfer across until there is a 7v3 again (2 Reds remain at the opposite end)
- Reds attempt to transfer the ball again to the opposite area
- If Blues win it, they attempt to dribble out of the area to score a point
- Rotate the defenders on a regular basis

#### POSSIBLE PROGRESSIONS

1. 4 passes need to be completed before transferring to the opposite area
2. Defenders need to keep the ball for three passes in order to score a point

#### EXERCISE TASK

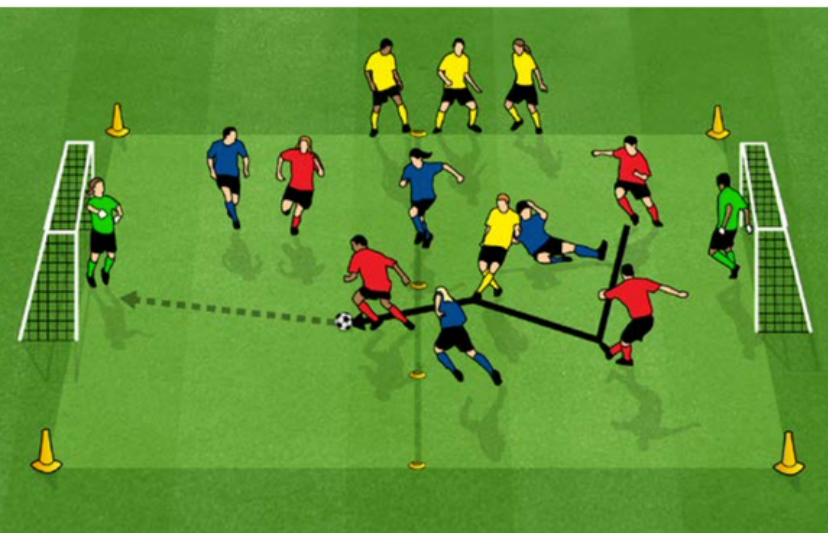
- Can we transfer the ball to the other target player as quickly as possible, if we can't, keep it until we can

#### PLAYER TASK EXAMPLES

- Can you get 1 attacker to the right, 1 to the left, 1 in the middle and 1 far (player on central line)?
- Can you position yourself to receive the ball facing forwards to?
- If you can not pass forwards, can you pass to somebody so that they can?

### FOCUS - ATTACKING - RECEIVING TO ATTACK

### SKILL GAME 20-25-MINS



#### SETUP

- Area of up to 35x20m. Modify area depending on age and ability of players
- Split players into 3 equal teams and bib accordingly

#### HOW TO PLAY

- Teams play in a 4v4 game, with 1 common player
- Teams play a regular game, scoring into the opponents goal
- Common player plays for the team in possession
- Observing team is set an observation task whilst they are on the sidelines
- Change teams after a goal has been scored or after 2 minutes

#### POSSIBLE PROGRESSIONS

1. As soon as a team score, they attack the opposite goal immediately. New opponents come onto the field quickly to defend

#### SKILL OUTCOMES

- Awareness of surroundings when receiving the ball
- 1st touch into space / away from defender
- Use of different parts of the foot to control ball